

# 2019 MÂCHÉ Conference

Title: Meal Management in an Age of Fast Food

Speaker: Nancy Bjorkman

Session: 5 Day: Saturday Time: 1:30



**Who needs a plan? You do!**

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

**Why do it?**

**Save time –**

**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
- Freezer meal potluck / Supper Club – Cook for each other
- Co-op cuisine – Cooking together with a friend or a group
- 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, Rice Cooker, Instant Pot  
Check out "Freezer to Crockpot" meals online

## Other Ideas –

- Just cook several chicken, beef, or ham dishes at one time
- Cook & freeze large batches of taco 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

## Tackling BULK Cooking – a quick run through

## The most important take-away? PLAN

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

**Freezer cookbooks**

**\*\* *Big Book of Freezer Cooking***, by Nanci Slagle  
*Once a Month Cooking*, by Mimi Wilson & Mary Beth Lagerborg  
*Frozen Assets*, by Deborah Taylor-Hough  
*Dinner's in the Freezer: More Mary and Less Martha*, by Jill Bond  
*Mega Cooking*, by Jill Bond  
*Cooking Ahead*, by Mary Carney  
**\*\* *How to Cook Everything: The Basics***, by Mark Bittman  
*Cheapskate in the Kitchen*, by Mary Hunt  
*More-with-Less Cookbook*, by Doris Longacre

**Make it with Mixes – Check your library**

*Make a Mix Cookery*, by Karine Eliason  
*More Make a Mix*, by Karine Eliason  
*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  
*The Mix it Up Cookbook; 100 Dishes from 18 Basic Recipes*, by Kid Friendly

*MasterCook Deluxe* (9.0, CD-ROM)  
[www.plantoeat.com](http://www.plantoeat.com)

**\*\* Available from Heppner's Legacy**



**Nancy Bjorkman**  
Heppner's Legacy Homeschool Resources - [www.legacyhomeschool.com](http://www.legacyhomeschool.com)  
369 Jackson Ave NW – Elk River, MN 55330 763-241-HOME (4663)

