

**Worksheet 10.1**  
**Evaluate Your Food Storage Plan**

✓Yes	✓No	
<b>Nutritionally Complete</b>		
		Are there adequate calories and nutrients?
		Does it consider age, weight, gender, and unique dietary needs?
<b>Enough Variety to Avoid Food Fatigue</b>		
		Are there different flavors, textures, and colors to add interest to meals?
		Does it include foods for treats and special occasions?
<b>Allows for Individual and Family Preferences</b>		
		Does it consider familiar tastes, likes, and dislikes?
		Are our family favorites included?
<b>Convenience</b>		
		Can meals be easily prepared?
		Do we have any specialized equipment that is needed?
<b>Stores Well</b>		
		Do the foods have a reasonable shelf life?
		Are the foods ones we will use and rotate?
<b>Space and Weight</b>		
		Do we have enough space to store it?
		Does it meet our portability and mobility needs?
<b>Affordability</b>		
		Does it fit within our budget?
<b>Availability</b>		
		Are the foods we desire available?
		Can they be easily replenished?