



Convenience & Benefits of Preparing Meals with Frozen Foods

Key Presentation Takeaways

Ingredient Labels

- Ingredients will always be listed in descending order from MOST abundant to LEAST abundant.
- The shorter the ingredients list, the better!

Benefits

- Frozen foods will retain their nutritional value, even without preservatives!
- Less expensive than fresh foods
 - No seasonal price fluctuations
- Portion controlled to prevent food waste!

Convenience

- Often already partially prepared (peeled/chopped/etc)
- Offered in medleys
 - Ex. vegetable/fruit mixes
- Long lasting — don't worry about your produce spoiling quickly!



How Can You Start Incorporating Frozen Foods into Your Meals?

1. Get familiar with the frozen aisle wherever you shop for groceries.
2. Challenge yourself to incorporate frozen vegetables into more of your regular meals.
3. Make informed decisions using the nutrition labels.
4. Try out a new recipe with frozen ingredients that fits your preferences!