

Food Storage 1010

Food storage is one of those items that defiantly needs to be addressed in being prepared. What good would you be to your family if in an emergency you could not feed them. No matter what the emergency is; power outages, natural disasters, economic storms, health complications; you will sleep a lot better at night if you have a plan to feed your family in those disasters.

In researching food storage we have found several things that intimidate people or people just do not understand regarding food storage. First we found that there are several misconceptions regarding food storage. Hopefully we can bust those myths and help you overcome your fear of food storage. Second we have found that food storage can be broken down into two items; short term storage or a three month supply of food storage and Long term food storage or a year's supply of food storage. Tackling the short term food storage is definitely a lot easier to tackle than the long term food storage, but both are essential in preparing your home for any disaster that may arise.

Food Storage Myths

We have noticed some false ideas that have held people back from really becoming serious about Food Storage. Let's tackle these starting off in order to give you motivation in order to complete/start your food storage.

1. **You have to buy the typical food for food storage:**
 - a. You don't need to buy all the typical food storage items. If you don't use whole oats or Whole Flower don't worry about purchasing the items you do use. Most likely if you purchase something you don't ordinarily use you will not use it or know how to use it in an emergency.
2. **You can only use ingredients that are from shelf-stable foods:**
 - a. It is good to know how to cook with self-stable foods, but most of us do not use those kinds of foods all the time. We recommend rotating your food so that you can use the foods you have.
3. **You need to have a large home or an area to store food in order to have food storage:**
 - a. No matter how small your home is or storage area is you can still store some food. This is a common misconception that people make. There is always room to be prepared!
4. **You need to purchase all of your food storage at once:**
 - a. Most of us do not have an extra few hundred dollars lying around that we can use towards food storage. If you start small you can accomplish the task of creating an AWESOME food storage but you need to do it a little at a time if you are on a budget.
5. **Only my weird neighbors down the street have food storage:**
 - a. Wrong again! You don't have to be that weird neighbor everyone avoids by having food storage. If you take little steps towards your food storage, you will become a master at it and everyone will look to you as the family that is prepared.
6. **I have to bake in order to use my food storage:**
 - a. Food storage is about making items in your food storage into everyday food you would typically make. You don't have to bake in order to use your food storage.
7. **My Food Storage is only for MAJOR Natural disasters**
 - a. Preparing for natural disasters is a good thing, but not the only reason to have food storage. Here are a few other reasons-
 - i. Health reasons: It is always a good idea to prepare if your health were to fail and you were unable to go to the store or prepare meals.
 - ii. Self-reliance reasons: This could be to weather against economic *storms*, and so much more. While it's good to eventually make plans for how to survive without things like gas and electricity, there is no need to starve if you don't have gas or electricity.

PrePare

How to create a three month food storage supply

1. Start by making a list of the food you normally eat and items you regularly use. Over the next week tack these items on an excel spread sheet. If you take these items and multiply them by 14 to be safe. (14 weeks just in case there are 5 weeks in a month) You will have a good idea of what you will need for your family to survive for 3 months.
2. Gradually purchase the foods you normally eat in bulk as they go on sale. Try combining sale prices with coupons for even more savings as you stock up.
3. Use and rotate these foods in all your daily cooking.
 - a. Constantly replenish the stocks of these foods as they go on sale again.
 - b. Don't forget to include non-food items in this step as well. Get a 3 month supply of NECESSITIES such as diapers, medications, toilet paper, toiletries, etc.

Benefits include: saving money by buying foods on sale and having foods you normally eat in times of economic or any other type of hardship.

How to create a long term food storage supply

1. Start with your three month food storage supply. Once you have that figure what you need for 6 months. When you have that, figure what you need for 9 months and complete. Then work on 12 months and you will be done! Remember to reward yourself each time you accomplish a task. This will help you stay motivated.

Purchase Example Chart for a Year's Supply of Food for Two People \$10.00 a week

Weeks

- | | |
|--|---|
| 1. 6 lbs. Salt | 25. 25 lbs rice |
| 2. 5 cans Cream of Chicken Soup | 26. 5 lbs honey |
| 3. 20 lbs. sugar | 27. 10 lbs powdered milk |
| 4. 8 cans tomato soup – or soup that you like | 28. 10 lbs sugar |
| 5. 25 lbs flour of choice | 29. 5 lbs peanut butter |
| 6. 6 lbs pasta | 30. 50 lbs wheat |
| 7. 6 lbs brown sugar | 31. 7 boxes macaroni & cheese |
| 8. 8 cans tuna | 32. 2 quarts of mayonnaise |
| 9. 1 lb each of yeast, baking soda & baking powder | 33. 1 bottle Aspirin & Tylenol |
| 10. 50 lbs wheat | 34. 5 cans cream of chicken soup |
| 11. 8 can tomato soup – or soup that you like | 35. 50 lbs wheat |
| 12. 20 lbs sugar | 36. 7 boxes macaroni & cheese |
| 13. 10 lbs powdered milk | 37. 6 lbs salt |
| 14. 7 boxes macaroni & cheese | 38. 10 lbs beans |
| 15. 25 lbs rice | 39. 8 cans tomato soup – or soup you like |
| 16. 5 cans cream of chicken soup | 40. 25 lbs flour |
| 17. 1 bottle of vitamins | 41. 5 cans cream of chicken soup |
| 18. 12 can evaporated milk | 42. 20 lbs sugar |
| 19. 5 cans cream of mushroom soup | 43. 1 bottle of vitamins |
| 20. 50 lbs wheat | 44. 8 cans tuna |
| 21. 8 cans tomato soup – or soup that you like | 45. 50 lbs wheat |
| 22. 10 lbs beans | 46. 6 lbs pasta |
| 23. 8 cans tuna | 47. 20 lbs sugar |
| 24. 3 lbs shortening or 3 lbs oil | 48. 5 cans cream of mushroom soup |
| | 49. 5 lbs honey |
| | 50. 10 lbs rolled oats |
| | 51. 8 cans tomato soup – soup you like |
| | 52. 50 lbs wheat |

You will end up with:

| | | |
|-------------------------|--------------------------------------|-------------------------------|
| 300 lbs wheat | 3 lbs shortening or 1 lbs oil | mushroom soup |
| 50 lbs four | 10 lbs honey | 15 cans cream of chicken |
| 100 lbs sugar | 5 lbs peanut butter | soup |
| 20 lbs powdered milk | 24 cans tuna | 12 lbs pasta |
| 12 cans evaporated milk | 2 qts mayonnaise | 20 lbs beans |
| 6 lbs brown sugar | 21 boxes macaroni & cheese | 50 lbs rice |
| 12 lbs salt | 45 cans tomato soup or soup you like | 10 lbs rolled oats |
| 1 lb yeast | 15 cans cream of | 1 bottle of Aspirin & Tylenol |
| 1 lb baking soda | | 2 bottles of vitamins |
| 1 lb baking powder | | |

***By following this you will almost have a complete year's supply of food for two people. You might need more rice, beans, canned milk, and or rolled oats.