





# **EMERGENCY** FOOD STORAGE MEAL PLANNERS

YIELD



Remove oxygen absorber from packaging and discard. Serving suggestions shown below.







- 1. Whisk 1/2 Cup mix into 1 Cup boiling water
- 2. Stir until creamy, approximately 1 minute



### **Creamy Chicken Rice**

- 1. Whisk 1/3 Cup mix into
- 2/3 Cup boiling water. 2. Simmer on low heat for 30 minutes, stirring frequently.

· Barbeques

Hiking

Scouting



#### **Hearty Vegetable** Chicken Soup

- 1. Whisk 1/3 Cup mix into 11/3 Cups boiling water
- 2. Simmer on low heat for 25 minutes, stirring frequently.



### **Maple Brown Sugar** Oatmeal

- 1. Shake bag well 2. Stir 1/3 Cup oatmeal into 1/2 Cup boiling water.
- 3. Cook 1 minute, stirring frequently.



### **Cheesy Broccoli Rice** 1. Whisk 1/2 Cup mix into 1 1/3

- Cups boiling water. 2. Simmer on low heat for
- 15 to 20 minutes, stirring



### **Creamy Potato Soup**

1. Whisk 1/3 Cup mix into 11/4 Cups boiling water. 2. Simmer on low heat for 10 to 15 minutes, stirring frequently.

DAY 5

Maple Oatmeal

2 servings

Morning Moo's

Creamy Potato Soup

Banana Chips

1 serving



#### **Macaroni and Cheese** 1. Stir 1/3 Cup macaroni into

- 1 1/2 Cups boiling water, return to boil.
- 2. Cook uncovered for 10 to 15
- minutes, stirring frequently. 3. Drain, return to pan, stir in 2 Tbsp cheese powder



1. Add 2 Tbsp Morning Moo's

to 1/3 Cup warm water, stir.

DAY 8

2 servings

1 serving

2 servings

1 serving

- 2. Add 2/3 Cup cold water, stir. 3. Chill at least 4 hours for
- best results.

FireOn Fuel Disk (included in 30 Day Food Storage All-In-One pail) Easy to use, ideally suited for outdoors, water repellent

### and wind resistant SUGGESTED USES:

- Emergency preparednessCooking
- · Camping DIRECTIONS:

- To light: Use a match to light the edge of the FireOn Fuel Disk. (In windy conditions, try breaking off a piece of the fuel disk and lighting it on top of the remaining fuel disk.)
- To Extinguish: Smother the FireOn Fuel Disk to remove
- its source of oxygen.

  To Re-light: Place a match on top of the previously
- (Tip: To get the most out of your FireOn Disk, you can break it in half and save half for later use.)

WARNING: Carbon monoxide and fire hazard. Use only in well ventilated areas. These fuel disks consume oxygen and produce carbon monoxide gas, which is poisonous and has no odor. Do not use in an enclosed space such as inside a home, camper, tent, or car.

