



# Module 2 Weekly Challenge

## Pantry Challenge

This week put your preps to the test. Can you go the entire week with only the items in your pantry?

When disaster strikes, you don't always get the chance to run to the store for some last minute items. Want a surefire way to test your preps? Challenge yourself to skip the store this week and feed your family with only what you have on hand.

If you are brand new to this and haven't yet built a supply that will last a week, use this week's grocery trip to purchase *only* shelf stable items – this way, you'll still glean valuable information from the challenge.

## Dos and Don'ts of the Pantry Challenge

- **Do** take careful notes throughout the week. This will help you learn what you've run out of, what you really miss, and any extra ingredients that you should keep on hand.
- **Don't** stick to the challenge to the detriment of your family. The S hasn't HTF just yet. For example, if you're completely out of milk and have no back-up supply, make a mental note to get some dry milk and go to the store and grab just that one item. (No cheating!)
- **Do** record any creative stockpile recipes that you come up with during your challenge. The best thing in the world is figuring out how to recreate a family favorite entirely with stockpile items.
- **Don't eat anything questionable.** If you are concerned that something may be expired (and not just in that kinda stale way) don't eat it. Also avoid dented cans, food that smells or looks funny, and anything that may have spoiled because of improper storage.
- **Do** make it fun. Turn it into a game for your kids. This works especially well if they're on board with the idea of emergency preparedness. It was during a drill like this that my kids created a very tasty Mexican "pie" out of pantry items and spices, a recipe that is still a family favorite to this day.