



2005 Chill Out 'n' Win Fact Sheet

Chill Out this winter to get the most out of your fridge and freezer.

We all know we should look after ourselves, however, in our busy lives, it's often difficult to stay on the path of healthy eating and living. One of the keys to these lifestyle changes is being organised, and using your fridge and freezer effectively.

- Pre-planning meals and having nutritious foods available can make healthy eating simple and straightforward. Plan a week's menu and cook meals in advance. Pop them into the freezer, ready to be whipped out, microwaved and enjoyed. Having food prepared and ready to eat will also prevent you from snacking whilst preparing your dinner.
- If you don't want to prepare a whole week's meals in advance, cook a little extra each night and freeze the additional servings in microwave dishes. Put individually-portioned leftovers in the freezer, not in the fridge. On days when life is chaotic you'll have a healthy meal in the freezer ready to heat and eat.

There are many varieties of healthy frozen meals you can purchase directly from your supermarket. They are quick and easy to prepare and are pre-portioned, allowing you to eat only what you need.

You can apply the same strategy to your home-cooked meals and change the portion sizes according to the needs of different family members.

- When buying Coles meat in larger quantities, divide into individual portions once home. Transfer meat and chicken into suitable containers and label with purchase date prior to freezing. This way you can take out only as much as you need from the freezer.
- Freeze food as soon as possible once home. Use moisture- and vapour-proof plastic bags and wraps or freezer containers.
- Sorbet, gelato and low fat ice cream make great guilt-free winter treats and are a refreshing way to finish off a meal. Best of all, they can be eaten straight from the freezer.



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Frozen berries are a great snack or can be defrosted and served mixed with other fresh winter fruits from the Coles fresh produce section. Freeze your own by washing and drying fruit, place in a single layer on trays and freeze. When frozen, place in freezer bags and store in the freezer until ready to use.

- Soups freeze really well and are very satisfying. Make up a big pot and then separate into single portions. Use containers, which allow you to go straight from the freezer to the microwave. Take them to work for lunch or feed the family at dinnertime with crusty multigrain rolls plus a salad for a healthy low fat meal.
- Coles sliced bread can be frozen. This way, your bread stays fresh and you can take out 1-2 slices as you need them. To freeze bread, overwrap the package with a freezer bag, eliminate air in the bag and seal. Bread will keep in freezer for four months. On thawing, consume within 3 days.
- Low-fat, high fibre muffins can be wrapped individually and stored in your freezer. A few seconds in the microwave and you have a quick healthy snack for work or home.

Health Tips:

Don't leave frozen meat and perishable foods on the kitchen bench to defrost. Defrost in the fridge or microwave when ready to use.

- If you are taking food from your freezer in the morning, to prepare for the evening meal, make sure you place it in a covered bowl in the fridge. Store on the bottom fridge shelf, or below other ready-to-eat foods, to prevent raw juices from dripping. This will protect your food from spoilage and prevent you from becoming ill. Once food has been thawed, keep it refrigerated and use it as soon as possible. Thawed food should not be refrozen.
- When shopping at Coles, pick up frozen and refrigerated foods just before going to the checkout counter. A portable insulated bag is a good idea to keep frozen and refrigerated foods cold for a short period while transporting. Unpack first and place in home freezer as soon as possible. Freeze home made foods within 24 hours of preparation.
- Remember to keep your freezer stocked with a variety of nutritious foods and every meal will be delicious and healthy.



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