

Medium 1 Container:

Freeze dried fruits for easier cutting
Fill with frozen fruits
Homemade TV Dinner
1 pound rolled bacon
Marinated meat

Medium 2 Container:

Freeze yogurt with chopped fruits and nuts for slice-and-serve dessert
Freeze grated cheese (mixed with 2 tablespoons cornstarch to keep it loose – mix in large bowl, then store in container)
Pie fillings
Breads (Banana bread, baked yeast breads, etc.)
Meatloaf
Casseroles
Leftovers – Put all leftover vegetables, etc. in container - when it's full – make goulash!

Large 1 Container:

Freeze 2 pounds of rolled bacon
Freeze strips of precooked bacon for reheating
Freeze thin candle tapers so they will burn slower
Chicken strips and fish sticks
Boneless chicken, pork chops, steaks (can marinate)

Large 2 Container:

Use as a food “box” (Refer to bottom of Freezer Storage Chart)
Lasagna
Flash-frozen chicken, pork cuts, steaks, hamburgers, etc.
Flash-frozen pancakes, waffles, and french toast
Rolled pie crusts
Prepackaged frozen foods – take them out of the boxes they come in and place in Large 2 for modular storage and freshness
Rolled cookie dough for slice-n-bake cookies
Chopped chicken or turkey for casseroles, etc.
Leak-proof ice block for coolers, leave 1/2-inch headspace

FREEZER TIPS CLASS

OPENING ACTIVITY:

During introductions, ask everyone to tell you something they have thrown away from their refrigerator during the last several weeks.

Use Freezer Storage Chart. Ask each guest to mark foods that they freeze or would like to freeze if money and space were not a problem. Then, tell them:

Most people have never had the time to learn how to use their freezer to its best advantage. This class will give you some helpful tips that will make your lives easier by really using your freezer. First, here is some general information to help your freezer work at top efficiency.

- 1. Keep your freezer at 0 degrees F., as bacteria, yeast, and molds will continue to grow at 32 degrees F. You need to keep the freezer colder than that to ensure freshness.*
- 2. If the power goes off, do not open the freezer door.*
- 3. Without power, a full freezer at 0 degrees F. will keep food fresh for 2 –3 days. At half-full, the food will keep only about 24 hours.*

As a nation, we throw away approximately 96 billion pounds of food every year. Half of that food is produce. Learning how to utilize your freezer will drastically cut down on food waste. Using appropriate refrigerator containers from Tupperware will also help.

OTHER PRODUCTS TO DEMONSTRATE:

FridgeSmart Containers:

Breathe new life into your fresh fruits and vegetables with Tupperware's revolutionary FridgeSmart containers! FridgeSmart's remarkable, easy-to-use ventilation control system provides your produce with the proper amount of air it needs to stay fresh and full of nutrients – you'll marvel at how much longer fruits and vegetables remain crisp and delicious! The specially designed grid system keeps food out of condensation and FridgeSmart stacks neatly to save space! Eliminate waste, make fewer trips to the grocery store, and enjoy fresher, better-tasting food!

FreezeSmart Containers:

Designed specifically for safe and efficient freezing and thawing of food. Much more than a square or rectangular plastic container with a lid!

Special Features Of All FreezeSmart Containers:

1. Rounded corners and recessed bottoms allow air to circulate evenly around and under container for faster freezing and thawing.
2. Walls are the ideal thickness for freezing and thawing.
3. Flexible containers allow you to twist container to “pop” food out.
4. Flat seals allow containers to slide in and out easily when stacked.
5. Tabbed seal is easy to remove even when cold.
6. See through material with a place for a label.
7. Variety of nine sizes designed to create a modular system and make full use of available freezer space. (Show how containers stack together modularly – this is an important feature for selling them as a system.)
8. Innovative built-in “use by” date dial and included freezer storage chart to let you know when to use frozen food for optimum flavor and freshness.

FLASH FREEZING

To keep foods from freezing together, flash freeze!
Always rinse the food you are freezing. Shake off as much moisture as possible. Place the food in a single layer on a cookie sheet and place in the freezer. When the food is frozen, remove it from the cookie sheet and place it in the appropriate container. The food will now stay frozen individually so that you can remove one item at a time or scoop out as much as you desire!

Refer guests to the Storage Chart to see which containers would hold the foods they would like to freeze in the quantities they use. The Storage Chart also offers a ready-made opportunity for a general bid for you to help them with one-on-one Freezer Planning. Tips listed after each container will help with each size.

Mini 1 Container:

Freeze orange and lemon peel, strips or grated
Birthday candles
Travel sewing kit, first aid kit, small bar of soap
Small game pieces
Pizza Toppings (pepperoni, black olives, onions, green pepper, etc.)
Leak-proof ice pack for lunch box, leave 1/2-inch headspace

Mini 2 Container:

Freeze recipe sized portions of fruits, vegetables, juices
1 pound precooked ground meat
Bananas (holds one cup)
Pizza sauce
Opened cans of evaporated milk
Individual ice cream sundae

Small 1 Container:

1 pound precooked ground beef or turkey for casseroles, spaghetti, tacos, sloppy joes, etc.
Individual or meal-sized portions of cooked rice
Single-sized servings of marinated meats

Small 2 Container:

Freeze diced onion and green pepper for cooking (add to this container when you dice more fresh than needed – you can flash freeze for easy removal)
Freeze leftover sweet cream, sour cream, cottage cheese for use in cooked items
1 pound of fresh ground beef or turkey

Small 3 Container:

Freeze smaller portions of milk for future use to avoid spoilage
1 pound flash frozen vegetables
Flash frozen fruits
