



The Fast and Easy Food Storage Solution

Learn how to create up to 2 weeks of food storage in 20 minutes....

Without spending a dime on extra food

Hey Everyone!

Welcome to *Are You Prepared, Mama?* I'm incredibly excited that you've decided to take the next step toward providing for your families during emergencies!



A little about myself. My name is Karen Morris. I'm a Christian, a wife of 27 years to Steve, a homeschooling mom to five kids from ages 11-21. I'm also the author of the book *A Year Without the Grocery Store*, *A Year Without the Grocery Store's Companion Workbook*, *Mom on the Run*, and *The 2023 Prepper Planner*, as well as the blog *Are You Prepared, Mama?* And I've been a part of the preparedness community for going on twenty years.

We got started on our preparedness journey with food storage. Through the years we've battled critters (big and small), heat, cold, boring food, and mismatched food choices, and we have come through the other side with simple, delicious, and organized food storage full of healthy food.

I'm excited to share some of our tips and tricks to make your food storage simple and easy as well as healthy and delicious!

Karen





Sometimes it's hard to make headway at preparedness. Money can be really tight. Space can be at a premium. Time to prepare? What time? I have no time!

Well, if you can give me 20 minutes, I can help you put together up to 2 weeks' worth of food storage. What we do today won't be the end of your preparedness efforts, but it will definitely get you started and give you a quick win! And who can't use a quick win?

Ready to get started?

So we're going to go about this in four steps. They are all simple, easy, and should take less than 5 minutes each.

- (1) Empty
- (2) Group
- (3) Record
- (4) Box

Step 1 - Empty

Start by emptying your cabinets of all canned goods, boxed goods, bagged goods, dry goods and put them on your table and/or counters. Don't forget things like flour and sugar.

Resist the urge to start wiping down cabinets just yet. This is NOT an organizational exercise or a cleaning exercise. We need to know what we have before we get to the next step.

If you don't have a formal food storage area in your basement or elsewhere in your house, but you have some extras, make sure that you grab those too.





Okay, have you finished that? It's probably a lot of food. And there's probably a LOT of food that you've totally forgotten about, huh?

Yep! Even in my own pantry, I find things that I forgot I had. Last Fall, we picked up 3-4 jars of this jalapeno bacon jelly. It probably sounds gross, but oh.....let me tell ya. When you mix it with cream cheese, it's the best dip I've ever tasted! A few weeks ago I was re-organizing my pantry. Since I'm only one of the three people that do the cooking in our house, it doesn't stay organized. Well, while I was hauling everything out of my pantry, low and behold there was yet another can of the bacon jalapeno jelly. Go figure!

So now that you can see everything you have, we're going to go on to step 2.

Step 2 - Group

Now, this is the step where you could easily spend 30 minutes IF you let yourself, but you shouldn't. Make quick decisions. Move swiftly. Maybe even set a timer and challenge yourself to get this done quickly!

The goal of this step is to group things into meals.

Do you have 3 large cans of "Chunky" style soup? Will those 3 cans feed your family for a meal? When I was growing up, my mom would make up rice and then put soup over the rice. This would bulk up the meal without adding a lot to the meal's price tag.

Do you have oatmeal? For how many meals will it feed your family? Do you have flour, sugar, baking soda, and vanilla? You have the dry ingredients for pancakes, and many of those ingredients also overlap with making biscuits. Do you have evaporated milk to make gravy or jelly to put on the biscuits? How about beans, tomato sauce, and chili powder? That's all you need to make chili.





Oftentimes we buy the foods that we have in our pantries because we plan to use them for specific meals. If you bought these foods, you probably intended them for meals.

Some suggestions of things to look for are.....

Tortilla soup (beans, corn, tomato sauce, taco seasoning)

Chili (Beans, tomato sauce and chili powder)

Macaroni and cheese (you could add peas or canned chicken if you have it)

Chicken patties (if you have canned chicken)

Oatmeal (for....oatmeal - yeah, I know - duh!)

Biscuits

Pancakes

Pot pie (flour, salt, and a fat to make the crust, or just make biscuits to put on top, and veggies with 'a cream of' soup)

Chili Macaroni (pasta, beans tomato sauce, spices)

Spaghetti

Pasta alfredo

Homemade pizza (the crust is actually really easy to make!)

Ham and potato bake (do you have boxed potatoes and tinned ham?)

