

Class Catalogue

All classes are designed to help you systemize your duties while you decrease the amount of money needed for your living expenses and increase the amount of money and time available to build family memories and live an abundant life.

COOKING WITH BASICS

Dairy-- Make it with Powdered Milk: Every commercial dairy product can be made with powdered milk at 50-300% savings. Four taste pleasing mini-classes are available in this series:

- **Liquid milk** – drinking milk, evaporated milk, whipped topping, and sweetened condensed milk (take home product sweetened condensed milk)
- **Yogurt** –how to make and flavor yogurt; how to make buttermilk, sour cream and cream cheese from yogurt (take home product—yogurt start)
- **Cheese** – how to make, flavor and develop various consistencies of cheese (take home product—cheese spread)
- **Ice Cream** –uses of various ice cream makers, how to make and flavor the mix, how to conserve ice



Gluten - Meat from Wheat: Whole wheat berries and gluten are easy to make, a great meat substitute and extremely economical—1 pound cooked (gluten) hamburger costs 14 cents. There are four money saving mini-classes:

- **Wheat Berries** – how to use cooked, whole wheat berries as a meat extender (take home product—ground, cooked wheat berries)
- **Making Gluten** -- how to make ground gluten from vital gluten flour and use it in your own



recipes. (take home product—fresh gluten)

- **Ground Gluten** -- Using ground gluten to extend and use as a substitute for hamburger and sausage will be demonstrated and sampled. (take home product—ground gluten)
- **Steamed Gluten** -- how to steam gluten for use as steaks, roasts, pulled pork—any solid meat (take home product—beef jerky)

Grains – Mix it up with Grains: You can increase the nutritional level of your bread products by using whole grains in baking and for quick mixes. There are six mini-classes in this series:

- **Basic Bread** --Learn how to make whole wheat bread that rivals store bought in texture and taste (take home product—mini bread loaf)
- **Artisan Bread** -- no knead bread that makes baguettes, ciabatta and pita bread (take home product Artisan bread)
- **Quick Breads from Mixes** -- how to make a variety of muffins, biscuits, and cookies including granola bars from your own mixes (take home product—biscuit mix)
- **Bagels**—how to make and flavor bagels (take home product—bagels)
- **Specialty Products**—how to make snack crackers that will stay fresh for a year and the best ever flour tortillas (take home product—flour tortilla dough)
- **Cereals**—A variety of hot and cold cereals will be demonstrated and sampled (take home product—grapenuts)



Substitutions – Money Saving: Out of an ingredient you need or just want to save money on costly commercial items. Learn to make your own with little cost n time or money. There are five mini-classes in this series:



- **Butter** – how to substitute butter buds, dehydrated butter and butter spray in all your cooking. Also how to extend butter or margarine for half the cost. (take home product—liquid butter buds)
- **Condiments** – how to make your own condiments such as mayonnaise, mustard, catsup and salad dressing from scratch at half the cost.
- **Potatoes** – how to use dehydrated sliced, shredded, and flakes for all your potato needs including potato chips (take home product—potato chips)
- **Eggs** – how to substitute cornstarch, flour and gelatin for eggs in all your cooking (take home product—cookies)
- **Specialty Products** – how to make expensive commercial products such as marshmallow cream, Chinese noodles, and chocolate chips from scratch with little time investment and for half the cost. (take home product – marshmallow cream)

Sprouting – The Fool-Proof Garden: Learn how to grow and use sprouts and add mega-nutrition to everything you cook for pennies a serving. There are four mini-classes in this series:

- **Sprouting Basics** – how to store, sprout and harvest all types of seeds, their nutritional level and shelf life (take home product—nutrition chart)
- **Leafy Sprouts** – proper care and uses all leafy sprouts with emphasis on alfalfa (take home product—alfalfa seed)
- **Bean Sprouts** – proper care and uses for all types of legumes (take home product—high protein blend)
- **Wheat Sprouts** – proper care and uses for wheat (take home product—wheat)



Money Boosters: Homemade soups, beans and soybeans are the money saving giants of any food budget. Learn how to use them in a variety of ways to add protein in your diet for pennies a serving. There are three mini-classes listed:

- **Beans—** are a great budget booster. They add protein without fat and can be used in a variety of ways—as a flour, a paste or whole. Come learn how to cook them, use them, store them and extend their shelf life. (take home product—bean soup mix)
- **Soup – The Best Economical Meals:** Soup is the foundation of any food storage program. It is efficient to make, nutritious, delicious, and reduces the number of meat dishes needed in a weekly menu. Learn a system using soup that will drastically cut your grocery bill and your time in the kitchen. (Take home product—potato soup mix)
- **Soybean Success:** There are many soybean products on the market today. Learn how to use whole and ground soybeans and soy flour to make soy milk, nuts, and a variety of high-protein dishes. (Take home product—pumpkin pie)

