

Batch Cook with Confidence

Eat well • waste less • make food last



5-STEP BATCH PLAN

1

CHOOSE

Pick a meal that freezes and reheats well.

2

CHECK

Make sure you have a large pan, containers and freezer space.

3

COOK

Use a big enough pan and do not overcrowd it.

4

PORTION

Divide the food into meal-sized portions promptly.

5

COOL & LABEL

Cool quickly, then date, refrigerate or freeze.



Eat one today, chill one for tomorrow and freeze the rest.



GOOD BATCH-COOKING CHOICES



CHILLI



BOLOGNESE



SOUP



CURRY



STEW



BEAN OR
LENTIL DISH



ONE BASE, THREE MEALS



**TOMATO + ONION + CARROT +
MINCE OR LENTILS**

BOLOGNESE

Add herbs; serve
with pasta.

CHILLI

Add beans, chilli and
paprika.

COTTAGE PIE

Top with mashed
potato.



STORE & REHEAT SAFELY



Divide into meal-sized portions so they cool faster.



Cool promptly, then refrigerate or freeze.



Defrost in the fridge and reheat once, until steaming hot.



MAKE IT GO FURTHER

Label each portion with the meal, date and number of servings. Freeze the extras rather than leaving every portion in the fridge.