

## Will Your Budget Handle The Rising Food Cost?

For quite some time it has been predicted that the cost of living would rise, even now as you are reading this article we are seeing the cost of fuel increase. Fuel prices have been climbing steadily since Thanksgiving and it's predicted to hit \$4.00 a gallon within the next several months. With the rise of fuel cost, transport companies have no choice but to pass the cost on to the consumer thru higher freight charges. The cost will be added to everything we buy such as, automobiles, clothes, food, furniture, housing, etc. all will be affected by this increase. Now to the question at hand, how will this affect your budget? Will you find yourself borrowing from Peter to pay Paul because you aren't able to handle the increase? What happens to those in your community who have lost their homes & jobs? Where do they turn for help?

Ideally the Church would be the first place to turn to for help, yet, so many churches are unable to help the community. Since we are told to "bear one another's burdens" then it's time to step up and do so. As I shared last quarter, we should be preparing not just for some unforeseen disaster, but we should be prepared to give to those in need. Many of you are in situations where you are asking God for answers, yet when He sends you the answer, you aren't listening. Each of us understands that when a seed is put in the ground, watered and tended to it will bring a harvest. The same is true when we give to others; we sow seed for our own future. Sowing can be as simple as a meal or maybe a piece of clothing. Perhaps you need to share the information that you are reading with your Sunday school class or the people at work. I pray that you will find some answers by the time you are finished reading.

In researching the future cost of food, I have found that food prices could rise as much as 50% percent next year. Already this year, corn prices have risen 45% in the last three months, cotton prices are the highest since the Civil War. Soybeans, coffee and cocoa prices have risen as well and are expected to continue soaring. Meat and dairy prices are expected to rise due to the increase in cost of the feed grains. According to Financial Times.com the world has moved a step closer to a food price shock after the US government surprised traders by cutting stock forecasts for key crops, sending corn and soyabean prices to their highest levels in 30 months.

So I ask, will you receive a pay raise to help offset the rising food cost? Do you have plans to raise your own food or live on a farm? How will you adjust your living in order to feed your family? Are you giving your tithe and helping those in need? I have put together some thoughts on this very serious dilemma we are all in and one thing that we are currently doing in my home is we are looking at the future of serving our freeze dried food on a daily basis. It's good and nutritious and if you add a little meat, salad, fruit and bread you have a complete meal for pennies on the dollar. Considering the food has no msg. and is totally vegetarian plus has a shelf life of 20 years. I feel it's worth trying besides, it's healthier. While shopping at our local grocery store I noticed they have boxed meals from several different restaurants. Most of which you just add meat. However, when you read the ingredient's they contain excessive sodium or high fructose corn syrup, (which is highly addictive) and provide 3-4 servings. The idea came to me why not use this healthy freeze dried food, add meat (which can be canned, fresh or frozen) and I would have a great dinner for less cost.

So I experimented with the following;

1 lb. Ground Beef- cooked in a skillet combined two packages of Beef Stroganoff, added water and simmered for 20 minutes. I then served this with cornbread and green beans. I also, served the chocolate & vanilla pudding placed on top of granola and topped off with whip cream as dessert. Total cost of my dinner was less than \$10.00 and that feeding 7 of us. (Remember I have 8 children, 5 are still at home.)

Another suggestions would be to take the package of Chicken Teriyaki prepare as directed then add a can of chicken now serve with salad, French bread and tea.

- Alfredo add chicken or beef, fruit salad, bread and tea
- With the Western Stew simply add a pound of ground beef.
- Potato soup, top off the soup just as you would a baked potato with butter, sour cream, chives and bacon!
- Lasagna can be embellished with a little Italian sausage or ground beef, salad, bread, and beverage!
- Veggie chili can be used for topping off nachos, or hot dogs. You can even make corn bread to serve with your chili. (Don't forget the cheese and sour cream)

If you are not a meat eater then simply prepare and serve as the freeze dried food as directed, it is very good. It is seasoned in a way to make all of your taste buds happy! You can use fresh fruits and breads to complete the meal. Whether you eat meat or not, simply save dollars and cents supplementing your food pantry with the nutritious freeze dried food. This is just another way to manage your food supply. Holiday pricing is still available on the food, which means a 275 serving bucket only cost .54 per serving, making it very affordable and cost effective. By shopping online or phone, you will avoid those extras we all seem to put in the basket as well 😊

Use your imagination, be creative, go back to the days of home economics and make every penny count.

Next invite someone over for dinner and share with them. Before long they will be sharing with others and we can all be a blessing to someone else. The Bible speaks of the widow woman whose meal and oil never ran out because she was willing to give to the prophet. I believe if we are willing to give to others, God will take care of us. The word is quite clear that in Revelations 6:6, "A measure of wheat for a penny, and three measures of barley for a penny; (KJV) Friends, don't be left out in the cold, don't turn your head as they did in Noah's day. Be prepared! Call me let me assist you with a list or order of food. My number is 800-325-0919 ext. 7478 or log on to [www.youpreparenow.com](http://www.youpreparenow.com)