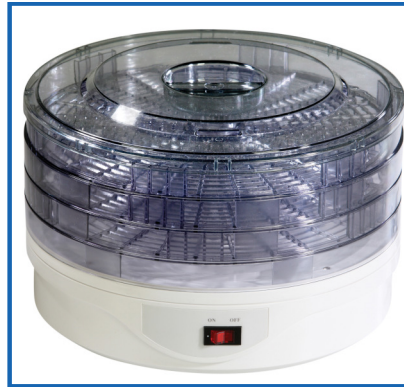


Sour Dough – Everlasting Yeast: This is a great alternative bread class for those who are on a low fat diet. There are three mini-classes in this series:

- **The Basics--** how to make and care for a sour dough. Pancakes, waffles and desserts will be demonstrated (take home product—sourdough start)
- **Quick Breads—**how to make, biscuits and English muffins. (take home product—English muffin dough)
- **Yeast Breads—**how to make French bread, cinnamon rolls and sourdough bread. (take home product—cinnamon rolls)

Dehydrated & Freeze Dried Foods - Just Add Water: How to use and prepare meals from dehydrated and freeze-dried food products. Dehydrated foods are an important part of a food storage program. Because they are normally packaged in high quality cans they will withstand natural disasters. They contain only 2-3% moisture so they store for long periods of time (up to 50 years), do not need refrigeration, are light weight and easily moved. There are two mini-classes in this series:

- **The Basics**—the differences and uses of dehydrated and freeze dried foods. How to store, what to store, which to store and why. (take home product—sample products)
- **Comparisons** –taste test of dehydrated versus freeze dried with fruits, vegetables and meats (take home product—apple crisp ingredients)



EMERGENCY LIVING SKILLS

Emergency Living: This series of three mini-classes will show you how to conserve resources and provide for sanitation and disease control during a disaster:

- **Water Conservation & Usage:** How would your family adapt to living in quarantine for several weeks or months, or stay in your home after a national disaster until utilities and water are restored? How to maintain sanitation while conserving water will be emphasized. Come learn what you need to survive and how to conserve this valuable resource.
- **Heat, Light & Shelter:** What do you need to cook, heat and light your home during an extended power outage, ice storm or national disaster. A variety of solutions will be presented.
- **Pandemic**—Learn what items you need to have on hand during a quarantine and how to handle individual family members who might be infected without exposing the rest of the family to disease.

Alternative Cooking Methods: Whether you are in an emergency situation where service are temporarily disrupted, on a camping trip and want to experiment with different cooking methods or just want a fun activity with your children; you will find the four mini-classes in this series a real kid pleaser:

- **Solar Oven:** An inexpensive solar oven made from a car window shade will be discussed and demonstrated. (Take home product-- Instructions for make and using one at home)
- **Tin Can Stovetop:** Is a stove top cooker made from a number 10 can with a buddy burner fuel source. The top of the can may be used as a griddle or a pan can be placed on top of the can for stove top cooking. Tin can ovens will also be made from additional number 10 cans and used for baking. This is a hands-on class. All materials for making both the stove and the oven are provided. Making and cooking on the stove is a great activity for children (take home product—tin can stove)
- **Slow Cooker:** Any size ice chest lined with a solar blanket and stuffed with shredded paper becomes a slow cooker. How to make and use one will be demonstrated. (Take home product—solar blanket and shredded paper)
- **Dutch Oven:** Learn how to select, cure, clean and cook with Dutch ovens. Desserts, rolls and main dishes will be demonstrated (Take home product—instruction and recipe handout)
- **Rocket Stove:** A tin can stove that cooks with minimal fuel—leaves, twigs etc. and can boil water in 10 minutes (Take home product—rocket stove)



MANAGING HOME & FAMILY

Eat Better for Less: A food management system that allows you to increase your food reserves while you decrease your grocery budget and prepare well rounded, nutritious meals for less. There are three mini-classes in this series:



- **A Grocery Store in Your Home:** how to build your food reserves for \$5 a person per week while you decrease your grocery budget; how to do it without couponing or complicated inventory systems
- **Eat Better for Less:** how to plan, shop for and prepare meals in record time and cut your budget 50% at the same time.
- **Waste Not, Want Not:** how to recycle and repurpose food and build reserves for future use while you eliminate growing science projects in your refrigerator. Freezer meal techniques, meal starters and composting will be emphasized.

Clutter-free Living – More Space without Remodeling:

Learn principles of organization that can be applied throughout your home in a systematic way that eliminates clutter, saves space and minimizes cleaning. Class includes a guided tour of Mary Ann's cupboards or a slide presentation if held at another location. There are six mini-classes in this series:

- **Kitchens**
- **Bathrooms**
- **Living Areas**
- **Laundry Rooms**
- **Storage Areas**
- **Crafting Spaces**



Housekeeping-- A Clean House in Minutes a Day : Learn the principles, techniques and systems that allow you to minimize all your cleaning duties to minutes a day and still have your home company ready at all times. There are two mini-classes in this series:

- **Higher and Deeper Duties:** Anti-clutter principles and systems for handling laundry, clutter, dishes and other basic chores that can require slum clearance if not held in check will be emphasized.
- **Minimal Maintenance Living:** This class focuses on setting up time saving routines that will streamline your maintenance and deep cleaning activities.



