

LESSON 2:
**"PLANNING, BUYING, AND ROTATING
YOUR 3 MONTH SUPPLY"**

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EVENT FLYER
PASS ALONG INVITATIONS
LESSON PLAN
TEACHER CHEAT SHEETS
VISUAL AIDS
HANDOUT

FOOD STORAGE made EASY

**"PLANNING, BUYING, AND ROTATING
YOUR 3 MONTH SUPPLY"**

DATE:

TIME:

LOCATION:

HOPE TO SEE YOU THERE!

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LESSON 2: PLANNING, BUYING, AND ROTATING YOUR 3 MONTH SUPPLY

PURPOSE:

To help class members learn how to **Plan, Buy, and Use Their 3 Month Supply**.

Materials/Handouts:

1. Teacher cheat sheet: "5 Questions to Ask Yourself When Building a 3 Month Supply"
2. Printable "Visual Aids" for each of the questions to ask yourself
3. "3 Month Supply Planning Sheets" handout
4. Teacher cheat sheet: "Buying and Rotating your 3 Month Supply"

Note To The Teacher:

1. Remember planning a three Month supply is a personal thing, people will have different approaches.
2. Some class members will feel that building a three month supply is out of their budget, encourage them to keep it a priority.
3. Give class members a clear action plan of things they can do to move forward.

Preparation:

1. Study the "5 Questions to Ask Yourself When Building a 3 Month Supply" teacher cheat sheet.
2. Study the "Buying and Rotating your 3 Month Supply" teacher cheat sheet.
3. Study other sources that may that may enhance your lesson, and additional resources below.
4. Print materials or handouts.
5. Optional: If class members want an easier, computer solution to the "3 Month Supply Planning Sheets" handout, direct them to the excel file found at additional resources online
6. Prepare or assign refreshments if desired.

LESSON OUTLINE

Introduce Purpose of Lesson:

To help class members learn how to **Plan, Buy, and Use Their 3 Month Supply**.

SECTION 1: 5 QUESTIONS TO ASK YOURSELF WHEN BUILDING A 3 MONTH SUPPLY

Discussion Questions:

Why do you think it's important to have a have a 3 Month Supply of food? Why is planning your 3 month supply of food storage difficult? Let class members offer their answers, thank people for participation.

Teaching Helps:

Go over "5 Questions to Ask Yourself When Building a 3 Month Supply" with the class. Use the teacher cheat sheet to help guide your lesson. This should take up about half of the class time. As you go through each of the question, you can tape up it's corresponding "Visual Aid" title sheet you have printed. Encourage class members to embrace the differences of opinions that will come up. Optional: If class members want an easier, computer solution to the "3 Month Supply Planning Sheets" handout, direct them to the excel file found in additional resources online.

SECTION 2: BUYING AND ROTATING YOUR 3 MONTH SUPPLY

Discussion Questions:

When shopping for food storage, what are some of the things that frustrate you? How many of you have had some food go bad because you don't use it in time? Let class members offer their answers, thank people for participation.

Teaching Helps:

Go over "Buying and Rotating your 3 Month Supply" with the class. Use the teacher cheat sheet to help guide your lesson. This section should take up the rest of the class time. Spend time explaining each tip and ask for class member feedback, as they may have insightful suggestions.

CONCLUSION

Encourage Class Members To:

1. Complete their "3 Month Supply Planning Sheets" or excel file
2. Make a purchasing plan and add to their 3 month supply according to their plan

ADDITIONAL RESOURCES

<http://foodstoragemadeeasy.net/babysteps/step-3-three-months-of-normal-food/>

<http://foodstoragemadeeasy.net/2011/01/17/3-month-supply-planning-and-sharing/>

<http://foodstoragemadeeasy.net/babysteps/step-1-shelves/>

TEACHER CHEAT SHEET: "5 QUESTIONS TO ASK YOURSELF WHEN BUILDING A THREE MONTH SUPPLY"

Study this cheat sheet and use it as a guide to your discussion. Choose which portions will be appropriate for your audience. There are many things to consider when planning a three month supply. Each person will go about building their three month supply differently based on their families tastes, styles, and dietary needs.

QUESTION 1: WHY AM I BUILDING A THREE MONTH SUPPLY?

Are you storing a 3 month supply of food for a potential job loss? For a potential natural disaster? For meal planning purposes? Whatever it is that you are doing this for will influence how you go about planning, so first – decide – Why Am I Doing This? If your plan is for reasons such as job loss, you would have access to frozen foods, and cooking sources. If you're doing this solely for some form of natural disaster, you may need to account for water sources and powerless cooking options.

QUESTION 2: WHAT KINDS OF FOODS WILL I INCLUDE?

Are you the type that thinks your 3 month plan can only have shelf stable items? Do you think fridge and freezer foods count in your 3 month plan? Do you want to make a plan based on the assumption that you can still buy produce to fill in holes in your recipes? Once you have decided which types of foods you want in your 3 month plan, you'll be able to filter your recipes to fit that criteria. While it's always good to have shelf stable recipes, planning strictly shelf stable meals is a hard place to start for beginners.

QUESTION 3: HOW DO I PLAN WHAT TO BUY?

