

# FREEZER STAPLES

## FRUIT

- bananas
- blackberries
- blueberries
- cherries
- mango
- pineapple
- raspberries
- strawberries

## VEGETABLES

- broccoli
- carrots
- cauliflower rice
- corn
- edamame
- green beans
- mixed vegetables
- peas
- potatoes
  - hash browns
  - roasted
- riced cauliflower
- spinach

## BREADS

- bagels\*
- buns\*
  - hamburger
  - hot dog
- sandwich loaf\*
- tortillas\*
- waffles\*

## MEAT

### Beef

- chuck roast
- ground beef
- pre-made patties\*
- top round

### Chicken

- breasts
- drumsticks
- thighs
- whole roaster

### Deli

- bacon\*
- ham\*
- ham steak\*
- turkey

### Fish

- Cod
- Mahi Mahi
- Salmon

### Pork

- chops
- ground
- sirloin tip roast
- tenderloin

### Sausage

- breakfast\*
- Italian\*
- Kielbasa\*
- specialty\*

### Turkey

- ground turkey
- pre-made patties\*
- tenderloin

## EASY MEALS

### Mains

- chicken nuggets\*
- fish sticks\*
- gnocchi\*
- hot dogs\*
- pizza\*
- potstickers\*
- taquitos\*
- veggie burgers\*

### Fun Sides

- curly fries\*
- french fries\*
- tater tots\*

## TREATS

- donuts\*
- ice cream\*
- pie shells\*
- popsicles\*
- whipped topping\*

## NOTES

*\*Purchase allergy friendly options if necessary.*

### **Remember:**

Always check the product label and allergen list to ensure the item is safe for your family. *Every item. Every time.*

