



MONEY-SAVING FREEZER GUIDE

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INTRODUCTION

As a college graduation present, my parents bought a chest freezer for my husband and me. Definitely not your normal graduation gift, but way better than a fancy pen with my name on it or a giant teddy bear with a graduation cap.

Our deep freeze has saved us so much money in the 15+ years that we've had it.

And it's still going strong!

We even bought a second one last year to allow us even more space to freeze food for our large family.

BUT, you **don't have to have a chest freezer** to take advantage of all of these money-saving tips!

In the pages that follow, you will learn about dozens of foods that you can freeze to save money.

But first let's talk about how freezing things saves money.

Warning: While a chest freezer isn't required, learning all of this might make you *want to get* a chest freezer. To help you decide if it's a good move for your family, I've included a cost analysis near the end. You can calculate how much it would cost your family to buy and run a chest freezer, and then decide if it would be a worthwhile investment.

HOW FREEZING SAVES MONEY

Okay, let's start by talking about the general ways that freezing food can save you money.

There are lots of benefits to using your freezer and many of them involve saving money. I'll go through some of the reasons that matter most to our family and some that might be a big deal for you.

Shopping less often

I started making once-a-month grocery shopping trips when we lived an hour away from the store. Making fewer trips to the store not only saves money in gas, but saves loads of time.

Having a deep freezer really makes once-a-month shopping simple. I can stock up on milk that will last us all month by sticking a few gallons in the freezer.

There are lots of other foods included in this guide that can be easily frozen! Now you'll be able to stock up when you make your shopping trip, especially if you find a great deal.

Buying meat in bulk

As one of the most expensive items on your grocery list, stocking up on meat can really save you money. Whether you're hoping to get lucky with markdowns at your local butcher's counter or you buy meat in bulk, you need somewhere to put that meat while you're waiting to use it.

I do a combination of freezing meat cooked and uncooked. I usually brown up half of the **ground beef** and divide it into portions I will use and then freeze the rest raw in normal portions.

With **chicken**, I'll cook up and shred some of it and freeze the rest in frequently used portions or in freezer meals.

Take advantage of clearances and sales

I like to shop at a discount foods store that sells foods near their expiration or "best by" date. Food prices drop dramatically when food gets near the end of its prime. If you have freezer space you can score big when this happens. Whenever I find a killer deal on any freezable food that our family eats, which is actually pretty often, I'm not afraid to stock up.

For example, when I find individual **yogurt** cups for a super deal (like 8 for \$.47 or something crazy like that) at Grocery Outlet, I grab all I can. I put them straight into the freezer, then pull them out one at a time to put in school lunches. Freezing them puts a hold on the expiring process, so when I take them out it's as if it were the same day I put them in the freezer. Not only is the yogurt still good, by lunchtime it's still nice and cold.

Never let food go bad

Whether it's milk, fresh produce, or last night's leftovers, there is no reason to let food go to waste when you have space in your freezer. As you'll learn in the pages that follow, most things can be frozen. Sometimes the frozen version of the food is used in a different way than the fresh version, but it's still one hundred percent useful and doesn't need to be wasted.

For example, if **celery** and **carrots** are starting to go limp, you can chop them up and freeze them for later use in soup or to put in the slow cooker with meat. **Spinach** that is on the verge of going bad can be frozen and used to add some nutrients in smoothies, soups, quiches, or any recipe that calls for frozen spinach.

Bulk baking sessions

I'm a go-big-or-go-home kind of girl when it comes to baking. If I'm going to the effort to bake and make a mess in the kitchen, then I am quadrupling recipes left and right.

My family loves homemade baked goods! They're cheaper and more delicious than store-bought, so it's a win all around. If I don't get them into the freezer, even sixteen loaves of pumpkin bread will disappear in a few days!

