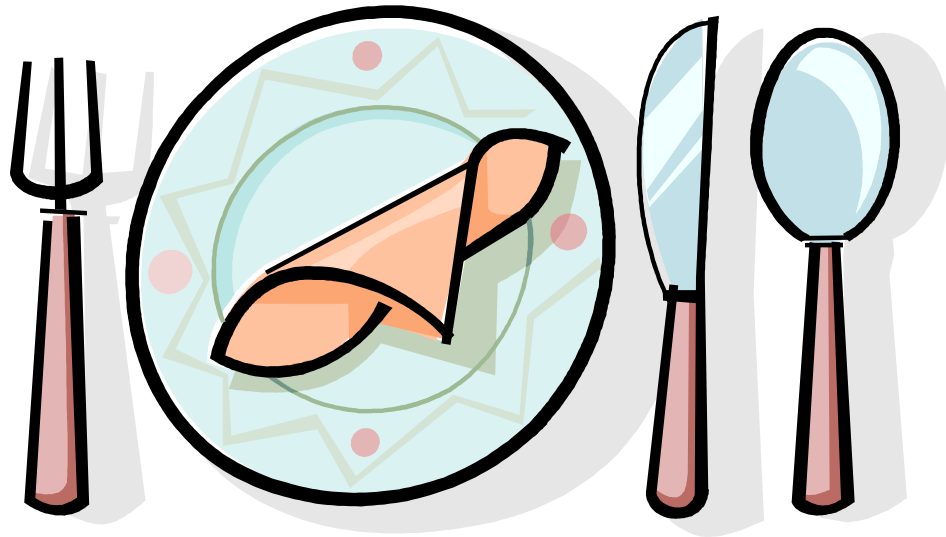


Frugal Gourmet

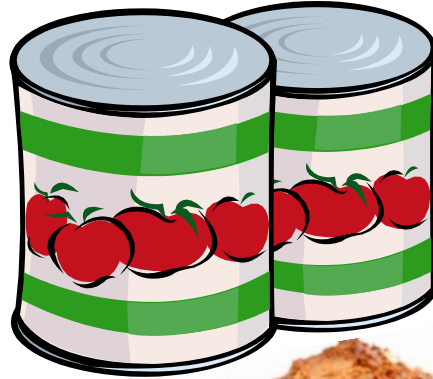




I know I'm supposed to, but...

- 1. We've been counseled to have food/commodities storage but where do I put it?
- 2. Money is tight.
- 3. Not a priority.
- 4. I don't know where to start.

Food Storage the easy way!



Hey, Mom! What's for dinner?

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

So What month is it anyway?

April, May, June, July, August, September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April, May, June, July, August, September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 spaghetti and meatballs Garlic bread Peas and pearl onions in butter	2 chipotle chicken and pasta salad rolls	3 Dutch oven Spare ribs rolls
1.crock pot Cream cheese chicken	5 beef stew Rolls Glazed carrots	6 Encheritos Refried beans salad	7 chili Corn chips Raw vegys and dip	8 Chicken Alfredo pizza Broccoli Bread sticks	9 grilled teriyaki chicken sandwiches Glazed carrots	10 BBQ steaks Risotto Tomato stackers
11 crock pot Tamale pie	12 oriental beef Rice Sourdough bread	13 tacos with Black beans Corn bread Corn on the cob	14 sticky rice Wheat bread Corn on the cob	15 chicken parmesan w/penne pasta Sautéed carrots, celery and onions	16 ranch fried chicken Cob salad	17 BBQ hamburgers Salad Onion rings
18 Crock pot Fajitas	19 grilled turkey and hot pepper cheese sandwich Raw vegys and dip	20 Santa Fe chicken wraps Zucchini with mozzarella cheese	21 fish cakes Pea salad Cheesy potatoes	22 raviolis Garlic rolls Zucchini and yellow squash	23 Caesar chicken pitas Roasted mixed vegetables	24 BBQ chicken rosemary bread Steamed broccoli
25 crock pot Shredded beef Sandwiches Chili cheese tots	26 pizza subs Green beans w/ bacon and onions	27 burritos Spanish rice Tomato stackers	28 cheesy cheeseburger stir French fries zucchini	29 lasagna Garlic bread Green beans	30 chicken tetrazzini Yellow squash	

April, May, June, July, August, September 2010

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April, May, June, July, August, September 2010

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October, November, December, January, Feb., March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Monterey chicken Twice baked potatoes beans	2 roast carrots Baked potatoes
3 minestrone soup Garlic bread	4 baked lasagna Garlic bread Green beans	5 cheese enchiladas Peas and caramelized onions	6 Swiss steak Cheesy potatoes	7 crock pot shredded beef on Kaiser roll Macaroni /cheese	8 chicken Alfredo broccoli	9 Tri Tip Rice pilaf carrots
10 tortilla soup Grilled cheese sandwiches	11 spaghetti Cordon bleu sourdough bread	12 beef enchiladas Refried beans chips	13 chops with mushroom gravy rice	14 polish sausage with potatoes and onions on tortillas	15 creamy chicken /noodles cauliflower	16 turkey Stuffing mashed potatoes Green beans
17 beef stew biscuits	18 stuffed shells Rosemary bread	19 grilled chicken quesadilla Spanish rice	20 honey BBQ meatloaf Scalloped potatoes	21 homemade macaroni and cheese with ham	22 chicken potpie Biscuits broccoli	23 marinated steak with caramelized onion sauce
24 Velveeta cheeseburger casserole with pasta	25 Penne Rosa with chicken Artisan breads	26 fajitas White rice corn	27 baked mini cheese burgers Risotto cakes	28 meatballs in white sauce with peas and pasta	29 chicken and broccoli bake rolls	30 bacon cheeseburger rollups Green beans
31 chili and Mexican cart hotdogs						

October, November, December, January, Feb., March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Monterey chicken Twice baked potatoes beans	2 roast carrots Baked potatoes
3 minestrone soup Garlic bread	4 baked lasagna Garlic bread Green beans	5 cheese enchiladas Peas and caramelized onions	6 Swiss steak Cheesy potatoes	7 Steak on potatoes with gravy	8 chicken Alfredo broccoli	9 Tri Tip Rice pilaf carrots
10 tortilla soup Grilled cheese sandwiches	11 spaghetti Cordon bleu sourdough bread	12 beef enchiladas Refried beans chips	13 chops with mushroom gravy rice	14 polish sausage with potatoes and onions on tortillas	15 creamy chicken /noodles cauliflower	16 turkey Stuffing mashed potatoes Green beans
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31 chili and Mexican cart hotdogs						

Newspaper Ads



The buddy system





Adding to your food storage

- 1. Leftovers
- 2. Out to dinner
- 3. Mom's on strike night
- 4. New dish gets added

Summary

- 1. Make a 30 / 31 day menu for
- Spring / Summer and Fall / Winter.
- 2. Multiply out everything you need for 3/6 or 12 months.
- 3. Use what you grow.
- 4. Have a core grocery list.
- 5. Shop sale ads and use coupons.
- 6. Buy in bulk.