

## Dry Pre-Measured Complete Meals In Jars (just add water and cook!)

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### Dry Pre-Measured Complete Meals In Jars (Or Ziploc Bags!) **When Needed, Just Add Water & Cook!**

What a great idea! Measure out all the dry ingredients for the meals and then store it in jars. When you need one, just pour it out into a pan, add water and cook. How simple and excellent is that...

It offers a nice alternative to simply storing dry foods in bulk. If you mix up some of your storage food like this, you'll have access to a great nutritious meal in minutes. You could have a great moral boosting meal with the minimum of fuss. Certainly beats a quick meal of rice and beans, which is what I would likely come up with, without these great recipes.

Get over to [Rainy Day Storage, check out the recipes](#) and show Jennifer some love.

Also for more info on emergency food storage, check out: [Emergency Food Storage & Survival](#)

[Handbook: Everything You Need to Know to Keep Your Family Safe in a Crisis](#)