

MEAL MANAGEMENT IN AN AGE OF FAST FOOD

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Heppner's Legacy Homeschool Resources

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Who needs a plan? You do!

What is it? It is a ministry to your family and others

Why do it?

Save time – In the market & kitchen

Save money –

Save your sanity –

There are many approaches to meal planning –

- Once a Month Cooking OR Cut this down and be willing to cook fresh too –
Just cook 15 or so meals
Follow the detailed tips and ideas in *The Freezer Cooking Manual*
- Freezer meal potluck – Cook for each other
- Co-op cuisine – Cooking together
- Sit down with the market ad on Saturday morning and plan 5-6 meals for the week. Add your staples and be off. It's often best to not plan 7 meals so that you can have leftovers and start with a clean fridge the next week.
- Take an afternoon and plan 6 weeks of meals with grocery lists for each week. Put it all in the computer, and print one off each week. This will save taking time to create a list each week.
- Take advantage of your Crock Pot

Other Ideas –

- Just cook several chicken, beef, or ham dishes at one time
- Cook & freeze large batches of taco salad meat, diced chicken, shredded beef . . .
- PLOVERS – Cook extra for the next meal – noodles, veggies, etc.
- Triple batching – Every Saturday,
Cook double/triple when you cook and freeze extras

Freezing –

- Use quality FREEZER bags
even meatloaf, soup, quiche and otherwise layered casseroles
- Freezer boxes – not margarine tubs
- Lined casseroles and 9x13's; HEAVY DUTY aluminum foil
- Try garage sales and thrift stores for containers
- Label with cooking directions too
- Stand food on edge once frozen

Breakfasts & Lunches: Plan a 5-7 day routine

For example: Mondays – Scrambled eggs & PBJ's
Tuesdays – Oatmeal and mac-n-cheese
Wednesdays – Pancakes & english muffin pizza
Thursdays – Breakfast burritos & tuna sandwiches

ALSO: Many breakfast or lunch foods freeze well too –

Even scrambled eggs, burritos, sandwiches, pancakes/waffles

Idea: Cook LOTS of bacon ahead and freeze it! You can even do it on
a broiler pan in the oven at 375` for 20 minutes. EASY!

OR: Make more than you need each night and have leftovers for lunch

Resources – YOUR FRIENDS!! Ask them what they do!

Freezer cookbooks

“The Freezer Cooking Manual”, by Nanci Slagle and Tara Wohlenhaus – Available
from Heppner’s Legacy (www.legacyhomeschool.com)

“Love in the Kitchen”, by Wendy Jeub - Available from Heppner’s Legacy

“Saving Dinner”, by Leanne Ely

“Frozen Assets”, by Deborah Taylor-Hough

“Once a Month Cooking”, by Mimi Wilson & Mary Beth Lagerborg

“Dinner’s in the Freezer: More Mary and Less Martha”, by Jill Bond

“Mega Cooking”, by Jill Bond

“Cooking Ahead”, by Mary Carney

“Cheapskate in the Kitchen”, by Mary Hunt

Make it with Mixes – Check your library

“The Complete Idiot’s guide to Cooking with Mixes”, by Ellen Brown

“Make your own Mixes and Prepared Foods”, by Ben Howard

“The Perfect Mix – Bread, Soup, Dessert, and other Homemade Mixes”, by Diane Phillips

“Recipes for Making Homemade a Little Easier!”, by Jennifer Wood

“Make a Mix Cookery”, by Karine Eliason

“More Make a Mix”, by Karine Eliason

“The Mix it Up Cookbook; 100 Dishes from 18 Basic Recipes”, by Kid Friendly

“More-with-Less Cookbook”, by Doris Longacre

“MasterCook Deluxe” 9.0, CD rom

www.30daygourmet.com

<http://organizedhome.com/content-85.html>

<http://www.realfood4realpeople.com/oamc.html>

<http://busycooks.about.com/cs/oamc/>