Using the freezer in conjunction with bulk baking allows me to store **bread**s, **muffins**, **cookies**, and **granola bars** for snacks and school lunches. Making homemade lunch snacks is a great way to save money and they're usually better for you, too!

Once or twice a year I will make [pie crust dough in bulk](#). One batch makes about 20 individual crusts. I usually freeze them as individual dough balls, but you could flatten them, too, for faster thawing. Then for months we'll have delicious pies, pot pies, and quiches with very minimal effort.

Storing garden produce

If you've had a high-producing garden, you know that it can be nearly impossible to keep up with all those wonderful fruits and veggies during the busy harvest time. Having a deep freezer buys you some time in dealing with your produce.

For example, I currently have about a dozen gallon-sized freezer bags full of **blackberries** that we picked last summer. I make blackberry jam and blackberry syrup, but I like to save them all to do at the same time so the mess is consolidated to one day (and preferably in the fall when it's not so hot). When they're frozen, I can take my time and do them on my own schedule. Plus, they're great for smoothies and cobbler when they're frozen!

Also, the [method I use for canning tomatoes](#) works great with frozen tomatoes. Instead of having several canning sessions throughout the hot summer as tomatoes ripen, I can save them in the freezer until I am ready to can them. The way I make tomato puree, I don't even have to blanch or peel them!

We also have lots of shredded **zucchini**, **pumpkin puree**, cubed **sweet potatoes**, just to name a few. Depending on what's in your garden, you may be able to freeze many other things.

Having plenty of freezer space makes harvest time much less hectic!

Make-ahead sandwiches

Okay, this one might save your *sanity* more than your money (unless you're eating out for lunch, in which case it will be gold!). My freezer saves me from having to make sandwiches every day, which is one of the things that drives me bonkers about school time. Between my husband and four school-aged kids, I make at least seven sandwiches a day. If the little ones and I have sandwiches, that's three more!

One of my greatest discoveries of the past decade is that you can freeze **peanut butter and jelly sandwiches**. And they are wonderful! After our monthly grocery shopping trip, I will make something like eight loaves of sandwiches to go into the freezer. I go through several large jars of peanut butter and several jars of jam all at once, but it is so satisfying to not have to make sandwiches for a while.

I put each sandwich in a fold-top sandwich bag and then put all the sandwiches into a bread bag with a twist tie to go into the freezer. I save the store bread bags so that even when I make my own bread, I can use the store bags for the freezer. The sandwiches are perfectly thawed and fresh by lunchtime.

FOODS YOU CAN FREEZE

Now that you understand how freezing foods is a major money-saver, let's talk about all the foods you can freeze. Of course, the sky is really the limit. It's hard to put an actual number on the list because I didn't include foods that everyone knows can be frozen, like peas and broccoli, and some of the foods listed represent whole categories of foods. Just know that there are lots of foods that can be frozen, definitely more than *cannot* be frozen.

Be sure to read the description of each food, as some require special instructions to freeze or use after freezing.

time. The individual yogurt cups go great in lunches (they'll thaw just in time) or you can add a popsicle stick for a frozen treat!

Cottage Cheese

Like many other dairy items, cottage cheese changes its consistency a little when frozen. It's still great for using in things like lasagna (did you know it's a great frugal substitute for ricotta) and mock lasagna.

Fruit You Can Freeze

Bananas

Bananas will darken in color and be mushy when thawed, but they're perfect for baking and smoothies. For use in smoothies, peel and cut ripe bananas into quarters, flash freeze on a tray, then store in freezer bags. For baking, you can pre-mash and pre-measure if you feel so inclined. Bananas *can* be frozen in their peels, but extracting the banana after it is partially thawed increases the "eww" factor. It's worth the small effort to take off the peels first.

Grapes

Wash before freezing. Frozen grapes make a fun summer treat for kids and adults alike. They're like a stick-less popsicle. You'll want to eat them frozen, as they will get mushy as they thaw. You could also add them into smoothies. When grapes go on sale, buy more than you can eat and stick them in the freezer (after washing them, of course).