# **30 DAY MEAL PLANNER**

### Maple Oatmeal Maple Oatmeal 2 servings 2 servings 2 servings Morning Moo's

Creamy Potato Soup **3 servings** Morning Moo's

Hearty Vegetable Chicken Soup 2 servings

2 servings

3 servings 1 serving

3 servings

Hearty Vegetable Chicken Soup 2 servings

Creamy Potato Soup

3 servings

Banana Chips

1 serving

1 serving

DAY 4

2 servings

2 servings 3 servings 1 serving

3 servings

Hearty Vegetable Chicken Soup 2 servings Mac & Cheese

2 servings

DAY 6

2 servings

1 serving

2 servings

1 serving

Creamy Chicken Rice Morning Moo's

Creamy Potato Soup

DAY 7

Maple Oatmeal

2 servings

Morning Moo's

Hearty Vegetable Chicken Soup 2 servings

2 servings 3 servings

**DAY 19** 

Maple Oatmeal

Morning Moo's

Morning Moo's 1 serving

Banana Chips 1 serving

Mac & Cheese 2 servings



Mac & Cheese 2 servings

**DAY 15** 

Maple Oatmeal

Morning Moo's

3 servings

Mac & Cheese 2 servings

**DAY 18** 

2 servings

1 serving

Maple Oatmeal Morning Moo's

Creamy Potato Soup

Creamy Chicken Rice

2 servings

Morning Moo's

1 serving

DAY 9

2 servings 1 serving

**DAY 10** 

2 servings

1 serving

1 serving

Maple Oatmeal 1 serving Morning Moo's

Creamy Potato Soup

Creamy Chicken Rice

2 servings

Banana Chips

1 serving

**DAY 11** 

**DAY 12** 

2 servings

1 serving

1 serving

1 serving 1 serving

Maple Oatmea Morning Moo's

Creamy Chicken Rice

2 servings

**DAY 13** 

1 serving Creamy Potato Soup

2 servings 1 serving 1 serving

**DAY 14** 

1 serving

2 servings

Creamy Potato Soup Banana Chips 1 serving Creamy Chicken Rice

1 serving

**DAY 16** 

2 servings

2 servings 1 serving

Creamy Chicken Rice 2 servings Banana Chips 1 serving

**DAY 17** 

Maple Oatmeal

Morning Moo's

Creamy Potato Soup 3 servings 2 servings Creamy Chicken Rice 1 serving 2 servings

Lunch

Hearty Vegetable Chicken Soup 1 serving Mac & Cheese

2 servings 2 servings Hearty Vegetable Chicken Soup 1 serving Mac & Cheese

3 servings

Hearty Vegetable Chicken Soup Mac & Cheese

3 servinas

Chicken Soup 2 servings Mac & Cheese

Hearty Vegetable

2 servings

Hearty Vegetable Chicken Soup 2 servings Mac & Cheese

2 servings

Cheesy Broccoli Rice 3 servings

**Breakfast** 

2 servings 1 serving

2 servings

1 serving

1 serving

**DAY 20** 

1 serving Morning Moo's

Creamy Potato Soup

Cheesy Broccoli Rice

3 servings

**DAY 21** 

Maple Oatmeal

3 servings 1 serving

**DAY 22** 

2 servings

1 serving

Creamy Potato Soup 2 servings Banana Chips

1 serving

**DAY 23** 

Maple Oatmeal

2 servings

Morning Moo's

1 serving 3 servings

**DAY 24** 

2 servings

Morning Moo's 1 serving Creamy Potato Soup

Banana Chips

1 serving

**DAY 25** 

Maple Oatmeal

2 servings

3 servings 1 serving

**DAY 26** 

2 servings

1 serving

2 servings Morning Moo's 1 serving

**DAY 27** 

Maple Oatmeal

Creamy Potato Soup Cheesy Broccoli Rice 3 servings

amy Potato Soi 2 servings 1 serving

**DAY 28** 

2 servings

1 serving

Creamy Potato Soup Cheesy Broccoli Rice 3 servings

**DAY 29** 

Maple Oatmeal

1 serving

Morning Moo's

1 serving

2 servings

**DAY 30** 

2 servings

1 serving

Lunch

3 servings Dinner

Creamy Chicken Rice

3 servings

Cheesy Broccoli Rice

2 servings 2 servings Cheesy Broccoli Rice

2 servings 2 servings

Creamy Chicken Rice

2 servings 3 servings

Creamy Chicken Rice

2 servings 2 servings



# **45 DAY EXTENDED MEAL PLANNER**

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	<b>DAY 10</b>	DAY 11
Maple Oatmeal 2 servings	Maple Oatmeal 2 servings	Maple Oatmeal 2 servings	Maple Oatmeal  2 servings	Maple Oatmeal 2 servings	Maple Oatmeal 2 servings	Maple Oatmeal 2 servings	Maple Oatmeal 2 servings	Maple Oatmeal 2 servings	Maple Oatmeal 2 servings	Maple Oatmeal 2 servings
Morning Moo's  1 serving	Morning Moo's  1 serving	Morning Moo's  1 serving	Morning Moo's  1 serving	Morning Moo's  1 serving	Morning Moo's  1 serving		Morning Moo's  1 serving		Morning Moo's  1 serving	
reamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup	Creamy Potato Soup 2 servings	Creamy Chicken Rice 3 servings	Creamy Potato Soup 2 servings	Creamy Chicken Rice 3 servings	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup	Creamy Potato Sou
Banana Chips 1 serving	2 servings Creamy Chicken Rice 3 servings	Banana Chips 1 serving		Banana Chips 1 serving		Banana Chips 1 serving	1 serving Creamy Chicken Rice 2 servings	Banana Chips 1 serving	1 serving  Creamy Chicken Rice 2 servings	Banana Chips 1 serving
Hearty Vegetable Chicken Soup 1 serving	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup 1 serving	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup 1 serving	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup 1 serving	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup 1 serving	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup 1 serving
Mac & Cheese		Mac & Cheese		Mac & Cheese		Mac & Cheese		Mac & Cheese		Mac & Cheese

