

Welcome to Week Five!

Here is our game plan....

Watch, Read and Learn:

- **Prepare:** Print off the PDF's that I provided. Look through the lists and figure out which foods are the most accessible (and affordable) for you and highlight them. Then chose which foods you and your family will enjoy the most and find recipes that use them on the recipe list.
- **Make a plan:** Pick and choose which foods you want to prepare and preserve and go in search of these foods. Go to farmers markets first, to find the best prices on local and seasonal produce.

Cook and Preserve:

- **Prepare:** Buy the ingredients and equipment necessary to make these foods easy and quickly. Do not cut corners in these processes, the steps in each of them are necessary to make them last the longest possible.
- **Enlist and Preserve:** Get your family members involved for the more involved preservation methods. Make it fun. Invite your extended family and friends over for a day of canning and have them bring their garden bounty too. Make up a big batch of homemade soup, open a bottle of wine and go to town! It makes fun work of the process and the time flies by. When you are done you will have a huge amount of preserved food to divide up amongst the participants, and you will have had a good time doing it!

Educate and Experiment:

- **Read:** Read up on all of the different methods that I have outlined. Learn the basics.
- **Experiment:** Try the different methods, starting from the easiest (freezing) to the most complex (canning). You will get much better with practice. Over time this will be a routine seasonal process that will help you save a ton of money on food! It can be very satisfying looking at a completely stocked pantry, knowing that you did it all yourself in a healthful way. You also just saved a lot of money!

SHARE, LEARN AND ASK QUESTIONS!

- Use our Facebook Group to ask questions and start discussions. This is the beauty of the group, we can all support each other through this food journey. If you have a question that you wish to keep private and do not want to post in the group, feel free to email me at any time. I will get back to you asap, I check my email often.
- Do not be afraid to ask questions, often times there are many who have the same questions as you do and asking the question opens up a great conversation for the entire group!
- Please share your experiences and successes in the group. It is great to hear new discoveries that you are making, as well as, the hurdles that you have overcome.
- Anything goes in the group, ask away! Remember, information shared within the group stays in the group. It is confidential and will not be shared outside of the group!