Melon

I cube and freeze watermelon and cantaloupe from the garden. Flash freeze it on a tray for a few hours, then store it in freezer bags, and it's easy to access the portion that you want. Frozen melon is great to add to smoothies and milkshakes.



Dairy You Can Freeze

Milk

Since liquids expand, you'll want to take a little bit of milk out of each gallon. The milk looks yellowish when it's frozen, but will return to normal when thawed. Wait until the entire gallon has thawed (and then shake) before drinking, otherwise the first half will be cream and the second half will be skim.

Non-Dairy Milk

You can freeze coconut milk, almond milk, and other nut milks. Just be sure to let them thaw completely before drinking, since different elements of the milk can thaw at different rates.

Cheese

Shredded cheese freezes best. If you freeze and thaw block cheese, it may crumble when you try to slice it. It works best if you bring the cheese up to room temperature before using it, though the taste is fine even when frozen.



Cream Cheese

The consistency changes a bit when cream cheese is thawed, but it works great for baking, cooking, and frosting.

Butter or margarine

Freezes and thaws like a dream, with no changes in consistency or usefulness. If you find a good deal on butter, don't be shy!

Whipping Cream or Buttermilk

Dairy ingredients that you use only occasionally are great candidates for freezing. You can also often find them discounted when they are close to their expiration date. As long as they are frozen before they expire, they will be fine. Just be sure to use them quickly once they thaw.

Yogurt

If you find individual yogurt cups on sale or close to the expiration date, buy them and freeze them. If you make your own yogurt, you can freeze your yogurt start for next

Cherries

Pitted cherries are perfect to freeze for pies and cobblers down the road. Like most fruits, they get a little mushy when thawed, so use them accordingly.

Citrus

Cut up and freeze lemons, limes and grapefruit to use in smoothies. For lemons and limes, you can even leave the peel on. If you have access to a citrus tree, you probably know that you can juice your oranges and lemons and freeze the juice. Lemon juice freezes nicely in ice cube trays.



Pumpkin Puree

We make our own pumpkin puree to use in place of canned pumpkin in pies, muffins, cakes, and soups. I freeze it in measured quantities in freezer bags or plastic storage containers.

Berries

I hope this one isn't new to anyone. Wash or hull the berries before freezing. Frozen berries are great for pies, smoothies, sauces, jams, and more. When they thaw, they can be mushy (depending on the type). My kids love to stir berries or frozen fruit into bowls of oatmeal to help cool it down.

Applesauce

If you decide not to can your homemade applesauce, you can freeze it! The taste and texture won't change.

Juice

Any kind of fruit (or vegetable) juice freezes well. Just be sure to let it thaw completely before drinking or using.

Dehydrated fruits and veggies

Keep your dehydrated fruits and veggies safe from critters and from going bad by sticking them in the freezer.

Other fruit

You can't really go wrong when it comes to freezing fruit. If you have fruit that's nearly past it's prime, stick it in the freezer and put it in a smoothie, pancakes, or even a pie. Be sure to peel or pit or do whatever you need to do to prepare the fruit for eating *before* you freeze it.



Veggies You Can Freeze



Carrots and Celery

One of my favorite time-saving hacks is to chop up celery, carrots, and onion at the same time and store them together in large freezer bags. Then when I go to make soup, I just dump the frozen mix into the pot. There's no need to blanch or do anything special.

Tomatoes

Yes, they're technically fruits, but we use them more like vegetables. Wash and core your ripe tomatoes before freezing. When thawed, tomatoes will be mushy. They are perfect for blending up for tomato soup or for canning as tomato puree (our favorite way to bottle tomatoes).

Corn on the Cob

There are several ways to freeze your corn. You can do it with the husk on or off, cooked or uncooked. Our favorite is to husk it and wash it, leaving it on the cob, then put it into freezer bags.

