

# the stocked host™

A NEW WAY TO PREPARE MEALS — BY JENNIE MARIE NAFFIE

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stocked  
host™

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"We are not chefs or event planners. Both of us have engineering degrees and experience in manufacturing, sales, marketing and logistics. This all came about because both of us got laid off from our jobs. As friends, we originally wanted to write a book about entertaining but as we talked and explored ideas, we discovered that making meals without waste is a common challenge," states Sarah.

Sarah and Stacey put together more than 200 hundred recipes and tested each one. Stacey laughs, "Even the night before the book went to the printer, my husband and I were testing and eating the creamed spinach and cheesy broccoli."

Not only do you save time and money by buying some items in bulk and not wasting food, but also you and your family will eat healthier because you are eating much less processed food, according to the women.

"For us, it has been a wonderful journey creating this process and writing. Getting laid off brought an opportunity to venture into new territory. And it is a bonus that our husbands and family have been so supportive," Sarah says.

"One more thing," adds Sarah, "Before you begin using our system and are cleaning out your cupboards please give away still good food to a food pantry in your area."

The women plan to publish a second book "The Stocked Host™ Light" which is set for release sometime this spring.

For more information, go to their website [www.thestockedhost.com](http://www.thestockedhost.com)

Their book is currently available at the following locations:

Santo Stefan del Lago

Ryke's Bakery

12 Washington Ave.

1788 Terrace St.

Grand Haven, MI 49417

Muskegon, MI 49442

231-726-2253



Stacey Krastins, left, and Sarah Kallio

**Have** you ever tried a new recipe and that special spice it calls for sits on the shelf after using it just once? Have you tried to coordinate meals for a week because you are a busy working woman, busy mother, busy grandmother (use any and all that apply) and still end up with half used ingredients that sit in your refrigerator or on the shelf until you finally throw them out? I am embarrassed to admit that my recent move to a new home saw me throwing out spices and other packaged foods that had expiration dates so old that if it were the old days I would be going to confession and asking forgiveness for wasting food that could be going to the starving children in Africa—or the nearest food bank.

So it is with great pleasure that I introduce you to Sarah Kallio and Stacey Krastins, mothers, wives and entrepreneurs from Grand Haven. They have developed "The Stocked Host™"—the first complete at-home creation system that provides realistic tools for making dining with family and friends stress free and economical. The system includes the book "The Stocked Host Taste" and "The Stocked Host Grocery List". They published in November 2008 and have already sold over 550 copies by word of mouth and local home presentations in their community.

The philosophy behind "The Stocked Host™" is that if your home is stocked with items on the recommended list they provide, you are prepared for any dining situation, including drop in guests, special occasions and nightly meals with your family.

"It's not about the recipes—it's about the system," says Sarah as Stacey nods in agreement. "It's going back to the way our mothers and grandmothers cooked—you fixed what was in the cupboard. You didn't go to the store to buy just one ingredient," says Stacey.

"The Stocked Host" grocery list includes the basic ingredients you need to make literally hundreds of good tasting recipes. With us, you start with the ingredients, not the recipe," stresses Stacey. "For example, the index in our book is listed by ingredients, not recipes. So if you have 1/2 a green pepper left, you look up green pepper in the index and it will lead you to a recipe so you don't waste the green pepper," adds Stacey.

## FREQUENTLY ASKED QUESTIONS

*I can never think of what to make for dinner...how can The Stocked Host™ help me?*

The Stocked Host™ simplifies meal creation. If you stock the recommended items in your kitchen you will be able to make hundreds of diverse recipes. Start with what you have. Decide how much time you have. The Stocked Host™ will teach you how to start with what you already have in your kitchen. Follow our easy meal creation system and always have what you need to serve something great.

*Do I have to be a good cook to use these recipes and system?*

No. When creating this system we tried to make all of it simple and easy to use. We keep our grocery pad on the refrigerator and check items as we use them up so we always have an updated grocery list. In the book we often have a single set of steps to follow with several different flavors. Once you learn how to create one of the recipes, you are able to create four to eight different flavors.

*Can I adapt the list to my personal taste or diet, or do I need to purchase the items as they appear exactly?*

We believe that if you don't like something you shouldn't buy it. The Grocery List is designed as a guideline and allows for each individual to tailor the items on the list to their desired diet or taste. If you prefer a low fat diet, purchase your cheese and sour cream low fat; many of our recipes are adaptable to different ethnic groups as well.