Menu Method Planning Sheet

Recipe name: _____

Number of servings in single batch: _____ Number of times recipe will be served: _____

SINGLE BATCH QUANTITY X NUMBER OF TIMES RECIPE WILL BE SERVED	QUANTITY USED TO MAKE A SINGLE BATCH	INGREDIENT

Food Inventory List

Date of Inventory:_____

Food Quickly Eaten

FOOD	NUMBER CONSUMED IN 1 MONTH (USE TALLY MARKS)	NUMBER NEEDED (3-MONTH SUPPLY)

Multi-Use Food (e.g., condiments, spices)

FOOD	DATE FOOD WAS OPENED	DATE FOOD WAS USED UP	NUMBER NEEDED (3-MONTH SUPPLY)

Master Menu List

Breakfast

NUMBER OF TIMES RECIPE WILL BE USED	RECIPE

Total: _____ days of breakfast

Lunch

NUMBER OF TIMES RECIPE WILL BE USED	RECIPE

Total: _____ days of lunch

Master Menu List

continued

Dinner

NUMBER OF TIMES RECIPE WILL BE USED	RECIPE

Total: ___ days of dinner

Master Menu List

continued

Sides

Some dinner recipes won't require any side dishes, while others will need sides to balance the nutrition, add variety and provide enough calories. Think about what sides you normally serve with each main dish and plan accordingly.

Vegetables

NUMBER OF TIMES SIDE WILL BE USED	VEGETABLES

Total: _____ days of vegetables

Fruit (Canned)

NUMBER OF TIMES SIDE WILL BE USED	FRUIT

Total: ____ days of fruit

Master Menu List

continued

Grains

NUMBER OF TIMES SIDE WILL BE USED	GRAIN

Total: _____ days of grains

Potatoes

NUMBER OF TIMES SIDE WILL BE USED	POTATO

Total: ____ days of potatoes

Snacks

NUMBER OF TIMES SNACK WILL BE USED	SNACK

Total: ____ days of snacks

One Year of Food Chart

Multiply the number of people in your family by the suggested food storage amount for an individual to determine how much food your entire family needs for one year.

Number of people: _____

Grains (rice, pasta, flour, cereal, wheat, oats):	300 lbs.	× _____	=	_____	lbs.
Legumes (beans, lentils):	60 lbs.	× _____	=	_____	lbs.
Fats and oils (cooking oil, shortening):	25 lbs.	× _____	=	_____	lbs.
Dairy (powdered milk, evaporated milk, cheeses):	75 lbs.	× _____	=	_____	lbs.
Sugars (sugar, brown and powdered sugar, honey, drink mixes, jams and jellies):	60 lbs.	× _____	=	_____	lbs.
Fruits (canned, dried, juices):	185 lbs.	× _____	=	_____	lbs.
Vegetables (canned, dried):	185 lbs.	× _____	=	_____	lbs.
Baking powder:	1 lb.	× _____	=	_____	lbs.
Baking soda:	1 lb.	× _____	=	_____	lbs.
Vinegar:	½ gal.	× _____	=	_____	gal.
Yeast:	½ lb.	× _____	=	_____	lbs.
Salt:	5 lbs.	× _____	=	_____	lbs.

Additional needs: _____

_____

_____

_____

_____

_____

Adapted from the Church of Jesus Christ of Latter-day Saints' *Essentials of Home Production & Storage* book.

Foods in Storage

FOOD	AMOUNT	LOCATION OF STORAGE	DATE STORED	ROTATION DATE

My Family's Dietary Needs and Preferences

Preferred types of protein _____

_____

_____

Quantity needed _____

How it is best stored _____

_____

_____

Preferred types of dairy _____

_____

_____

Quantity needed _____

How it is best stored _____

_____

_____

Preferred types of fruits _____

_____

_____

Quantity needed _____

How it is best stored _____

_____

_____

Preferred types of vegetables _____

_____

_____

Quantity needed _____

How it is best stored _____

_____

_____

My Family's Dietary Needs and Preferences

continued

Preferred types of grains _____

_____

_____

Quantity needed _____

How it is best stored _____

_____

Preferred types of oils _____

_____

_____

Quantity needed _____

How it is best stored _____

_____

Preferred types of seasonings _____

_____

_____

Quantity needed _____

How it is best stored _____

_____

Preferred types of sweets _____

_____

_____

Quantity needed _____

How it is best stored _____

_____

Any dietary restrictions/considerations (including dislikes of certain family members)

_____

_____

_____

_____

Food Storage Location

Use this worksheet to help you carve out space on your property for your food storage.

Possible Food Storage Location _____

How Much Food Will Fit There

_____

_____

_____

_____

_____

_____

_____

_____

Type of Food Storage Best Suited for This Location

_____

_____

_____

_____

_____

_____

_____

_____

Steps That Need to Be Taken to Get It Ready

_____

_____

_____

_____

_____

_____

_____

_____

Savings Through Sacrifice Worksheet

Use this worksheet to help keep track of funds you can use for food storage purchases instead of other items. Be very diligent about recording the money you save when you make a conscious effort to forgo something with the intention of saving for food storage.

Money Needed for Food Storage Purchases: __________

Item or Service Not Purchased	Savings Earned
TOTAL:	