Onions

I am an onion crybaby, so I have my husband cut our onions and freeze them for me so I always have chopped onions available without going through the teary trauma. Freeze chopped onion on trays for an hour or two, then transfer to freezer bags. Freezing like this makes it really easy to get the amount you need without requiring an ice pick or chisel.



Bell peppers

We don't use loads of bell peppers, so when I buy them, they are always at risk for going bad before I use them. Instead, I always chop them up right away and freeze them, the same way I do onions. Then it's easy to grab the amount I need for an omelet or whatever I'm making.

Leafy Greens

We freeze spinach, chard, kale and other leafy greens to use in green smoothies. We add them to the blender frozen. If you have greens that will go bad in the fridge before they are used, freezing them is a great way to prevent waste.

Ginger

Fresh ginger is something I don't use super often, so it's convenient that it can be stored in the freezer. I usually just grate or cut off the amount I need while it is still frozen, then pop it back in the freezer.

Zucchini

Shredded zucchini freezes well. It's perfect for breads and muffins. When it thaws, drain off some of the water that it sheds.



Other Soup Veggies

Any veggies that you could eat in soup (asparagus, green beans, etc) can be frozen without any extra preparation. Since the texture changes in soup anyway, you don't need to worry about blanching.

Proteins You Can Freeze

Meat

I buy meat in bulk to freeze. I usually separate the meat into quantities I frequently use before freezing. Meat can also be frozen after it is cooked. I like to pre-cook ground beef to freeze so that I can quickly add it to a dish. I do the same with shredded chicken.

Bacon

As with other meats, you can freeze bacon uncooked or already cooked.

Eggs

Crack eggs before freezing them. You can crack them individually into silicon trays or freeze them in bulk in a glass jar or freezer bag. You can separate the eggs if you want, but it's not necessary. When we get lots of eggs from our hens in the summer, we freeze 18 eggs into a freezer bag to use for scrambled eggs, which works great for our family.

Nuts and seeds

Freezing nuts and seeds is a great way to keep these expensive foods from going rancid. I store all of my nuts in the freezer all the time.

Beans

I cook beans in bulk, then freeze them in portions to use in place of canned beans. Cooked dry beans are cheaper, yummier, and better for you than canned beans.

Broth

If you cook a whole turkey or chicken, don't waste the broth! Freeze it to use in future soups!



Other Foods You Can Freeze

Garlic

Garlic can be frozen whole or in individual cloves. It's just as easy to work with frozen as it is beforehand.

Herbs

Fresh herbs can be expensive, but often go bad before they can all be used. Fresh herbs can be frozen in an ice cube tray with broth or olive oil. Most, like cilantro, can also easily be frozen just in a freezer bag!

Rice

If you have extra rice, let it cool, then put it into freezer bags and lay them flat in your freezer. When you reheat it, you'll want to cover your bowl with plastic wrap and microwave it for a couple of minutes.

Pasta

Cook pasta al dente and drain well. Adding a little olive oil while it's still hot will prevent clumping. Freeze in freezer bags. Be sure to squeeze as much air out as possible. Thaw in the fridge and reheat in the microwave or a pot of boiling water.



Potatoes

But wait, not just any potato! If you freeze raw potatoes, they will turn black. You can, however, freeze baked potatoes or mashed potatoes!

Yeast

Keep your yeast fresh by storing it in the freezer. Even though I use yeast regularly, once I open a bag of yeast, I keep it in the freezer.

Coconut

Coconut is an ingredient I don't use very often, so I like to keep it fresh by keeping it in the freezer as long as I have space.

Chocolate

Chocolate freezes really well, whether it's chocolate chips or candy bars with other ingredients in them. Just be sure it's in a sealed container and that when you thaw it, you do so in the fridge so it comes up to temperature gradually. Freezing chocolate is also a good way to hide it from yourself.

