

kil2K [Free PDF File] A Year Without the Grocery Store: A Step by Step Guide to Acquiring, Organizing, and Cooking Food Storage

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Do you hate to grocery shop? Do you detest incessant menu planning, or do you spend more on your familys food needs than you do on your mortgage? Feel as if youre running to the grocery store before a storm or other potentially disruptive event because you need to stock up? Food storage is the answer to each of those problems. My names Karen, and I care about making sure my familys dietary needs are met, no matter what. One way I do this is through our years worth of personal food storage, and now Im here to show you how to easily store a years worth of food as well. In A Year Without the Grocery Store, I walk you through a step-by-step plan which:-Incorporates the meals your family already loves.-Takes into account your familys unique food allergies, intolerances, and preferences.-Teaches you how to economically store food, and shows you how, if necessary, you could feed each member of your family for around \$160/year.-Provides you with recipes that take your food storage from edible to delicious. -Discusses alternate ways to cook your food storage in case you encounter a power outage.-Discusses properly storing water.-Points out pitfalls and holes in most peoples food storage and crafts a plan for how to avoid them. If you thought the idea of a years worth of food storage was a little crazy, take another look at healthy meals, money savings, not having to run to the grocery store before winter storms, and peace of mind that comes with knowing that youve planned and prepared and that your family can now go a year without the grocery store.

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