

Save Big on Groceries with a Freezer

*This free tip sheet was produced by the Cheapskates Club –
www.cheapskates.com.au*

A deep freezer can help you cut your grocery bills by a significant amount. You can stock up on items during sales and avoid overpaying later.

How Much Can You Save? \$300 or more per month!

Consider these tips for making the most of your deep freezer:

- 1. Buy in bulk and store it.** A deep freezer lets you purchase food in bulk. Big packages of meat, frozen vegetables, and other items can be stored for a long time without losing their flavour. Consider buying half or a whole side of beef at once and save!
- 2. Stock up on sale and clearance items.** You can easily stock up on these items and use your deep freezer to store them.
- 3. Buy large bags of frozen vegetables and fruits.** The large bags of these frozen items tend to cost less. They're a convenient way to stay on your healthy diet without spending a lot. Frozen vegetables and fruits retain most of their nutritional value, but they're less expensive than the fresh versions.
- 4. Store your garden produce.** Grow some fruits and vegetables in your garden. Even if you have a small space, you can grow them in pots. Then, as they ripen, wash, dry, cut up, and freeze whatever you don't eat right away.
- 5. Freeze your extras.** Did you make an extra lasagne or loaf of bread? Instead of letting your extra food go to waste, freeze it. Your family may get tired of eating the same leftovers, so freeze the extras for an easy meal later.
- 6. Plan ahead and pay attention to promotions.** For example, December is a great time for stocking up on frozen chicken and turkey.
- 7. A deep freezer can help you save money and eat healthier at the same time.** It's an easy way to live a more frugal lifestyle.



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Showing you how to save money,
time
and energy and still have fun!
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