

# Seven Day Challenge Report Card



Oil prices have skyrocketed causing serious economic crisis and food shortage due to transportation costs. In many areas food is GONE from the shelves. If there is food available it is at ridiculous prices that you cannot afford. Luckily, you have been following our blog and have accumulated quite a bit of food storage. Today you get to USE it!

**Today's Goal: Have a PLAN for actual meals you can make from your food storage**

## Daily Evaluation Questions (Things to Ask Yourself)

- Were you able to cook using only pantry items today? What foods did you miss having? Could you buy powdered or freeze-dried versions for storage?
- Do you have all of the ingredients to create 7 days worth of complete meals? What additional items could you get to have more variety?
- How many months worth of storage do you estimate that you have? Do you have spices, flavorings, etc. to create recipes from your core storage items?
- What are some ways you can add to your storage with fresh items in an emergency (i.e. gardening, having chickens, sprouting, etc.)

## Daily Notes

Need to Buy:

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Need to Do:

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Need to Learn:

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