Flour, Oats, and other dry staples

If you live in a humid climate, you probably already know that keeping these staples in the freezer is an important way to keep them bug-free.

Chips, crackers, cereal

This is another one that people from places prone to weevils need to know about. Just be sure to close the bag well, stick it in the freezer, and you'll be set!

Sauces

You can easily freeze most sauces like pesto sauce, tomato sauce, adobo sauce, even nacho cheese sauce! If you want to freeze them in small amounts, ice cube trays work well.

Tortillas

Both corn and flour tortillas freeze and thaw really well!

Marshmallows

Want to keep marshmallows fresh instead of having them get hard or all smooshed together in one sugary blob? Try freezing them! You can stick the whole bag in the freezer or divide them into smaller portions. When they thaw, they will be soft.

Partially Prepared Foods You Can Freeze

Pie Crust

I make my pie crust in bulk each year. I freeze my pie crust dough in balls wrapped in plastic wrap, then I put 9 dough balls in a gallon freezer bag. It thaws quickly to make pies, quiches, and pot pies without making a mess of the kitchen each time.



Cookie Dough

Cookies don't last long around here, but if you have more self-control than we do (or fewer mouths to feed), frozen cookie dough may be the perfect way to have homemade treats at your fingertips. Cookie dough can be frozen in individual balls or in tubs.

Yeast Dough (pizza, bread, rolls, etc.)

If you're new to making bread, find a freezer-friendly recipe to start. Otherwise, you can convert just about any recipe to a freezable recipe by freezing it after the first rising and after forming the dough into a loaf or rolls. Pizza dough can be frozen in a ball and formed into a crust after thawing.



Freezer Meals

What if you could seriously cut down on your dinner prep time by having all the ingredients compiled and all the chopping for your meal done? Essentially having a freezer bag that you can just dump into your slower cooker or Instant Pot is a huge time saver. They're also wonderful to share with a friend who just had a baby.

Prepared Foods You Can Freeze

Waffles, Pancakes, French Toast

We have homemade pancakes pretty regularly around here. For an even quicker breakfast, you can make pancakes, waffles or french toast in large batches for freezing. Just stick them in a freezer bag and squeeze out as much air as you can! The toaster is perfect for warming up individual waffles or slices of french toast.

Breads

Both yeast bread (like sandwich bread) and quick breads (like zucchini bread) freeze well. Freezing staples like bread can prevent entire trips to the store which will save both time and money!





Brownies, Cakes, & Cookies

Essentially any baked good can be frozen. Frozen chewy brownies are my favorite. You can let them thaw or eat them frozen.

Sandwiches

As I mentioned earlier, discovering frozen peanut butter and jelly sandwiches was a grand revelation! I will sit down and make a loaf or two of bread into PBJs. I put them into individual sandwich bags and straight into the freezer. It sure simplifies the lunch-making routine. Sandwiches with meat and cheese work too (just add lettuce and tomato later).

Soups and Stews

Soup is a popular food for the freezer because it freezes like a dream and when reheated you would never know the difference. This includes chili and other bean soups.

Baby food

Baby food is essentially just pureed fruits and vegetables (or “meals”), so it can totally be frozen. Just be sure to thaw it at least back to room temperature before serving or you may get a funny reaction.

Complete dishes

Whether it's **lasagna**, **enchiladas**, **mac and cheese**, **pizza**, **meatloaf** or a **casserole**, you can freeze the whole dish. Hold off on toppings like sour cream until after you've reheated your meal. For more ideas, take a stroll down the frozen food aisle of the grocery store. If you see something frozen there, you can most certainly do the same at home with your homemade meals.



HOW MUCH DOES A DEEP FREEZER COST?

Now that you know all of the wonderful things you can freeze and how you can save money with your freezer, are you thinking about investing in a chest freezer or upright freezer?

I get asked all the time by friends and readers alike if a deep freezer is worth it. To each of them I answer a resounding YES! A deep freezer has been totally worth it for us.

