



At a workshop, Jill Bond tells the audience how to stretch their food dollars by purchasing in bulk and preparing frozen entrees. "You can spend \$5.79 for the tuna in a large can (enough for 10 meals) or you can spend \$15.96 for the same amount of tuna by buying small cans."

More Time, Money, Fun, And Less Work

Dinner's In The Freezer

LOU ANN GOOD
Lancaster Farming Staff
EPHRATA (Lancaster Co.) —
Jill Bond teaches women how to be professional mommies.

She teaches women how to have more time to enjoy their families and less time being a harried housewife.

Under her expertise, women learn how to take a break from cooking meals for one whole month and still serve the family nutritious foods at a much lower cost than the average housewife normally spends.

With her husband Alan and four children, Jill has perfected her system and written a 250-page book, "Dinner's In the Freezer," to assist professional mommies.

Jill joined the professional mommy track when motherhood interrupted her studies toward a master's degree in industrial engineering. As a former Disney World trainer and a computer systems designer, Jill was well-versed in the business concepts needed to run a successful company. She applied these management ideas to the kitchen, where women spend a major portion of their time.

She wants to help women do manual labor the best, quickest, and most efficient way possible so that they can have time to rock their baby and read to their children.

If you think Jill's ideas may be professional "gobbledy gook" without fun or alternatives for plans gone awry — you are wrong.

Jill is a warm, friendly woman

who intersperses her teaching and writing style with family antidotes that show "if I can do it, anybody can."

Jill said, "Motherhood is the most important role ever ordained by God."

When she fills out a form asking for "occupation" she writes Professional Mommy. That disturbs many people. They question her, one even crossed it off. Jill could write author, speaker, or businesswoman, but she believes professional mommy is her only full-time job — and one that requires every professional skill she has learned in college, graduate school, and the working world.

Motherhood, she believes, deserves to be valued. It challenges your intellect to answer your children's inquisitive questions, it challenges your creativity, personality, organizational ability, interpersonal skills, and every quality valued on a resume.

Meeting the demands of raising a family can result in stress. A home management system is needed to lessen stress.

Under her method, women are taught to "mega-cook." That means shopping, cooking, and storing enough meals to last one or more months in a few days. The entrees are not repetitive and, using her methods for freezing, the dinners taste fresh, not freezer burnt.

Jill said that she wrote a book on the subject because so many people questioned how she accomplished so much and how the family managed on one salary.

"I have one and one-half more hours in my day and only spend about half as much on groceries as the average housewife," Jill answers.

She finds more time by following her mega-cooking methods. "When you buy only fresh, healthy food from farmers' markets and co-ops, you can save money," she said.

Buying convenient food results in spending more money, which usually means money wasted on packaging and preservatives.

"Control what is put into food," Jill told the audience attending an all-day seminar she recently held in the area.

Control begins by preparing your own convenient foods.

"Home ec is a lost art," said Jill, who believes that much of the

demise of homemaking skills lies in society's negative viewpoint of women "being just a housewife."

She said, "We don't need to be liberated out of the kitchen. We need to be liberated in the kitchen."

Jill wants to give women the best tools to help them do the best job — a professional mommy.

"A professional is one who has an assured competence in a particular field or occupation. Professionals are committed. They strive for excellence in their work," Jill said.

Business terms such as economies of sale is actually buying a big jar of peanut butter in place of a small one. Inventory control is the pantry, quality assurance is mold control, optimal production quotients are let the dishwasher do the work, and labor negotiating skills mean getting the kids to help.

The concept on mega-cooking is the theory that it doesn't take more time to measure a tablespoon of an ingredient than a teaspoon, and that it doesn't take double the time to mix up two meat loaves and freeze one than in does to make one for dinner.

Advantages of "dinner's in the freezer" results in less waste, less water, less electricity, and less work.

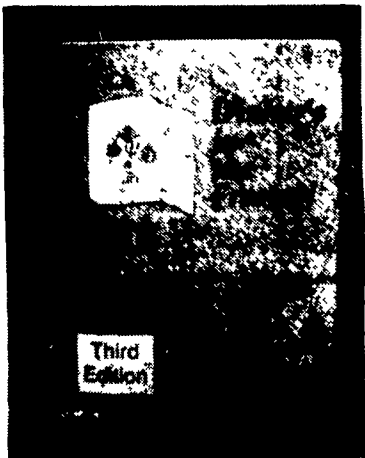
Mega-cooking is not easy, especially the first time, Jill warns. The secret is using teamwork and being flexible. Depending on the ages of children, they can help form meatballs and tuna patties.

Despite the hazzles of mega-cooking days, the stress and time saved from daily cooking convinces even the most skeptical that life is much more enjoyable when dinner is in the freezer.

Even those people who never quite get around to cooking a whole month of dinners apply much of her advice to their daily routines and will make a double batch of brownies or lasagna to freeze and use later.

In addition to mega cooking, some of Jill's money-saving advice includes the following:

- Buy turkeys when they are on sale after thanksgiving. Substitute turkey for chicken in casseroles and use ground turkey in place of ground beef or sausage.
- Onions and peppers can be chopped in advance and frozen.
- Meat can be cubed faster by



The 250-page book, "Dinner's In the Freezer," includes tips, detailed instructions, recipes, family antidotes, and illustrations to help women become professional mommies.

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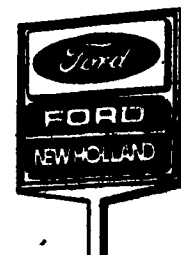
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