MAG-04 — MAG Food Planning

Feed the Group, Not Just the Household

Group-scale caloric math, a dietary and allergy roster, and a feeding rotation your MAG can actually run during an activation.

BOTTOM LINE UP FRONT

MAG-04 teaches a Mutual Assistance Group to turn its member households' individual food storage plans into one working group feeding capability -- a group caloric total, a shared dietary and allergy roster, and a cook rotation for an activation. It is not household-level food storage planning (that's the FOD track, a prerequisite here) and it is not group medical, communications, or security planning, which belong to their own MAG track courses.

Most MAGs have never actually added up how much food the group needs.

A household can be individually well-stocked and a MAG can still fail at feeding itself during an activation -- because nobody summed the group's real calorie requirement, nobody built a dietary roster that covers every household, and nobody agreed in advance on who cooks when the group's best volunteer becomes unavailable. Those are coordination failures, not supply failures, and they don't show up until an activation is already underway.

"A feeding plan built around one reliable volunteer fails the moment that person becomes unavailable."

THE FOUR QUESTIONS EVERY MAG FOOD PLAN ANSWERS

Aggregate need	Sum every household's daily calorie total into one group figure, adjusted for activation labor
Dietary safety	A group-wide allergy and dietary roster every cook can check, weighted by real severity
Feeding labor	A defined cook rotation with shared roles, not one volunteer's continued availability
Supply visibility	A rolled-up group status picture, without duplicating every household's own pantry tracker

COURSE LESSONS

1	**Foundations of Group Food Planning —** Why group-scale planning differs from household planning, and where MAG-04 fits against the FOD track.
2	**Group-Scale Caloric Math —** Summing household totals into one group requirement and adjusting for activation-specific labor.
3	**Dietary Constraints Across Members —** Building a group-wide dietary and allergy roster and shared-kitchen cross-contamination discipline.
4	**Feeding Rotation During an Activation —** Structuring a cook rotation with shared roles and a menu cycle that stretches supplies.
5	**Group Food Logistics and Tracking —** Deciding what stays at household level, what moves to a shared cache, and how status is reported.
6	**Capstone: Build Your MAG Food Plan —** Assembling the caloric total, roster, and rotation into one working MAG Food Plan.

COURSE FOUNDATIONS

Source	Publisher	Relevance
FOD-02: Food Inventory Management	Fortune Favors the Prepared	Household-level caloric math this course aggregates to group scale
Personal Preparedness Assessment Workbook	Fortune Favors the Prepared	Spreadsheet tool for each household's own quantity and calorie math