

## Freezer Essentials:

Baked Goods		Proteins	
	Muffins		Beef, assorted cuts and ground
	Pancakes		Chicken, whole and assorted cuts
	Waffles		Fish and/or shellfish
			Pork, assorted cuts
Breads		Nuts and Seeds	
	Loaf, sliced		Almonds
	Loaf, whole / baguette		Sunflower seeds
			Walnuts
Cooked Beans		Sauces	
	Black beans		Marinara
	White beans		Pesto
Entrees		Soups & Stews	
	Casseroles		Chili: bean, beef, chicken or turkey
	Lasagna		Stock: chicken, vegetable or beef
	Pizza		
	Pot Pie, chicken or vegetable		
	Ravioli or tortellini		
Fruit		Vegetables	
	Blueberries		Corn
	Peaches, sliced		Peas
	Strawberries		

## Freezer Essentials Plus (+):

Baked Goods		Proteins	
	Cookies		Bacon
	Cookie dough		Meatballs
	Quick breads		Sausage, links and ground
			Turkey, assorted cuts
Breads		Nuts and Seeds	
	Bagels		Pecans
	Buns		Pine nuts
	Pita		
	Tortillas		
Cooked Beans		Sauces	
	Chickpeas		Curry
	Kidney beans		Gravy
	Pinto beans		Masala
Entrees		Soups & Stews	
	Burritos		Any non-cream-based soup or stew
	Enchiladas		Split pea
	Marinated meats		Vegetable soup
	Meatloaf		
	Noodles, fresh		
Fruit		Vegetables	
	Cranberries		Broccoli, chopped or heads
	Mangos, chunks		Edamame
	Mixed berries		Lima beans