

**RISE: FROM CREATIVITY TO COST, THE DINNER TIME DILEMMA IS DAILY. I'M RISE
JILL MILLER.**

**EVERY DAY BUSY MOMS AND FAMILIES ARE CHALLENGED WITH DELIVERING
HEALTHY, GREAT-TASTING MEALS SURE TO PLEASE THE WHOLE FAMILY.
LUCKILY, KRISTINA VANNI, AWARD-WINNING COOK, HAS A SOLUTION FOR
TAKING ON THE AGE OLD QUESTION: WHAT'S FOR DINNER?**

**KV: WHEN IT COMES TO MEAL PLANNING, A STAND-ALONE FREEZER, LIKE THE
FRIGIDAIRE CONVERTIBLE FREEZER-REFRIGERATOR, CAN HELP SAVE TIME
AND MONEY BY MAXIMIZING SPACE. FAMILIES NOW HAVE THE OPTION TO
SHOP AND STORE IN BULK, HELPING SAVE TIME AND DOLLARS SPENT AT THE
GROCERY STORE.**

RISE: HOW DOES THIS HELP YOU?

**KV: AS A COOK, A STAND-ALONE FREEZER IS A GREAT ADDITION TO ANY HOME.
NOT ONLY IS THERE SPACE TO HAVE A VARIETY OF INGREDIENTS AT MY
FINGERTIPS, BUT ALSO ROOM TO FREEZE EXTRAS OF MY FAVORITE MEALS.
THIS IS PERFECT FOR BUSY MOMS WHO CAN HAVE FAMILY FAVORITES ON
HAND, READY TO HEAT AND EAT.**

RISE: FOR MORE INFORMATION AND TIPS, VISIT FRIGIDAIRE DOT COM.