



MEALS IN A JAR LABELS

Thank you for preordering *Meals in a Jar* and exploring these delicious recipes with me. Not only do I appreciate having meals that can conveniently be pulled off a shelf and reheated at a moment's notice, but I equally enjoy having a well-organized and attractive pantry. These labels are designed to help you enjoy your newly stocked pantry and revel in your preparedness!

To use these labels:

These labels are round 2" diameter labels, 12 labels per sheet. You can use any brand that fits these criteria, but here are a few to easily search for at your local office supply store or online: Avery 22877, Avery 22612, Avery Presta 94501. It is suggested that you start by printing a test page. Your particular computer or printer may require that you change a few settings (such as borderless printing, or adjusting the scaling) to get the labels to line up depending on which brand of labels you choose.

Once you purchase these labels, print the page(s) with the recipe(s) you have decided to make. For example, if you are making Ham and Kale Soup, print that page as many times as you need for the batches you've canned.

Once printed, fill in the date you canned the recipe. Once your jars have cooled, stick the label to the lid.

Happy canning, and thanks again for supporting my new book!

—Diane

















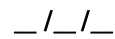
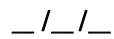
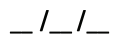
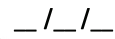
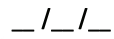
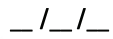
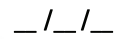
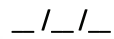
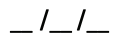
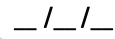
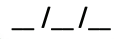
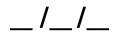










































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