Some people find that buying extra of what they already eat each time they go to the grocery store is enough for their 3 month supply, and they don't formally make a list of foods and recipes they plan on eating. Some people like to plan their meals out and tally how many of each ingredient they need to store. When planning meals, some people choose only to plan for dinners, some plan for dinners, lunches, breakfasts, snacks AND desserts. Some people like to plan only typical 3 month supply ingredients, while others like to measure out each cup of rice and flour they could need. It's up to you, and your style. You can use the "3 Month Supply Planning Sheets" handout included to help formalize your plan.

QUESTION 4: HOW MUCH CAN I AFFORD TO BUDGET?

While the end goal is to use foods daily from your pantry, and replace them with your regular grocery shopping, to get your supply kick started you may need to budget a certain amount of money to get your supply going. Figure out what you can spare until you have a supply built up and think of it as an investment.

QUESTION 5: HOW WILL I SHOP FOR MY THREE MONTH SUPPLY?

When you have determined WHAT you need to buy, develop a plan to purchase. You may decide buying one extra each time works for you, or you might get into coupon and sale shopping and buy things only when on sale. Whatever fits your style, having a game plan in place will surely help. More on this in the next section.

QUESTION 1:

**WHY am i
BUILDING a 3
MONTH SUPPLY?**

QUESTION 2:

**WHAT KINDS OF
FOODS WILL I
INCLUDE?**

QUESTION 3:

HOW DO I PLAN

WHAT TO BUY?

QUESTION 4:

HOW MUCH can
i AFFORD to
BUDGET?

QUESTION 5:

**HOW WILL I SHOP
FOR MY 3
MONTH SUPPLY?**



THREE MONTH SUPPLY PLANNING SHEETS

<http://FoodStorageMadeEasy.NET>

The three-month supply planning sheets allow you to plan meals for three months and tally up the quantity of items you need to purchase. You decide how many different meals you want to plan and then adjust the math to equal 90 days worth of meals. There are two parts, the Menu Plan Sheets, and the Inventory Sheet.

MENU PLAN SHEETS:

1. Print out as many Menu Plan pages as you need (there are plans for 2 days per sheet)
 - depending on how much variety your family likes plan anywhere from 10-90 days of menus
 - if you plan only 10 days you will multiply your ingredients needed by 9 to get 90 days
2. Input the ingredients you will need for each meal for the number of days you are planning for

INVENTORY SHEET:

1. Input each ingredient you need from your menus in the Ingredient List on your Inventory Sheet
2. Go through each day and tally the number quantity of each ingredient you will need
3. Fill out the # needed for 3 months column on the Inventory Sheet from your tallies
4. Use the Inventory Sheet to:
 - track prices
 - keep track of your food on hand
 - tell you how many of each item you still need to purchase

MENU PLAN SHEETS: FoodStorageMadeEasy.NET

DAY:

MEAL:			
BREAKFAST	Item	Size	Quantity
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			

DAY:

MEAL:			
BREAKFAST	Item	Size	Quantity
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			

MEAL:			
LUNCH	Item	Size	Quantity
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			

MEAL:			
LUNCH	Item	Size	Quantity
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			

MEAL:			
DINNER	Item	Size	Quantity
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			

MEAL:			
DINNER	Item	Size	Quantity
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			

MEAL:			
SNACK	Item	Size	Quantity
Ingredient			
Ingredient			
Ingredient			

MEAL:			
SNACK	Item	Size	Quantity
Ingredient			
Ingredient			
Ingredient			

TEACHER CHEAT SHEET: “BUYING AND ROTATING YOUR 3 MONTH SUPPLY”

Study this cheat sheet and use it as a guide to your discussion. Choose which portions will be appropriate for your audience. There are many ways people buy and rotate their 3 Month Supply. Each person will go about buying and rotating their three month supply differently based on their families preferences, styles, and budgets.

BUYING METHOD 1: BUY EXTRAS

Simply buying extra of things you regularly buy and stocking up is a great way to start. This is also a useful way to start when you don't have a firm plan in place or a master list of ingredients you need for your three month plan.

BUYING METHOD 2: BUYING ALL AT ONCE

Some people decide after they have made their Inventory List, to just go and purchase everything in their plan. You would obviously need the budget to do this - but if you can it's an easy way to get your whole three month stocked.

BUYING METHOD 3: BUYING ON SALE

Buying on sale is probably the best way to purchase your three month supply. If you are only buying (and stocking up in large quantities) when things are on sale, after a few months you'll actually reduce your grocery bill. You will do this because you will never be buying things full price again, because you'll be able to use food you purchased on sale, and replace it when it goes on sale again.

ROTATING METHOD 1: SHELVES

There are a lot of different shelving units you can purchase or build that store cans based on a first in, first out rotation method. This allows you to use the oldest foods first, and helps cut back on wasting food by letting it expire.

ROTATING METHOD 2: STORE IN MEALS

Some people choose to store their foods in meal groups on their shelves. That way, when they need to cook something, they just go get all the ingredients from one spot on a shelf and have a complete meal. This is a fun concept, however it can take up more space.

ROTATING METHOD 3: TRACK AND REPLACE

Regardless of how you store, and rotate your foods, it's good to get in the habit of tracking what you have used. This is especially important when you have your whole three month plan purchased. When you remove something, you need to replace it. It's a big job to figure out all the food you need and to purchase it. If you are always replacing what you take out, you don't need to keep track and redo all that hard work.