

Workbook Instructions

- 1. Using the chart write a list of dishes frequently eaten, or a list of favorite meals. Studies show families will eat the same 10 main dish foods 80% of the time.**
 - a. Create a list of 10 to 20 meals.
 - b. Create a separate list for breakfast and lunch foods, as appropriate and if desired.
 - c. As you begin this process you may not think of many foods. Post this list in a prominent place in your kitchen for the coming 2 weeks. Each time you think of a new food write it on the list. Ask the family for ideas and suggestions. Make the list reflect what your family typically eats and enjoys.

- 2. Go back over the list and add foods needed to make the meal balanced.**
 - a. Write these foods after the main dish item, see the sample.
 - b. Add foods from the bread and cereal group, fruit group, vegetable group, milk and dairy group and meat group as needed.

- 3. Break down each meal constructed in steps 1 and 2. In the columns to the right break the dish into specific foods. For example tuna noodle casserole would include tuna, noodles, cream soup, etc.**
 - a. Write the category above the columns, for example: vegetables; fruits; meats; bread, cereals, grains, pasta; soups, sauces, mixes; dairy.
 - b. In the spaces below the main categories, write the specific foods needed. For example under the vegetable category you may have listed peas, green beans, tomatoes, potatoes, carrots, etc.
 - c. Write down the amount of the food needed for that particular dish for your family. Continue with all dishes listed.
 - d. When completed, add the amount of foods in each column and total at the bottom of the page.

- 4. Plan on preparing 80% of your meals from this storage planner. The remainder of a years meals and storage will include foods eaten less frequently, short term seasonal foods, special meals, holidays, and long term basic storage to sustain life such as beans, rice, wheat, etc.**
 - a. Eighty percent of 365 days is 292. Divide the total number of dishes or meals in step #1 into 292. This is the number of times each year that you will prepare this dish.
 - b. Multiply each food totaled in the columns in step #3d by the answer above. This will give you the amount of that food needed for 80-90% of a years supply of foods most often eaten.

- 5. Place foods from planner onto an inventory list.**
 - a. Group foods according to category. For example, use one page for freezer, and group together frozen vegetables, meats, etc. Use one for the shelf, and group together vegetables, fruits, canned meats, soups, pasta, etc.
 - b. Inventory current food storage and pantry and compare to the amounts needed.
 - c. Update inventory on a regular basis, monthly, every 6 months, yearly, etc.

