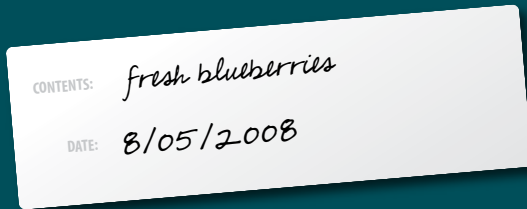


TIPS FOR FREEZING FOOD FROM BULK BUYS

- Use quality containers or bags and label your food, including the date.



- Minimize air in the container to prevent freezer burn.
- Some foods, such as berries or muffins, should be frozen on baking sheets before they are sealed together in bags.
- A good technique for freezing soup or chili is to ladle it into freezer bags. Stack the bags flat to freeze them. They won't take up much room in the freezer, and because the bags are thin, they defrost quickly.



Everything you need to package your family's food is all available at MaineSource Food & Party Warehouse.



RESTAURANT **QUALITY** FOOD
AT WAREHOUSE PRICES

1018 Front Street | Binghamton, NY 13905

607-723-8200

Hours: Mon.-Sat. 7am-9pm | Sun. 9am-7pm



BUY IN BULK. AND SEE THE SAVINGS.

*Buy your groceries in bulk.
Save time and money!*



MaineSource Food and Party Warehouse has restaurant quality food at warehouse prices. Buy your groceries in bulk and save money and time! Take advantage of economies of scale in which you get a lower unit price because of a larger quantity. It's a smarter way to shop and save.

Here are a few tips to help you shop in bulk at MaineSource with success.

TIP 1. Plan your meals in advance.

With a plan in mind, you can buy – and actually use – 10 lb. of ground beef (see *MaineSource Batch Cooking brochure for more great ideas!*). Planning ahead also cuts down on last minute grocery store runs, costly impulse buys or a wait in the drive-thru lane. MaineSource offers tips and recipes to help you make the most of your food budget.



TIP 2. Buy large quantities and break them into smaller ones.

MaineSource carries bulk packages of farm-fresh meats and produce to help reduce your grocery expenses. It will save you money and the time it takes to stop at the store frequently. Here are some ways that you can re-package and save money.

■ Meats.



Have the butcher at MaineSource cut a large piece of meat into smaller cuts such as steaks, strips or cubes that you can package up and use at a later date for stews, kabobs or stir-frys.

■ Chicken.

Cases of frozen chicken breasts can be re-packaged into family size servings. A case that has 40 breasts can turn into 10 meals.



■ Frozen Vegetables.

Save money by buying bulk packages of frozen vegetables and putting them into zipper bags that are easy to pull out of the freezer.



■ Butter and Cheese.

Butter and cheese both freeze very well. You'll save big when buying bulk quantities of butter and shredded cheeses, then repackaging them into pint sized containers or bags!



■ Sauces.

Buy sauces like teriyaki, barbecue, and steak sauce in larger gallon containers and then divide up into smaller containers.



■ **Canned Goods.** MaineSource carries canned goods such as tomatoes and tomato sauce in #10 cans. With 96 oz. – 112 oz. per can, you will pay significantly less per ounce than “regular” sized (16 oz.) cans at the grocery store. Tomato products can easily be divided into plastic containers and then frozen.



TIP 3. Stock up on commonly-used ingredients.

If there are items on sale that you always use, stock up when you can. This also reduces extra trips to the store where you might make impulse buys.

TIP 4. Invest in a freezer chest.

When bought in bulk, meat and poultry unit prices are often greatly reduced. Invest in a stand-alone freezer and break up the meat by serving size for your family. Put each serving in a freezer bag and defrost only what you need for the next night's dinner.

TIP 5. Clear out space in the pantry or basement.

Take stock of shelf and cupboard space at home before you shop. You may need to get a few plastic containers or other storage items to organize your bulk buys.

MAINESOURCE
FOOD & PARTY WAREHOUSE

IT'S A SMARTER WAY TO SHOP AND SAVE.