

Cooking Club

guidelines

how does it work?

Step 1 :: Establish a small group of friends {4-8 people} who commit to cooking freezer-friendly meals and sharing them with one another on a set schedule.

Step 2 :: Pick an administrator to establish and announce exchange dates for those participating as well as manage the overall group and communications.

Step 3 :: Before every exchange date, each participating member will choose a freezer-friendly recipe to prepare and share with the other members.

Step 4 :: Each member will make enough batches of their chosen recipe to provide dishes for all participating members, including specific cooking instructions for their dish as well.

Step 5 :: Meet on designated date to exchange. {Girls' Night Out optional...but encouraged.}

serving size

Each batch should include 4 to 6 servings, or enough for an entire family.

price range

All chosen meals should be within a reasonable price range. Remember...ease and frugality are the key - gourmet is not the goal.

packaging

Package all meals in containers that do not need to be returned. Examples include freezer bags, disposable foil pans, or inexpensive plasticwear.

other rules

- Try to stick with neutral foods that both adults and kids will love. For instance, no spicy foods or questionable ingredients.
- Dishes should have little or no prep work. The best meals are items that can go directly in the oven, the crockpot, or just be reheated.
- If your item requires boiling rice or pasta, please include in a separate bag along with the dish.
- Keep in mind that this exchange is for a main dish only – not an entire meal.