

## Crockpots, Frozen Foods, and Quick Meals

Time is something that goes by way too fast, especially for busy families. Preparing healthy quick meals, crockpot meals, and freezing ready to cook meals saves time, money and stress. It allows families to enjoy more time together while enjoying healthy meals made at home.



### Tips for Freezing Foods:

- \* Use fresh, high quality foods
- \* Choose air tight containers or bags
- \* Blanch or steam all vegetables and cool quickly in ice water before freezing
- \* Repackage store bought meats before freezing them
- \* Freeze foods as quickly as possible

### Resources:

[Quick Family Meals](#)

[Make Ahead Freezer Meals](#)

[Crockpot Meals](#)

### Quick Meal and Crockpot Ideas:

- \* Soups and Stews
- \* Lasagna
- \* Breads
- \* Stocks and Gravy
- \* Calzones
- \* Chili
- \* Casseroles
- \* Roasts



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**Sustainable is Attainable:  
Promote Green Education and Practices**