

Three-Month - “Transition Cuisine” - Meal Planner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Shopping List:

## The Transition Cuisine ...aka... The Three-Month Supply

*“Build a small supply of foods that is part of your normal, daily diet. ... These items should be rotated regularly to avoid spoilage.”*

Since we may not know how long any given “emergency” may last... the three-month supply has been dubbed the “Transition Cuisine.”

In the Family Home Storage pamphlet distributed church-wide we read...

*“For longer-term needs, and where permitted, gradually build a supply of **food that will last a long time and that you can use to stay alive**, such as wheat, white rice, and beans.*

*These items can last 30 years or more when properly packaged and stored in a cool, dry place. **A portion of these items may be rotated in your three-month supply.**”*

NOTE... Rotating a portion of the “longer-term” items into your 3-month supply is what makes this a “Transition Cuisine.”

### Building your Three-Month “Transition Cuisine”

In a real emergency... excepting for the very young, the very old, and any special medical needs in-between, we would probably be only eating two meals per day; a late morning meal, and a late afternoon or early evening meal; perhaps with a treat at some point during the day or evening.

Fill in the blocks with both an AM and a PM meal for each day. **REMEMBER...** these are foods that are “*part of your normal, daily diet*,” foods that your family is used to eating.

All of these foods need to be “shelf-stable.” That means no refrigerated or frozen items in the event of a prolonged power outage. The “emergency” *could* occur in the coldest part of the winter, so the only fresh produce that might be available would be sprouts and micro-greens grown indoors, unless you are fortunate enough to have an awesome 4-season greenhouse.

**Important...** Some of the things that you were able to buy “ready-made,” or processed, would now have to be homemade. Examples would be breads, tortillas, and desserts such as cookies, pies, etc. Learning how to make “from

scratch” items now, (if you don’t already know how to), rather than in the middle of an “emergency” is highly recommended.

There are a lot of processed shelf-stable foods that come in cans and little boxes or bags that your family already enjoys that can be incorporated into your transition cuisine.

Hold a menu-planning Family Home Evening and let everyone participate in planning your menu. Try to keep the meals as simple as possible using the SOS system. Simple ...One pot, (if possible)...Shelf-stable, (a must).

On the “shopping list”... **list every ingredient, that will be needed for every item on the menu, along with the quantity of the ingredient.** That way, when you have purchased and stored everything on the shopping list you will have one complete week of meals stored... right down to how many cups of flour, (or wheat), and teaspoons of salt that would be needed.

Consider printing the menu planner on both sides of a piece of paper. While you might not have 14 different AM meals, if you can come up with 14 different shelf-stable PM meals... after purchasing and storing everything on both shopping lists... you would then have two complete weeks of meals stored. If you can come up with 21 different PM meals... go for it!

Continue repeating the shopping for each week until you have 13 complete weeks of meals stored and Bingo! you now have your Three-Month “Transition Cuisine” completed. ☺

### Use It or Lose It

Remember to rotate. Some of the items may take up to a year to rotate through since in a non-emergency scenario you will probably not be using some of the items as often as you would if you were limited to only shelf-stable items for all of your meals. Many pre-packaged, (and usually highly processed), products do not typically have “longer-term” storage capabilities.

**Remember...**

Simple...

One pot (if possible)...

Shelf-stable (a must)...