



Preserve What You Eat

Take a few minutes to answer the following questions so you can start to compile your list of priorities.

What fruits and vegetables do you buy from the grocery store on a weekly basis?

What meals and snacks are regular features of your family's diet?

Deconstruct a few of your family's favorite meals by listing the main ingredients.

Meal Name:

Ingredient 1:

Ingredient 2:

Ingredient 3:

Ingredient 4:

Ingredient 5:

Meal Name:

Ingredient 1:

Ingredient 2:

Ingredient 3:

Ingredient 4:

Ingredient 5:

Meal Name:

Ingredient 1:

Ingredient 2:

Ingredient 3:

Ingredient 4:

Ingredient 5:

Meal Name:

Ingredient 1:

Ingredient 2:

Ingredient 3:

Ingredient 4:

Ingredient 5:



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After you take a close look at your eating and shopping habits create your priority list for the season. If you're new to preserving keep it short and sweet. If you have extra time and energy you can always do more!

My top 5 priorities for food preserving this year are:

- 1.
- 2.
- 3.
- 4.
- 5.