

Favour some frozen ingredients for longer-life

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe frozen foods can play a part in helping you eat healthily



Frozen can be a great addition to fresh ...

Fresh and frozen ingredients can work nicely in harmony to give you the perfect balance of seasonal, budget-friendly and nutrient-rich ingredients to create healthy meals.

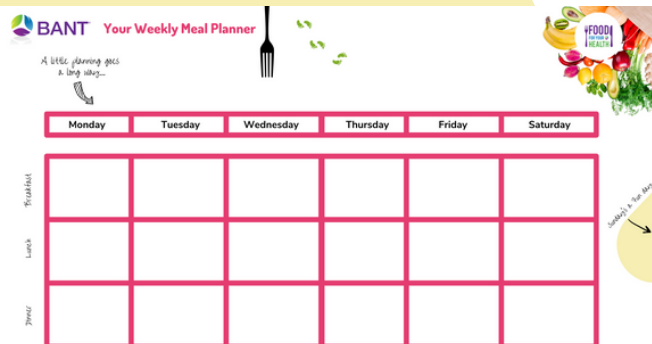


Are frozen ingredients as nutritious as fresh?



Frozen ingredients such as fruits, vegetables, meat and fish can be a great addition to your food repertoire - they last longer and are typically as high in nutrients as fresh produce since they are frozen directly after harvest/catch. Frozen foods can substitute fresh ingredients and are available all-year round. They are often more budget-friendly than fresh options helping you get more for your spend. Fresh food ingredients will always have their place however frozen is a great way to add-in to your diet.

Download our meal planner to help you plan



Buy frozen or freeze your own

Buy staple items

Freeze your own

Prolong shelf life

