

Food Storage Feasting Handout

*How to Make Your Preserved Foods
Flavorful, Nutritious & Enjoyable*
with Diane Devereaux, The Canning Diva®

Meals in a Jar – Both Pressure Canned and Dried Goods

- Pre-measured, balanced meals = less stress in crisis.
- Easy to customize by cuisine (Italian, Mexican, comfort food).
- Dried: Add hot water or broth to reconstitute → heat → eat.
- Canned: Just pop open a jar → heat → eat.

From Seed to Table Suggestions

- Preserve garden or local harvest for natural variety.
- Home-dried herbs, canned produce, & frozen harvests beat store-bought for cost and quality.
- Local honey: builds tolerance to local allergens, adds natural sweetness, and comforts the body & spirit.

Resources:

The Canning Diva Presents Meals in a Jar
(Available now) | *From Seed to Table*
(Available March 2026)

 canningdiva.com

- Food is more than fuel—it's comfort, morale, and stability.
- Bland diets cause “food fatigue” and can weaken nutrition.
- Herbs, spices, and condiments = low-cost, high-impact flavor boosts.

Quick Fixes & On-the-Run Feasting

- Instant soups: bouillon + noodles + dehydrated veg.
- Trail mixes: nuts + dried fruit + chocolate bits.
- Bannock/flatbreads: flour + oil + water cooked quickly.

Nutrition Matters

- Calories aren't enough: plan for protein, fat & micronutrients.
- Include canned meats, dehydrated greens, and stored oils.
- Herbs & spices provide antioxidants + morale-boosting flavors.

The Four Pillars of Food Storage

Feasting: Calories keep you alive.

Proteins and micronutrients keep you strong. Fats keep you fueled. Flavor keeps you sane!

