

# Check Out What's Chilling!

## Dear Parents and Caregivers,

When you think of foods from the frozen and dairy aisles, you might think of foods from your childhood such as pizza, a TV dinner, or that special type of vanilla yogurt. But today's frozen and refrigerated food offerings are far from vanilla.

Innovations in technology allow food to be flash frozen, locking in flavor and nutrition. That innovation extends to the menu choices as well. Today, you can get anything from gourmet pizza to Indian curry to plant-based milk and cheese in the frozen and dairy sections of your local supermarket or grocery store, along with items for people with special dietary needs.

Choosing foods from the frozen and dairy aisles, including ready-to-cook nutritious meals and pre-prepped frozen fruits and vegetables, enables you to use only what you need and put the rest back in the fridge or freezer for later, which helps with portion sizes, reduces food waste, and prevents throwing away money with your uneaten food.

Liven up your family's mealtimes by checking out your grocery's frozen food and dairy aisles. Your child has been learning some tips in class to become a smart and savvy food shopper with an educational program made possible by the National Frozen & Refrigerated Foods Association (NFRA). Ask your child to share what they've learned and try out the meal plan your child created in class. Then explore the frozen food and dairy sections of your local supermarket together to discover the range of available foods. Create a list of foods you'd like to try below. Maybe you'll find a new family favorite!

New foods from the frozen and dairy aisles to try for family mealtime:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**VISIT [EASYHOMEMEALS.COM](https://www.easyhomemeals.com).**  
**FOR RECIPES YOUR FAMILY CAN TRY TOGETHER AND**  
**FOR TIPS TO HELP REDUCE FOOD WASTE IN YOUR HOME.**



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