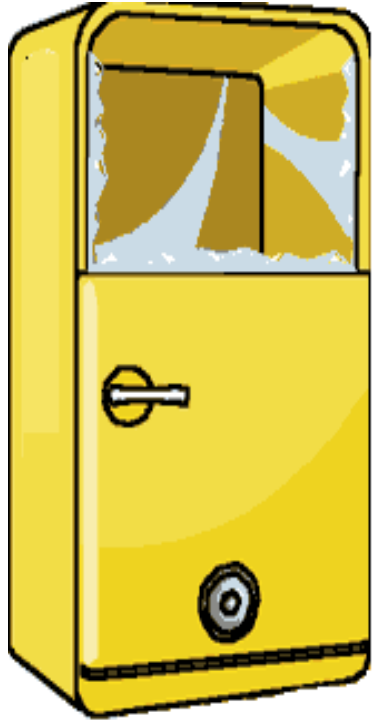


Mixed vegetables



Mixed vegetables can be just as nutritious as fresh vegetables, they are convenient and easy to add to most meals, they also save on preparation time as they are pre cut and all ready to go. Simply add to your stir fry or to boiling water until tender (approx 3-5mins).



Individual serves of frozen vege



These are a great and convenient way to add veggies to your meals. Simply microwave the individual packets as directed (3mins) and add to your dish.

Potato



Choosing low fat potato options for dinner can be a tasty way to add a healthy carbohydrate option to your meal. Ensure they are low in fat by reading the label and bake or grill rather than fry!

Frozen Berries



Frozen berries are a great source of fruit to boost your intake of antioxidants, a great addition to breakfast cereals and with yoghurt or dessert.

Lean Meats



Keep a supply of lean meat in the freezer, remember to take out and defrost on the day you need to cook. Pack individual serves of meat in glad wrap / bags for ease of use. Remember to remove excess fat before cooking or serving.

Left-Overs



Left-over's provide a healthy meal within minutes. When possible try to cook extra and pack away what's left in the freezer for a quick meal option at a late date.

Buns / rolls / breads



Keeping a good supply of frozen breads, rolls and buns will allow for healthy fresh filled sandwiches, rolls, homemade hamburgers and toast. Always have bread options stocked in your freezer.

Healthy Baking



Freeze left over healthy baking to keep as a quick and convenient meal when needed. Either freeze your own baking or appropriate options from the supermarket / bakery.