

# Food Resource Management 2

## Double your food and half your dollar!

### Save time and money at home:

- Double a recipe when planning meals and freeze smaller portions for future use. This works well for soups and casseroles.
- Divide a casserole into two 8-by-8-inch pans instead of a 9-by-13-inch pan. Eat one now and freeze the other for later. Thaw the cooked casserole in the refrigerator prior to reheating it.
- Make items such as meatloaf when ground beef is on sale. Make two loaves and freeze one to bake later.
- Add more vegetables, rice or oatmeal to meatloaf or casseroles.
- Use frozen or canned vegetables in recipes.
- Cook ground beef, drain and freeze in recipe-sized portions.
- Chop leftover onions, peppers and celery to freeze and use in future recipes.



### Use leftovers wisely:

- Plan leftovers for future meals during the week.
- Cook larger cuts of meat (turkey, ham) and chop leftovers for casseroles.
- Use leftover meat in sandwiches such as chicken salad or sliced turkey.
- Freeze leftover meat and vegetables for soups or casseroles.
- Boil chicken or turkey and use the stock for soups.
- Leftover casseroles can be frozen in meal-sized portions.
- Milk can be frozen before expiration and used later for cooking.
- Extra eggs can be hard-boiled for quick snacks.



## Did you know?



Purchasing a product in the largest package doesn't necessarily mean it's cheaper.  
Remember to look at the unit price to see which one is the best deal.

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