

HOW LONG CAN YOU KEEP FOOD IN THE FREEZER?

Frozen food remains safe indefinitely. The timing on the following chart ensures ideal flavor and texture.

ITEM	MONTHS
Bacon and Sausage	1 to 2
Casseroles	2 to 3
Egg Whites or Egg Substitutes	12
Frozen Dinners and Entrees	3 to 4
Gravy, Meat or Poultry	2 to 3
Ham, Hotdogs and Lunchmeats	1 to 2
Meat, Uncooked Roasts	4 to 12
Meat, Uncooked Steaks or Chops	4 to 12
Meat, Uncooked Ground	3 to 4
Meat, Cooked	2 to 3
Poultry, Uncooked Whole	12
Poultry, Uncooked Parts	9
Poultry, Uncooked Giblets	3 to 4
Poultry, Cooked	4
Soups and Stews	2 to 3
Wild Game, Uncooked	8 to 12

Don't forget the packaging! MaineSource Food & Party Warehouse has everything you need to package your family's food for freshness!



RESTAURANT **QUALITY** FOOD
AT WAREHOUSE PRICES

1018 Front Street | Binghamton, NY 13905
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Hours: Mon.-Sat. 7am-9pm | Sun. 9am-7pm



BATCH COOKING SAVES TIME AND MONEY.

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The concept is simple. When you cook, cook at least twice as much (or more) than you need for a single meal and set the rest aside to be used for future meals. It won't take you much longer to shop, or cook twice, or even three times as much. Cleanup will take about the same amount of time and storing the extra food can be accomplished in a matter of minutes.

Just think of how quick dinner will go on the table when you've already done all the work! Batch cooking is a smart way to take advantage of low prices and sales on groceries. Also by having prepared entrees on hand, you can avoid the last minute grocery store runs, costly impulse buys, or a wait in the drive-thru lane.

What is Batch Cooking?

Batch cooking involves doubling or tripling recipes, then refrigerating or freezing the rest.

- Save time by cooking once for multiple future meals: A pre-prepped meal gets to your family's table quick and with little hassle!
- Save money by buying bulk portions for batch cooking
- Less wasted ingredients
- Preserves food quality and nutritional value



**SAVE TIME
AND MONEY.**

Batch Basics: Ground Beef Example



Purchase 10 lbs. of ground beef at your local MaineSource Food & Party Warehouse. Then, in one batch cooking session, prepare the following:

Two Meatloaves (Use 1.5 lb. for each, 4-6 servings)
Eat one of the meatloaves for dinner that week and put the other meatloaf raw into a loaf pan and freeze it.

Meatball Mania! (3 lb. of ground beef yields 48 meatballs)
Bake in the oven and freeze in containers of 12 each. That's four easy meatball meals ready for sauce or sandwiches!

Ready-made Browned Beef (Use the remaining 4 lb.)
Brown the ground beef and put it into freezer bags (1 lb. per bag). Then pull out of the freezer to defrost a few hours before when needed for sloppy joes, tacos, chili, meat sauce for pasta, or shepherd's pie. Great for quick meals!

QUICK RULE:
10 lb. of beef = Approximately 10 Family-Size Meals
(about 4-6 servings)



Other Batch Cooking Favorites

■ **Pancakes.**
Make a double batch of pancakes. Store the extra pancakes in the fridge or in the freezer to be thawed later. When you're ready, reheat pancakes in a pan, toaster, or microwave. This same concept also works great for waffles, muffins and even French toast!



■ **Casseroles.**
Double or triple just about any recipe and then cook it in separate dishes in the oven at the same time. Let the dishes cool before wrapping and freezing. When you're ready to eat, thaw and reheat.



■ **Soups and Sauces.**
Make extra portions, cool them and package in large freezer bags for family meals or small plastic containers for single serving meals. Cooked pasta freezes well, too.



■ **Beef and Pork.**
Slice center loins and whole meats into "steaks" and package them in pairs or quads for individual meals, or cut into strips or cubes to be used at a later date for kabobs, stews or stir-fries. The butcher at MaineSource Food & Party Warehouse would be happy to help you!



■ **Chicken.** Par-boil, grill or bake a bunch of chicken breasts at a time. Package them in small freezer bags. When you are ready to use them, just pull what you need out of the freezer to defrost.



■ **Bread.**
Anytime you bake bread or rolls, make extras to have on-hand. Once cooled, seal in an air-tight bag or wrap. Take out of the freezer to defrost a few hours before meal time and then stick back in the oven just before serving for a crispy, fresh-baked taste!

