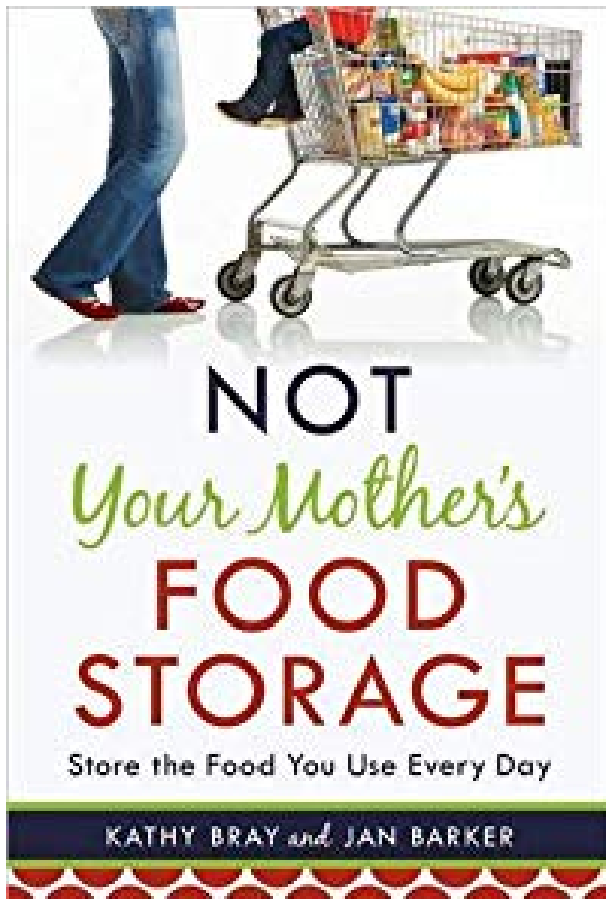


Not Your Mother's Food Storage: Store the Food You Use Every Day



Pages:	120
Genre:	Nonfiction
Language	English
Author:	Kathy Bray
ISBN10:	1606416669
Goodreads Rating:	3.40
Published:	August 1st 2010 by Deseret Book
ISBN13:	9781606416662

[Not Your Mother's Food Storage: Store the Food You Use Every Day.pdf](#)

[Not Your Mother's Food Storage: Store the Food You Use Every Day.epub](#)

Finally a food storage program that actually makes sense! This is not your grandmothers method of storing large containers of wheat or cases of freeze-dried food that your family will never eat. With their practical, innovative approach to food storage, Kathy Bray and Jan Barker make it easy to develop and maintain a three-month supply of food items that can be used to make the meals your family already enjoys. Using your familys favorite recipes as the basis for your personalized food-storage program eliminates waste and unnecessary expense, requires no additional storage space, assures the peace of mind of being prepared, and guarantees that everyone in the family will be happy with the results. Includes: More than 50 sample recipes Directions for substituting non-perishables for fresh food items Worksheets to help you calculate and track your food storage (or you can download the charts from the authors Web site. Creative ideas for how and where to store food