Before I gush about all the reasons we love our deep freeze, let's look at the costs of a freezer first, then weigh them against the benefits.

There are two costs associated with a deep freeze. The first is the initial cost to purchase the freezer. The second is the ongoing cost of running the freezer.



Initial cost of a deep freezer

For us, the initial cost was zero, as we received a brand-new freezer as a graduation gift from my parents. Now if that sounds odd to you, it's because it is! My siblings and I are the only people I know that got a deep freeze as a graduation gift. And it has turned out to be the best gift!

A deep freezer probably isn't as expensive as you think. You can get a brand new 7 cubic foot deep freezer for around \$200.

You can also find used ones for very reasonable prices too. The downside of a used freezer is that older models aren't as energy efficient as newer ones, so you may pay more in the long run.

To get the best deal, keep your eye on the market. Once you know the size and type of freezer you are interested in, start paying attention to prices so that you know when a sale is really a good sale (and not just an advertising gimmick).

PRO TIP: A chest freezer is generally more energy efficient than an upright freezer. You'll lose less cold air opening a chest freezer (cold air sinks) than an upright where cold air spills out.

Ongoing cost of a deep freezer

I have had friends hesitate about getting a freezer because they worried about the ongoing cost of the electricity to run the freezer. After all, it needs to stay plugged in all the time! Plus, appliances that heat or cool are known to be the ones that use the most power.

So how much energy does a deep freeze actually use? If you buy a new freezer, this information is readily available on the tag and in the sales materials, which makes comparisons really easy. To know what this really means for your budget, you should be familiar with your electric bill. Do you know how much a kilowatt hour costs for you?

I decided to do a little research so I could give you some actual numbers. I added a smart plug between the wall and the freezer to measure the power that my deep freezer is actually drawing.

Here is what I found:

Our 7 cubic foot chest freezer (which lives in our garage) uses on average 1.1 kilowatt hours of electricity each day. During the winter, a kWh (where we live) costs 15-18 cents, depending on the time of day. In the summer (four months), each kWh costs 30 cents for the peak time (3-8pm) and 23 cents for all the other time, which averages out to about 25 cents.

In the summer, it costs about \$7.50 per month to run the deep freezer. During October through May, it costs about \$4.68 per month. Annually, that's \$67.44 per year or an average of \$5.62 per month.

Of course, these number are specific to our freezer and our electric company. A new 7 cubic foot chest freezer would probably use a similar amount of power, but the cost of that electricity will vary depending on your location. Your power is very likely cheaper than mine. The average price for electricity for residential users in the United states is around 13 cents per kWh, which is cheaper than we *ever* see here.

Keep in mind that your freezer will run most efficiently when it's full. It's easier to keep frozen things cold than to keep the empty air space cold.

PRO TIP: When you're first working to fill your freezer, consider freezing bottles of water to take up some of that air space so your freezer doesn't have to work as hard. That will also help keep everything frozen if your electricity goes out.

IS A CHEST FREEZER WORTH IT TO YOU?

Before you dive into investing in a deep freezer, here are a couple of questions to ask yourself.

How will a freezer save *me* money?

I've shared some ways that a freezer saves *our family* money (not to mention time and sanity), but what are the reasons that matter to YOU? What would you store in your deep freezer?

Is it worth spending \$6 each month in order to have these benefits?

I figure that it takes \$67 each year to run our deep freezer, just under \$6 per month on average. For us, that money is well-spent.

What is the estimated energy cost to run the freezer that you are interested in? Looking at the benefits you will receive, is it worth the cost for you?

There are other legitimate concerns about getting a deep freezer.

Where will I put my deep freezer?

A common concern about investing in a chest freezer, aside from the cost, is space. If you have a small house or apartment, you might think there is no way that you could ever squeeze a chest freezer into your place. And you might be right (we've lived in some pretty tight quarters, too). BUT, before you discount the idea completely, be sure to think through all of the possibilities.

