

Meals in a Bag

3 Month Supply

Benefits of a 3-month Supply

- **During an crisis**, you will still have an emergency food supply.

When there is some type of disaster, the grocery store shelves are the first to empty. A truck strike or earthquake can cause serious problems.

- A three month supply of meals ready to eat is a nice way to **ease into using your food storage** and get used to the life-style adjustment.

When the time comes that you can't go to the store for food, things will not be normal. If you are not used to eating food out of your food storage, a three-month supply of meals ready to eat will be a great buffer zone.

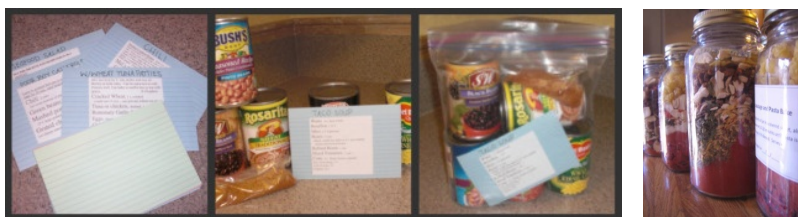
When you are out of your comfort zone in the middle of chaos and confusion, the last thing you want to think about is "What's for dinner?" To add to the stress, you also might get to fix dinner without electricity!

- **On a busy or "bad" day**, dinner is a snap with meals ready to eat!

Have you ever pulled out a recipe, only to find your missing an ingredient! With this plan, all the ingredients are "In the Bag"!

- Your **kids can learn how to cook** with these easy meals. Even your 10 year old can open a can and mix in the spices!

6 Steps to Building a 3-Month Supply



You can also store meals in jars.

When I set out to put together my three-month supply of meals ready to eat, it seemed overwhelming. I needed a plan. My friend, Claudia also wanted to put together a plan that broke this project down into steps. Here's what we came up with:

1. Pick out 2 weeks of recipes. Use easy meals your family eats now.
2. Convert each meal to "non-perishable" foods. If you use fresh chicken, use canned. Fresh or frozen corn, use canned. You get the idea.
3. Write each converted recipe on a 3 X 5 card. Run each card off 6 times.
4. Times each ingredient by 6 and write how much or how many you need on a shopping list. There you have it a 12 week supply of food.
5. Go shopping!!! Remember to take some help! You can do this in one big trip if you have the money, or gather the supplies over the next few months.

Note: Use name brand labels.

The metal is heavier and stores longer.

6. Take each recipe and all the ingredients and put them in a gallon freezer bag - right down to the spices and cup of rice.

Use Ziploc freezer bags, they hold up better. You can also buy the Jumbo size bags for a large family. Put the spices in a snack size bag. The ingredients like rice or a cup of biscuit mix can go into a sandwich size bag.

Now put the recipe in and ZIP . . . It's " in the bag!" Store them in boxes under the bed or bins in the closet. You want them to be easily accessible.

Keep a few meals ready to eat in the pantry and use them on busy hectic days. Keep the recipe cards. When you have a few stacked up, go to the store and replace the ingredients. This is a great way to rotate your three-month supply of food. Start eating your food storage now and [save money](#).

Recipes & Grocery List

(Can download at: <http://www.provident-living-today.com/Meals-Ready-To-Eat.html>)



- Set 1 is has traditional American family meal recipes.
- Set 2 has vegetarian and food storage recipes from scratch. **All of the food on the grocery list for set 2 is non-perishable.**
- Set 3 uses more meat and dairy recipes.

We've come up with six recipes for each set. To get seven meals for one week, add one of your favorite family recipes. Times the ingredients by 6 and add them to the grocery list.

Now, if you want to add in a few breakfast meals, you can. If your family has one good meal a day all ready to go, you'll be MILES ahead of everyone else. They'll all be scrambling around trying to scrape together anything to feed their family.

One good meal a day is more than many people around the world get! But a few breakfasts would be a bonus! Peaches, canned ham, muffin mixes, etc. Cracked wheat cereal is a favorite at our house! That would be easy to do-- If you have a wheat grinder.

Source for above info: <http://www.provident-living-today.com/Meals-Ready-To-Eat.html>

Source for meals in jars: <http://cheftessbakeresse.blogspot.com/search/label/meals%20in%20a%20jar>

Great easy source for how to get a three month supply:

<http://fivesistersfivefamilies.blogspot.com/2011/05/3-month-food-storage.html>

