

## The Redrock Readiness Newsletter

Episode 21: Start Your Home Supply for \$5!

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“Your power will be multiplied many times by the Lord. All He asks is that you give your best effort and your whole heart. Do it cheerfully and with the prayer of faith. The Father and His Beloved Son will send the Holy Ghost as your companion to guide you. Your efforts will be magnified in the lives of the people you serve.”

--President Henry B. Eyring, “Rise to Your Call,” *Ensign*, Nov. 2002, 76.

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When it comes to food storage, **you don’t need to buy a mountain of food right away! Start the habit with something small**, and the Lord will bless you in keeping His commandments. Just do the best you can!

Here are some ideas for **storable meals under \$5**. That’s right, \$5 every week will get you *at least* one nonperishable meal to store. **Keep this up every week, and pretty soon, you’ll have stored enough meals to last you one week.** You will feel SO prepared!

We’re grabbing prices and items from this week’s Smith’s circular, but **you can find similar bargains at your favorite** groce store. Remember, to get some deals, **you might have to sign up for a store discount card!**

### Idea 1: The Football Feast



[[http://www.realclearsports.com/blognetwork/philadelphia\\_sports\\_scene/mcnabb-campbells-chunky-soup-eagles.jpg](http://www.realclearsports.com/blognetwork/philadelphia_sports_scene/mcnabb-campbells-chunky-soup-eagles.jpg)]

When the Campbell's chunky soups go on sale 10 for \$10, grab one or two, a small bag of rice (or a box of instant rice, if you must), and a \$79-cent bottle of Poweraid. BAM! Dinner enough for a linebacker.

## 2: Penny-Pincher Pasta



[<http://static.guim.co.uk/sys-images/Guardian/Pix/pictures/2009/8/5/1249484834498/Man-eating-spaghetti-001.jpg>]

**10-for-\$10 Pasta** + a \$1 tin of **diced tomatoes** + **spices** from your pantry = DELICIOUSNESS. This is a great way for big eaters to spend that \$1—I mean, have you ever heard of anyone leaving an Italian restaurant hungry?

## 3: The CLIF-hanger



[[http://4.bp.blogspot.com/\\_\\_Rfmwt7qEho/SmxcSgMHa1I/AAAAAAAAA\\_o/feYdKsM2z-Y/s400/01a50af63737\\_\\_1248587123000.jpeg](http://4.bp.blogspot.com/__Rfmwt7qEho/SmxcSgMHa1I/AAAAAAAAA_o/feYdKsM2z-Y/s400/01a50af63737__1248587123000.jpeg)]

Great **meal substitute bars** sometimes go on sale 10 for \$10! This week's Smith's ad has got 10 for \$10 **ZonePerfect or Balance Bars**. Keep an eye out for other tasty brands, like **Luna or Clif bars**.



### Dollar Stretchers

Beau:

- Our ad's got big containers of **Kool-Aid and Lemonaid mix**, \$10 for 10. One of those would last you at least a week's worth of beverages, plus it keeps you from getting bored with your stored drinking water and can eliminate the chlorine taste. Yay!

- I do loves puddings. Smith's almost always has **4-packs of puddings** on sale for \$1. **They might not keep past a few months**, but they're a morale-boosting dessert that'll add extra calories to your meals. Plus, you don't have to store 'em in the fridge.

- **Peanut butter** is cheap, nonperishable, has lots of calories, and **goes great on everything**, from waffles to meal bars.

Danielle: Ew! Peanut butter on waffles?

Beau: *Do eeeet.*

### Action Steps:

- **Set aside \$5 every paycheck.**
- **Check out your weekly grocery store ad for dollar items.**

- Get a meal a week
- To really make your dollar stretch, look for things like pasta or drink mixes that'll help out with more than one meal.

See you next week! Be safe out there!



Uh, hello! Tuna is almost always on sale! Grab some! Aw yeah!

Just make sure you have a can opener for it!

Willya grab a coupla cans for me? Beau's cut me off. :(