DAY 12	<b>DAY 13</b>	<b>DAY 14</b>	DAY 15	<b>DAY 16</b>	<b>DAY 17</b>	<b>DAY 18</b>	DAY 19	DAY 20	DAY 21	DAY 22
Maple Oatmeal 2 servings  Morning Moo's 1 serving	Maple Oatmeal 2 servings	Maple Oatmeal 2 servings  Morning Moo's 1 serving	Maple Oatmeal 2 servings	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving
Creamy Potato Soup 2 servings Banana Chips 1 serving	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Creamy Chicken Rice 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings	Creamy Chicken Rice 2 servings Banana Chips 1 serving	Creamy Chicken Rice 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings	Creamy Chicken Ricc 2 servings Banana Chips 1 serving
Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Chicken Rice 2 servings Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Chicken Rice 2 servings Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 2 servings	Creamy Chicken Rice 2 servings	Cheesy Broccoli Rice 3 servings	Cheesy Broccoli Rice 3 servings	Creamy Chicken Rice 2 servings	Cheesy Broccoli Ricc 3 servings

DAY 23	DAY 24	DAY 25	<b>DAY 26</b>	DAY 27	DAY 28	DAY 29	DAY 30	DAY 31	DAY 32	<b>DAY 33</b>
Maple Oatmeal 1 serving	Maple Oatmeal  1 serving	Maple Oatmeal 1 serving	Maple Oatmeal  1 serving	Maple Oatmeal  1 serving	Maple Oatmeal  1 serving	Maple Oatmeal 1 serving	Maple Oatmeal  1 serving	Maple Oatmeal 1 serving	Maple Oatmeal  1 serving	Maple Oatmeal  1 serving
Morning Moo's  1 serving	Morning Moo's 1 serving	Morning Moo's  1 serving	Morning Moo's  1 serving	Morning Moo's  1 serving	Morning Moo's 1 serving	Morning Moo's  1 serving	Morning Moo's  1 serving	Morning Moo's  1 serving	Morning Moo's  1 serving	Morning Moo's  1 serving
Creamy Potato Soup 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings Banana Chips 1 serving	Creamy Potato Soup 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings	Cheesy Broccoli Rice 3 servings Creamy Potato Soup 1 serving	Creamy Potato Soup 2 servings	Cheesy Broccoli Rice 3 servings	Creamy Potato Soup 2 servings	Cheesy Broccoli Rice 3 servings	Creamy Chicken Rice 2 servings	Creamy Potato Soul 1 serving
Cheesy Broccoli Rice 2 servings	Instant Potatoes 3 servings	Cheesy Broccoli Rice 2 servings	Instant Potatoes 2 servings Cheesy Broccoli Rice 2 servings	Creamy Chicken Rice 2 servings	Instant Potatoes 2 servings Cheesy Broccoli Rice 2 servings	Creamy Potato Soup 2 servings	Instant Potatoes 1 serving Cheesy Broccoli Rice 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Potato Soup 1 serving	Creamy Chicken Ric 2 servings

DAY 34	DAY 35	<b>DAY 36</b>	<b>DAY 37</b>	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42	DAY 43	DAYS 44, 45
Maple Oatmeal 1 serving	Maple Oatmeal  1 serving	Maple Oatmeal  1 serving	Maple Oatmeal  1 serving	Maple Oatmeal  1 serving	Maple Oatmeal  1 serving	Maple Oatmeal  1 serving	Maple Oatmeal  1 serving	Maple Oatmeal  1 serving	Maple Oatmeal  1 serving	Maple Oatmeal  1 serving
Morning Moo's  1 serving	Morning Moo's  1 serving	Morning Moo's  1 serving	Morning Moo's  1 serving	Morning Moo's 1 serving	Morning Moo's  1 serving	Morning Moo's 1 serving	Morning Moo's  1 serving	Morning Moo's 1 serving	Morning Moo's  1 serving	Morning Moo's  1 serving
reamy Chicken Rice 2 servings	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 1 serving	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup <b>2 servings</b>	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 2 servings	Creamy Potato Soup 1 serving	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 2 servings	Creamy Chicken Ric 1 serving
reamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 1 serving	Creamy Potato Soup 1 serving	Mac & Cheese 1 serving	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 1 serving	Creamy Potato Soup 1 serving	Mac & Cheese 1 serving	Hearty Vegetable Chicken Soup 1 serving	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 1 serving
	Mac & Cheese 1 serving				Mac & Cheese  1 serving			Creamy Chicken Rice 1 serving		Mac & Cheese 1 serving

For additional food storage products, visit www.AugasonFarms.com