



**Cheesy Broccoli Rice** 

1. Whisk 1/2 Cup mix into 1 1/3

Cups boiling water.

frequently.

2. Simmer on low heat for

15 to 20 minutes, stirring

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### EMERGENCY FOOD STORAGE MEAL PLANNERS



**Morning Moo's Milk** 

3. Chill at least 4 hours for

best results.

1. Add 2 Tbsp Morning Moo's

to 1/3 Cup warm water, stir.

2. Add 2/3 Cup cold water, stir.

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

**Macaroni and Cheese** 

1. Stir 1/3 Cup macaroni into

11/2 Cups boiling water,

2. Cook uncovered for 10 to 15

minutes, stirring frequently.

3. Drain, return to pan, stir in

2 Tbsp cheese powder

return to boil.





**Instant Potatoes** 

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

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

#### 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 preparedness Cooking Barbeques Hiking Camping Scouting

#### 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

burned area.

(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.

#### Maple Brown Sugar Oatmeal 1. Whisk 1/3 Cup mix into 1. Shake bag well

11/3 Cups boiling water 2. Stir 1/3 Cup oatmeal into 2. Simmer on low heat for 25 1/2 Cup boiling water. minutes, stirring frequently. 3. Cook 1 minute, stirring frequently

Chicken Soup

## **30 DAY MEAL PLANNER**



**Creamy Potato Soup** 

. Whisk 1/3 Cup mix into 1 1/4 Cups boiling water.

2. Simmer on low heat for

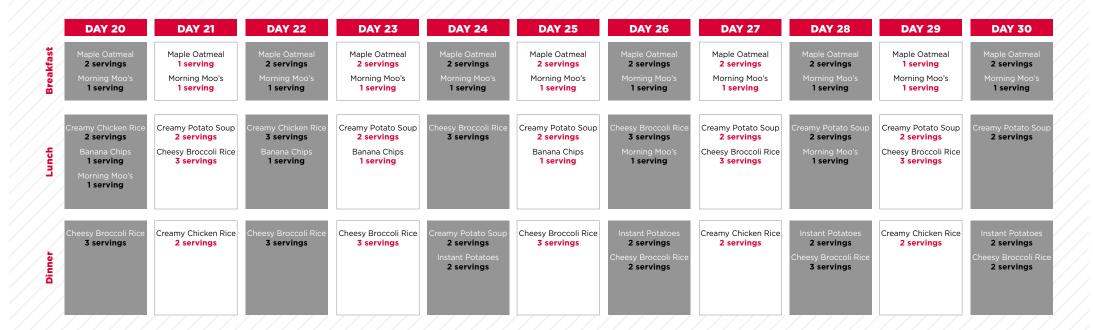
frequently.

10 to 15 minutes, stirring

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# **45 DAY EXTENDED MEAL PLANNER**

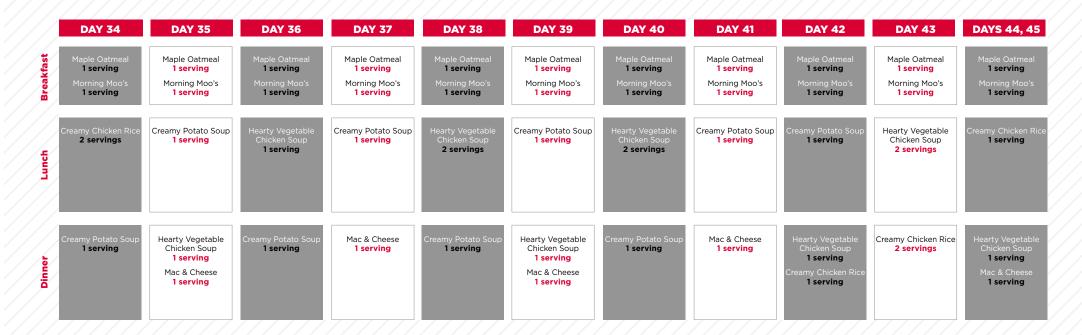
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DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	<b>DAY 11</b>
Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal <b>2 servings</b> Morning Moo's <b>1 serving</b>	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal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

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



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