One of my sisters, who also got a freezer for college graduation, kept hers in a coat closet by the front door in one of her newlywed apartments. You can keep your freezer tucked away in the garage (that's what we did during law school and are doing now). I've seen small chest freezers in kitchens and dining rooms too.

When we lived in my in-laws' unfinished basement (while we worked hard to pay off six figures of student loan debt), we kept ours in the "living room" (if you saw it you would understand why I put it in quotes). In fact, at Christmas we perched our small artificial Christmas tree atop the freezer which I adorned with a cute plaid tablecloth.

My sister, who also got a chest freezer for a graduation gift from our parents, kept it in a large entry closet in her apartment as a newlywed. Was it unconventional to have coats

hanging above the deep freeze? Yep! But was it worth it to save money and have all of the benefits of a chest freezer? Absolutely!

What if I lose power?

I have a funny story about that. Okay, at the time it was *anything but funny*, but it taught us a good lesson and we sure won't let it happen again. We inadvertently allowed our freezer to get unplugged and we didn't notice it for weeks. By the time we discovered it, we had a freezer full of meat including several whole turkeys that had gone bad. *Very, very bad*. Words cannot describe the smell. We dug a pit in the backyard, buried the contents of the freezer, then cleaned it out with bleach.

It's a good idea to regularly check your freezer to make sure it is still working properly at least every couple of days. You can also invest in an inexpensive alarm that notifies you if the temperature rises too high.

With any electric appliance, there is always a risk of power failure that you have no control over (unlike our situation, which was completely our own fault). When we lived in the boonies, it was normal to lose power for days at a time in the fall and winter storms. Still my in-laws didn't hesitate to keep their enormous chest freezer stocked, even without owning a generator.

A chest freezer would need to be without power for quite a while for anything to spoil, especially if it is well-stocked. Chest freezers are kept at a lower temperature than the freezer portion of your refrigerator, which means they stay frozen much longer. The best thing to do is to keep your freezer closed during the power outage so you don't let out any of the cold air.

Now with the power being shut off regularly during the summer/fall fire season to prevent wildfires, we saw the need to invest in a small generator. We rotate the generator between the fridge and freezers and other important appliances.

GET STARTED SAVING TODAY!

Have you tapped into all of the gold mines your freezer is offering you?

There are so many ways making good use of your freezer will save you money. To sum up a few of them, you can save money with your freezer by:

- Stocking up when prices are low
- Shopping less often
- Buying in bulk
- Preventing food waste by freezing food before it goes bad
- Having meals prepared for your family for busy nights
- Having bulk baking sessions
- Storing your garden's bountiful harvest

You have a powerful money-saving tool in your kitchen! Now it's time to get it to work even harder for you. Go organize your freezer so you can maximize that money-saving appliance!

Which strategy are you going to start with?

What new foods will you start freezing?

I'm so excited for you to harness the power of your freezer and reap the wonderful benefits!

ABOUT THE AUTHOR



Stephanie has spent the last seven years helping families live frugally so they can pay off debt and reach their financial goals.

In 2013, Stephanie and her husband set an audacious goal to pay off \$144,000 of student debt in three years. Knowing that public accountability would motivate them to stay the course and meet their outrageously optimistic timeline, Stephanie began sharing all the details of their financial journey on her blog, [Six Figures Under](#).

Through a combination of ultra-frugal expense reduction and hyper-focused income growth, the entire debt was paid months before the three-year deadline!

Stephanie keeps up the accountability by sharing detailed family budget updates every month. Transparently sharing her real income and spending has helped countless readers learn how to budget in the real world and be inspired to actually do it!

When she's not blogging or crunching numbers for the family budget, she loves adventuring outdoors with her husband and six children ages twelve and under. They live on several acres in the foothills of the beautiful Sierra Nevada mountains.