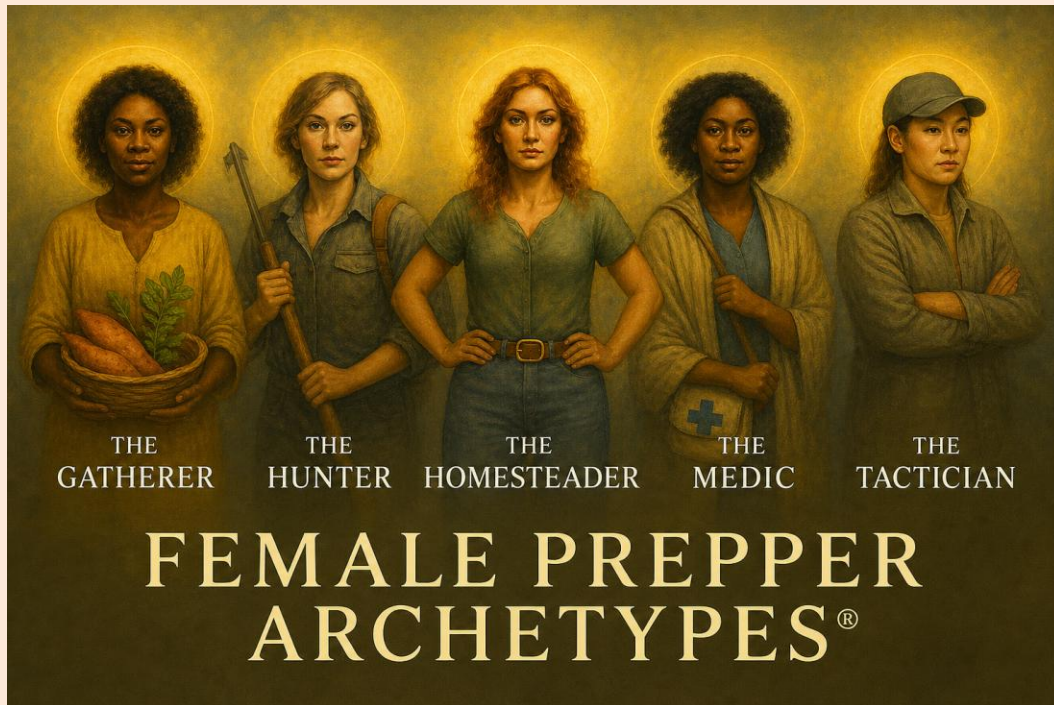




The Gatherer's Crisis Planner

A nurturing preparedness workbook for the woman who provides comfort, nourishment, and stability through food, care, and thoughtful planning.

1. Pantry & Food Storage

Pantry inventory updated: _____

Food rotation schedule checked: Yes / No

Bulk staples stocked: _____

Comfort foods added: _____

Emergency cooking supplies reviewed: _____

2. Gardening & Foraging

Seasonal seeds stored: _____

Garden maintenance completed: Yes / No

Foraging guide/tools prepared: _____

Herbs dried & stored: _____

Preservation projects planned: _____

3. Home Comfort & Care

Blankets & warm clothing checked: _____

Tea, coffee & morale boosters stocked: _____

Hygiene & sanitation items updated: _____

Pet and family care supplies reviewed: _____

4. Kitchen & Cooking Preparedness

Manual cooking tools tested: Yes / No

Water storage for cooking checked: _____

Off-grid meal plans prepared: _____

Preserving/canning equipment inspected: Yes / No

5. Community & Sharing

Barter items prepared: _____

Neighbours/community contacts updated: _____

Skill-sharing ideas planned: _____

Emergency hospitality supplies stored: _____

6. Weekly Gatherer Tasks

☐ Rotate pantry supplies

☐ Tend garden or herbs

☐ Practice food preservation

☐ Review meal plans

☐ Update preparedness journal