

# Recommended Freezer Items

Hamburger Meat (lots of it)

Chicken (whole, breasts, thighs, legs)

Pork Chops

Roast or other slow cooker meat

Stew Meat

Steaks

Various Frozen Vegetables, especially broccoli

Hot Dogs

Frozen Pizza

Juice Concentrate

At least one ready-made frozen family meal (lasagna, etc.)

Sausage Biscuits (either store-bought or home-made: great for a quick hearty breakfast!)

Pie Crust

All your casseroles or other dinners that you make ahead of time