

HFG FREEZING TIP

When you buy chicken fillets or pieces, make a simple marinade, coat the chicken in it and freeze. The chicken will marinade as it defrosts...

YOUR freezer MEAL PLANNER

FROZEN FOOD USE-BY GUIDE:

MEAT 8-12 months. CHICKEN 6-12 months. FISH 3-6 months.

FRUITS 12 months. VEGETABLES 8-12 months

| FOOD | CODE | SERVES | DATE FROZEN | USE BY |
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