Live Better with Less: There are two mini-classes in this series:

- **Resourceful Living:** how to refurbish, recycle, and repurpose food, clothes and household items to decrease your flexible spending budget and increase your quality of life.
- **Financial Strategies:** how to set goals that will allow you to manage a budget and provide for the fun things in life that build family values and stability.

Paring Down Paper: Minimizing the paper trail in the home is a major concern of most families. If not handled in an efficient way to can over run your home. There are two mini-classes in this series to help you eliminate the problem:

- **Clutter Culprits:** Paper is one of the biggest clutter culprits in any home. Learn time tested tricks that will help you organize your way to paper control in order to run a home efficiently.



- **Minimizing the Paper Shuffle:** the paper trail needs to be handled like any business. Minimizing the paper shuffle, establishing a filing system, and organizing a functional office space will be emphasized..

Stress Free Family Fun: Eliminate the stress that goes with planning and executing family outings, camping trips and vacations and reduce the cost of these adventures at the same time. There are three mini-classes to choose from in this series:

- **Cooking from Your Car:** Learn how to prepare camping, vacationing and in route meals from the convenience of your car, with appliances that can be plugged into your cars 12 volt power source, or used on your propane stove. A variety of menus, cooking methods and equipment will be demonstrated that use basic food items from food storage for a quick and hassle free getaway. This information also applies to cooking needs during a disaster evacuation.
- **Prepare for Family Fun:** Organize now for carefree and fun-filled family activities regardless of the weather. Learn how to plan for every outdoor experience that opportunity affords you, with a minimum of equipment, preparation time, and plenty of food for a day, weekend, or extended family vacation.
- **Creating Family Adventures:** This class will help you make any day at home or nearby a family adventure. Attend this class and discover great things to do with your family, where the only cost is a little imagination, an eye for fun, and the only cost is enough gas to get you there and food for the days you'll be gone.



Teaching Children to Work: Is a very important part of developing self-confidence and a good adult work ethic, but it takes time and training. The two mini-classes in this series will help you identify the abilities of your children and provide methods for teaching them to do a task correctly the first time:

- **Creating A Positive Work Environment:** The objective of this course is to create a positive atmosphere in the home that will encourage children to cooperate & fulfill the responsibilities that are required to have a home function efficiently. Methods for teaching children to invest in the family, care for personal possessions and learn obedience while building confidence, dependability, initiative and lifetime work ethics will be presented
- **Teaching Children to Work:** This class will concentrate on assessing a child's readiness for work, assigning appropriate tasks for their development stage and using methods of teaching that meet the maturity level of each age group.



It's About Time: In order to have a "Fortune 500" family it is important to set goals, establish the time to accomplish those goals and create a void of time for personal development and enrichment. The three mini-classes in this series are designed to accomplish this:

- **Making Time for Me :** It is frustrating to balance the many roles you play (mother, wife, teacher, cook, housekeeper, accountant, nurse, community leader, personnel director, counselor, daughter) and still have time to meet your personal needs and goals. This class focuses on scheduling for success at any energy level and finding personal time to keep your "cup full."
- **Finding Time for Everything Else:** A time management class that helps you establish a one year strategy for managing all the aspects of your family and personal life.

- **Implementing Your Goals:** Once you have established your yearly goals they need to be broken down on a monthly and weekly basis in order to accomplish them. This class will take you through the steps of scheduling and creating time voids in your daily life.



DRESS BETTER FOR LESS

Wardrobe Management: A series of five mini-classes to help you dress better for less:

- **Color Coordination:** Learn how to choose colors that compliment your own personal hair, skin and eye color and how to use them to select clothes that help you look great, feel great and draw lots of compliments.
- **Your Personal Style:** By determining your body type and face shape, you will be able to select hairstyles, jewelry and clothing that flatters your figure. You'll learn how to camouflage your figure challenges with the styles that *"accentuate the positive and eliminate the negative"* in your clothing selections.
- **Wardrobe Coordination:** Learn to choose 12 basics wardrobe pieces that fit your personality, lifestyle, and personal color preferences; then how to take those 12 basic items of clothing and make 102 combinations that will service you for every occasion. You'll never be bored with your clothes again and think what money you'll save!
- **Accessorizing:** Double your clothing options by adding basic accessories to your wardrobe. Learn how to choose inexpensive accessories (shoes, purses, scarves, and jewelry) that fit your personality and mood and make real "look changers" in your basic wardrobe.
- **Dress Better for Less:** This is a field trip experience to learn how to shop thrift stores and end of season sales for great buys on quality clothing.