Salmon croquettes (if you have canned salmon)

Tuna surprise (Tuna, noodles, cream of mushroom soup, and peas)

Bean burritos

Creamy Pasta Bake (Pasta, peas or green beans, cream of mushroom soup)

Pizza Pasta (pasta, pizza sauce, and meat of some kind)

Chunky veggie and rice soup (chicken broth, lots of veggies, and rice)

Granola

Mexicali (aka Taco) Pie (rice, beans, meat, queso, and Rotel)

Baked Oatmeal





Trouble-Shooting

The hardest part of putting meals together from what's in your pantry will probably be the absence of meat there. Keep an eye out for things like canned fish like tuna and salmon, other canned meats like spam or tinned ham or canned chicken. Don't discount meals with meat already in them like canned soup with meats in it or something like spaghetti and meatballs or "Beefaroni."

Some meals work just fine without meat- like bean burritos. And we've made meatless chili and meatless spaghetti. Breakfast doesn't need meat in it. You can do pancakes, biscuits, waffles, crepes, muffins, and so much more!

Step 3 - Record

Now that you've spent a few minutes grouping your meals from the ingredients that you already have together, we're going to write them down, because if you are anything like me - and I bet you are - you'll forget what you were supposed to make with the ingredients that you are going to set aside.

Break your list down into "Breakfasts," "Lunches," and "Dinners" or even just "Breakfasts" and "Other Meals" You'll want to write down the meal you plan to make and the ingredients that you are using to make it. I would suggest giving each meal its own sheet so that things aren't confusing.

Once each meal and the corresponding ingredients are listed on each page, then make a master list of all of your meals. You don't have to include your ingredients on this list.





Step 4 - Box

Now once you have your lists ready to go, take the foods that you are using in this Food Storage Meal Plan, and put them in some sort of container or box. You want to keep them together, and you want to keep your family (or yourself) from using them except in an emergency. The best way to do that is to put them into a container and place that container somewhere OTHER THAN your pantry.

Now before you panic and say, “Karen, if I put it anywhere else, I’ll forget where I put it!” Yep, that’s a given, so let me tell you how I handle this. Because I can keep preparedness items in various places in my home, I have a list in my calendar app called Cozi (which I LOVE). You can do this on Trello or even in Sheets or Excel. Just save it on your phone, so you know where things are when you need them. It will always be at your fingertips.

Just as a side note, I do one hard copy of the lists just in case I can’t access electronics. This can be taped to the inside of a cabinet or you can file it away if you actually use a file box or file cabinet.

Next Steps

Was this guide helpful? If it was and you want to take your food storage to the next level, you’ll want to purchase either the PDF version [of A Year Without the Grocery Store and its Companion Workbook](#) or [A Year Without the Grocery Store](#) and its [Companion Workbook](#) in their Paperback Version.

So, how’d it go? How many days worth of food were you able to put away? I’d love to hear! Shoot me an e-mail at Karen@areyoupreparedmama.com, and let me know.





Friends,

I remember when my youngest (who is now 11) had just been born, I told my husband that I was concerned about bringing a child into a world in which there was a chance that he would have to go hungry. My preparedness efforts centered around my family - keeping them safe and providing for them.

I'm so excited that you've joined me on this journey. This is the first step in being more prepared to help your family!

So what sets me and this blog apart? I've lived through several life-changing events including the Ferguson Riots, the aftermath of our home taking a direct hit from a tornado, and being caught by a knife-wielding young man at a homeschool chess club. Each of these big things plus more 'little things' than I can count have taught me a lot about preparedness.

I've had a blog post featured in Zero Hedge with [What Civil Unrest is Really like: We Survived the Ferguson Riots](#). I've also worked with Daisy Luther, The Organic Prepper, and have been featured on her website several times. Some of my articles include [7 Questions to Help You Figure Out Where to Store All That Food](#), [The Aftermath: What It's Really Like After Your Home is Hit by a Tornado](#) and [8 OTC Items That Could Save Your Life](#).

But that's enough about me. I'd honestly love to hear about you. Shoot me an e-mail and share your preparedness hopes and dreams with me. You can reach me at Karen@areyoupreparedmama.com.

Also, since you've signed up for my newsletter, you also get access to our growing [Printable Library](#). This resource is chocked full of helpful checklists and printable information to help you on your preparedness journey. The password is "LetsGo" without the quotation marks.

Karen

