

HOW TO SAVE MONEY FREEZE DRYING

and maybe even make money too!

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GET IT CHEAPER

You may get so excited when you first start freeze drying that you see your grocery bill go sky high. However, by following a few guidelines and some careful planning you can actually save money by freeze drying.

BUY IN BULK

If you are a member of a big box club you already know how much money you can save buying in bulk. Take it a step farther and get food during special deals.

BUY IN SEASON

Buy your fruit when it is in season for the best prices and the best quality. Use the In Season chart provided to help you know the best time to buy.

BUY FROM THE PRODUCER

Find a local farmer in your area that sells directly to consumers. Some farmers set up stands on the side of the road or even advertise when they will be in the area.

VISIT A FARMER'S MARKET

The quality of food is often better because many of the vendors don't use chemicals or other modifications to get "pretty" food. You are also supporting a local family.

JOIN A CO-OP

It's a great way to buy high-quality food and have a role in where it's coming from. You may also be able to volunteer your time in exchange for free food.

GROW YOUR OWN FOOD

Many gardeners are able to grow enough food for their families in a small area of their yard. Pick a few foods that you love and try to grow them this year.

SAVE MONEY

In addition to ways that you can plan to get your food cheaper, you can also save money by freeze drying.

- Freeze dry leftovers instead of throwing them out or taking up freezer space.
- Make your favorite meals in bulk when ingredients are on sale and package them in the servings that meet your needs.
- Freeze dried meals and snacks are perfect for vacation. Save money by eliminating the need for restaurants or fast food.
- Commercially packaged freeze dried food is expensive. If your plan is to have enough food storage for you and your family for emergency situations then freeze drying it yourself is a better way to do it. Below is a comparison of 3 of the top freeze dried companies

My Patriot Supply



1 Year Supply
3,504 servings
List Price: \$3,297.00
Sale Price: \$2,697.00

Readywise



415 Day Supply
4320 servings
List Price: \$10,199.99
Sale Price: \$8,999.99

Mountain House



1 Year Supply
1,080 total pouches
List Price: \$9,745.20
Sale Price: \$7,829.00

I can't give you a price like this for how much a 1 year supply of freeze dried food that you prepare yourself will be because there are too many variables. But I can tell you that it will eventually be cheaper and the food will be better than if you bought it from one of these companies.

MAKE MONEY

Freeze dried food is becoming VERY popular and more and more people are becoming aware of the benefits. Now is the perfect time to use that curiosity and desire to your benefit by making money.

- Sell at your local farmers market.

- Sell to friends and family.

- Offer to freeze dry food for other people when you aren't using your machine for your own food storage. They bring you the food and you charge for: machine rental, your time, electricity, storage supplies like mylar bags and oxygen absorbers.

- Barter for something that you want. This may not actually "make" money but you have something very rare and valuable that you can trade for something of monetary value.

- Create a niched home based business. Develop your own unique freeze dried product and start your own business.



Check with your state Cottage Food Laws to make sure that you are following all of the rules and regulations. Also, make sure that you are keeping good records for tax purposes.

IN SEASON CHART

Use the chart below as a guide to start looking for the freshest and cheapest fruit. Timing may vary depending on your location. Record the purchase date & price to use as a reference for future shopping.

FRUIT	BEST TIME TO BUY	PURCHASE PRICE	PURCHASE DATE
Strawberries	June - July	_____	_____
Raspberries	June - July	_____	_____
Blackberries	May - Sept.	_____	_____
Blueberries	June - Aug.	_____	_____
Cranberries	Sept. - Nov.	_____	_____
Grapes	Aug. - Oct.	_____	_____
Apples	Aug. - Oct.	_____	_____
Pears	Aug. - Dec.	_____	_____
Pineapple	March - May	_____	_____
Mangoes	March - Sept.	_____	_____
Apricots	May - Aug.	_____	_____
Peaches	June - Aug.	_____	_____
Plums	July - Aug.	_____	_____
Cherries	May - June	_____	_____
Kiwi	June - Aug.	_____	_____
Watermelon	June - Aug.	_____	_____
Cantaloupe	June - Sept.	_____	_____
Oranges	Nov. - Feb.	_____	_____
Lemons	Jan - Feb.	_____	_____
Grapefruit	Dec. - Feb.	_____	_____