

Food Storage **PLANNING**



Food Storage **ACTIVITIES**

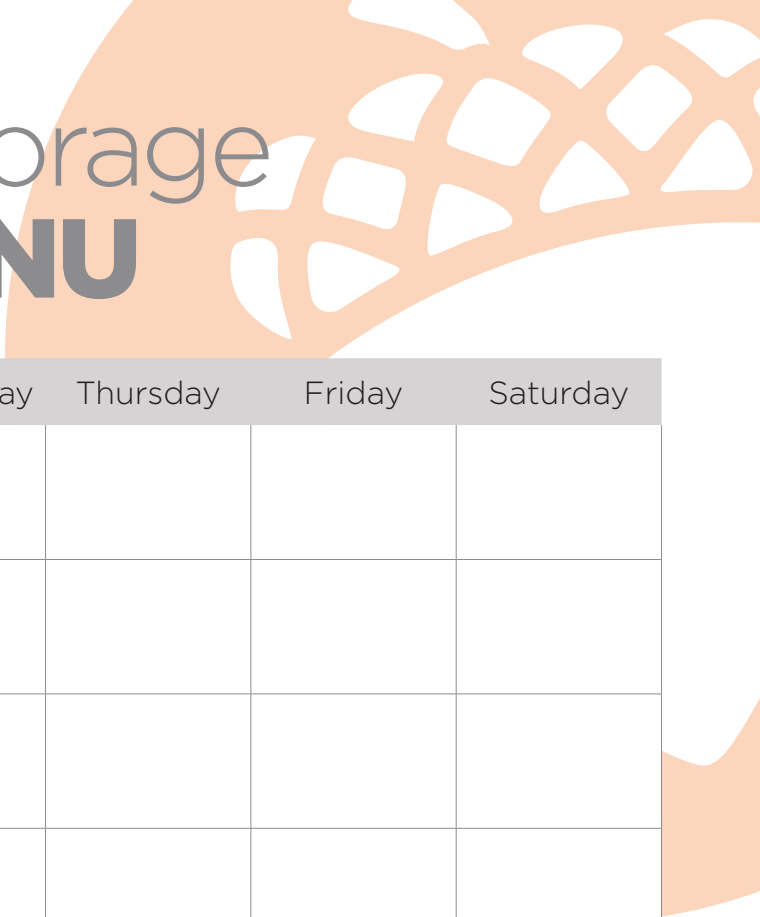
1. Think about (or talk to your household about) recipes that are favorites and how to make them food storage meals. What fresh ingredients are used? Is there a suitable long term food storage substitute?
2. Once you have a variety of recipes that you think can be made with food storage, try making them, using only food storage ingredients (you can buy small cans to try out food storage items that are new to you while you're still experimenting).
3. Add the successful recipes (and recipes you know you won't need to experiment with) onto your Food Storage Menu calendar.
4. Take an inventory of your current food storage.
 - Figure out and record what you've got on hand.
 - Determine how much you should have on hand.
 - Make plans to purchase the difference if you don't have enough stored already.
5. Take small steps to add to your first three months' worth of storage:
 - Add a few items to your shopping list each week/month that will go straight into your food storage—you'll have a growing supply before you know it.
 - Collect spare change for a month and buy extra can or two of beans, or an extra package of pasta, etc. to put into food storage. It's money you won't even miss.
6. Think about how many calories you'll need to store for a 3 month supply of every-day foods.
 - How many days worth for food do you think you have on hand, after taking inventory of your current stored food?
7. Set up a rotation system so your every-day (3-month supply) food storage items are regularly used in the order they were purchased.



Family Food Storage


FAVORITES

Recipe	Non-Perishable Ingredients	Perishable Ingredients



Storage NU

Monday	Thursday	Friday	Saturday

[illegible]

[illegible][illegible]

[illegible][illegible]

