

## Freezer Items

### Fish

Baby Shrimp (for stir fry or fried rice)  
Tilapia (bags of individually frozen fillets)

### Frozen Fruit

Bagged berries, miscellaneous (for smoothies)

### Frozen Vegetables

Asparagus  
Breaded Okra  
Broccoli Cuts  
Cauliflower  
**Edamame**  
Hash Browns  
Mixed Vegetables (for fried rice, soups, and casseroles; 99¢ per bag for PicSweet)  
Okra (not breaded)  
Peas  
Peas and Carrots  
Shoepeg Corn  
Stew Vegetables  
Stir Fry Vegetables  
Sugar Snap Peas  
Tater Tots

### Meat

Beef Hot Links  
Beef (ground, roast, stew, and flank)  
Chicken (whole and breasts)  
Hot Dogs (\$1.99 per package for cheese dogs on sale at the grocery store)  
Hot Italian Sausage  
Kielbasa  
Pepperoni  
Pork Chops

### Miscellaneous

**Miscellaneous meals** that have been prepared and frozen  
Nuts (almonds, pecans, pinenuts, walnuts)  
Puff Pastry Sheets  
Shredded Cheese (several bags each of mozzarella, cheddar, Mexican blend,

and Parmesan bought at \$1.25 per 2 cup bag)  
Tortellini

### **Prepared Ingredients**

**Black beans, cooked**

**Buttermilk biscuit dough**

**Chili**

**Chicken**, cooked and diced or shredded

**Ground beef**, browned

**Ham**, cooked and diced

**Meatballs**, formed but raw

**Peppers & onions**, chopped and sauteed

**Onions**, chopped and sauteed

**Spaghetti sauce**