

Seven Day Challenge Report Card

DAY 1: EVERYDAY EMERGENCY



meal prep and planning

You just learned that a family member is very very sick so you are going to stay at their house for one week to help them out. Times have been tough so your family has been eating out of your food storage. You must leave behind “ready to cook” meals made out of your food storage for your family to eat while you are out of town.

Today’s Goal: Plan and prepare easy meals using your food storage

Daily Evaluation Questions (Things to Ask Yourself)

- Were you able to put together 7 complete meals using only your pantry items?
- What ingredients would you need to add to your storage to make more meal options?
- Did you have good options for breakfasts and lunches for your family? Did you actually put together the meals?
- Were your meals something kid/friendly that kids or a spouse could easily cook?

Daily Notes

Need to Buy:

Need to Do:

Need to Learn:
