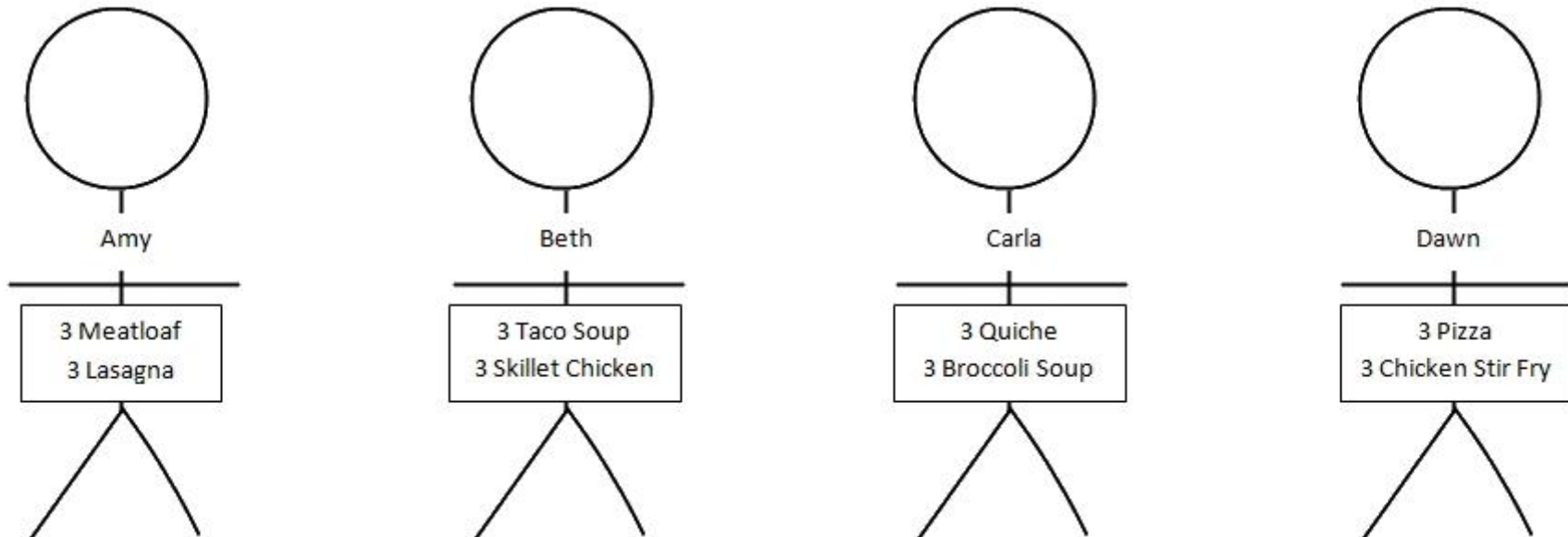


# Freezer Meal Exchange



## Example Exchange:



Amy will leave the exchange with one each of: Taco Soup, Quiche, Chicken Stir Fry, Broccoli Soup, Skillet Chicken, and Pizza

**Make. Freeze. Exchange. Thaw. Cook. Eat.  
Repeat, Repeat, Repeat!**