

# Free Webinar

## UNDERSTANDING FOOD ADDICTION

What It Is and How to Address Feeling Out of Control Around Food?

PRESENTED BY



**KATHLEEN HERNDER**  
REGISTERED DIETITIAN



**CUI KHAN**  
PSYCHOTHERAPIST

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# Understanding Food And Your Family

**United States. Congress. House.  
Committee on Investigation of United  
States Steel Corporation**

## **Understanding Food And Your Family:**

*Nutrition Labeling and Information* United States. Congress. Senate. Committee on Agriculture, Nutrition, and Forestry. Subcommittee on Nutrition, 1978

*Survival Food Storage: Long-Term Planning for Your Family's Pantry* Erin Edwards, 2025-10-13

Never guess if you have enough food plan build and maintain a long lasting pantry that feeds your family when it matters most Survival Food Storage Long Term Planning for Your Family's Pantry is a clear practical no fluff guide to stocking rotating preserving and using an emergency food supply that fits your budget and lifestyle Inside you'll find A step by step plan to build a 1 month 3 month and multi year pantry with shopping lists budgets and weekly actions so you know exactly what to buy and when Shelf stable food strategies which foods truly last how to package and repackage for decades of shelf life and how to keep nutrition and taste in long term supplies Rotation and meal planning that works practical methods to use what you store without waste keep your family eating well and avoid expired stock Water cooking and storage logistics from safe long term water storage to simple off grid cooking and dehydrating techniques Dietary needs kid friendly menus adaptations for infants seniors allergies and nutrition while relying on stored food Realistic scenarios checklists and recipes practice drills quick reference sheets and easy recipes that turn stored staples into satisfying meals Why this book will help and why you should buy it now Reduce anxiety not your grocery bill Clear cost effective methods to build your pantry without breaking the bank Be ready for anything natural disasters supply chain interruptions job loss or simply wanting independence from frequent grocery runs Eat well under stress This book focuses on nutrition palatability and family needs so stored food becomes healthy familiar meals not just survival rations Save time through systems not guesswork Follow checklists and a repeatable plan to maintain your stock so it's useful when you need it most Practical for every household Whether you're a busy parent homesteader urban dweller or prepper these steps scale to your space budget and goals This guide combines proven food storage techniques budget minded planning and real world recipes so you can protect the people you love calmly confidently and affordably Stock smarter Waste less Feed your family whatever comes Click Buy Now to start building a pantry that lasts

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