

the food storage pep talk a common sense guide



We are Jodi and Julie from the blog <http://FoodStorageMadeEasy.NET>. Two years ago we had no food storage and had no idea how to get started. As we started our food storage journey we decided to blog about it to help others who were feeling overwhelmed and undereducated. We figured if we were doing the research and the experimenting, we might as well share what we learned. We will be going over common issues people struggle with, as well as giving you some tips for staying on track and outlining our simple BabyStep Program for helping you get started on your food storage today!

first things, first... WHAT IS FOOD STORAGE?

Food Storage is the concept of “storing” food for a number of “what if” situations. After having an emergency preparedness plan in place including a 72 hour kit, we consider food storage to generally consist of the following components:

water storage

Store drinking water for circumstances in which the water supply may be polluted or disrupted.

three month supply of food

Build a small supply of food that is part of your normal, daily diet. Gradually increase your supply until it is sufficient for three months. These items should be rotated regularly to avoid spoilage. We consider foods stored in a freezer to count for your 3 month food supply.

long term storage

For longer-term needs, and where permitted, gradually build a supply of food that will last a long time and that you can use to stay alive, such as wheat, white rice, and beans. These items can last 30 years or more when properly packaged and stored in a cool, dry place. A portion of these items may be rotated in your three-month supply.

now that you know the what... let's talk ABOUT THE WHY?



natural disasters



Natural disasters tend to be the main reason that people decide to start getting into food storage and emergency preparedness. For us, it wasn't any different. After "growing up" and having kids we started realizing we were in charge of our families now. If some crisis were to happen, we would have had no idea how to deal with it and we were definitely not prepared.

We would ask ourselves, "If an earthquake hit and we had no power or water for days or weeks, would we have the supplies we needed on hand?" The list of potential "Disasters" is LONG! Here's just a few that we have come up with:

NATURAL HAZARDS:

Floods, Tornadoes, Hurricanes, Thunderstorms and Lightning, Winter Storms, Extreme Cold, Extreme Heat, Earthquakes, Volcanoes, Landslides and Debris Flow (Mudslide), Tsunamis, Fires, Wildfires.

TECHNOLOGICAL HAZARDS:

Hazardous Materials Incidents, Household Chemical Emergencies, Nuclear Power Plants.

TERRORISM

Explosions, Biological Threats, Chemical Threats, Nuclear Blast, Radiological Dispersion Device (RDD), Homeland Security Advisory System.

REALLY?!?! If you start to panic and try to obsess over each of these possible disaster scenarios you will paralyze yourself into taking NO action. We started out SO overwhelmed, and were totally unsure of how to go about actually becoming prepared. We really came to appreciate the great saying "If you are prepared, you will not fear", because with each step we took, the better we felt. Through BabySteps and patience we have actually gotten to a point where we feel a little more confident in dealing with most of these possible disasters and we are not afraid to start to learn more.



economic crisis



While Natural Disasters is what encouraged us to START our food storage, we have to admit – the concept of an economic crisis is what KEEPS us building our food storage. We feel that the likelihood of money being tight is MUCH higher than a power or water outage type disaster. Money being tight could come as a national, local, or personal emergency. You never know what could happen and it's such a blessing to have food stored and a plan in place for a time when you might have to live off of what you have stored.

BONUS: FOOD STORAGE SAVES YOU MONEY!

Food Storage Saves Money! Yes it's true, you don't have to wait for a crisis to occur to achieve some great financial benefits by working on your food storage.

SHORT TERM FOOD STORAGE

Your short term food storage consists of getting a 3 month supply of foods that you eat on a day to day basis. Once you have this in place you can start to grocery shop from your food storage and only replenish those items when they go on sale and/or you have coupons. This will actually reduce your grocery budget as you will only buy things that are deeply discounted. You can also do this with non-food items such as toiletries, paper products, etc. to save even MORE money each month.

LONG TERM FOOD STORAGE

Your long term food storage consists of getting a year's supply worth of life-sustaining foods that have a long shelf-life. These are items such as wheat, white rice, dried beans, powdered milk, etc. Since the shelf life is so long you can gradually purchase the items when they are on sale and work up to a year's supply. One of the things we strongly believe in is that you should know how to use the foods you are storing. So we have started to learn how to cook a lot of foods from scratch to practice using our food storage and have been pleasantly surprised by the price difference in homemade versus store-bought goods.



health benefits



When we first started researching about food storage, Julie was always a little bit sad when it came time to start learning about and using our Long Term Food Storage Foods. Many recipes found in food storage cookbooks and online are for desserts, so she was under the impression that all Long Term Foods were for was making cookies and cakes. After learning a few tricks, she openly admits and is HAPPY that she was completely WRONG! In fact, living a “food storage diet” is much healthier than the fast/convenient food diets that so many of us eat these days. Don’t be so afraid of those Long Term Food Storage Items anymore. Once you get used to them they are fantastic. Here are just a few of the many health benefits:

WHOLE GRAINS

Storing grains such as wheat is one of the most effective ways of getting whole grains in your diet. We use our WonderMill grain mills to make whole wheat pizza, pancakes, bread, etc. When whole wheat is processed into refined white flour, the following nutrients are lost: 50% of the beneficial unsaturated fatty acids, almost all the vitamin E, 50% of the calcium, 70% of the phosphorus, 80% of the iron, ninety 80% of the magnesium, 50-80% percent of the B vitamins.

LEGUMES

Legumes are the magical fruit. Once you start using them, you’ll find how versatile they can be! You can sprout legumes to provide healthy vegetable options which enhances their already high nutritional value (i.e. Oats when sprouted contain 600% more vitamin C). Health benefits of beans include: low calorie food that can be used to make creams and soups, excellent source of protein, forms a complete protein when combined with grains, 1 cup of beans provide the same amount of fiber as 3 doses of Metamucil, nearly all beans have only 2-3% fat, beans can help lower your cholesterol level.

BAKING INGREDIENTS

The beauty of these long term food storage items is portion control! When you buy baked goods or processed foods you have no way of controlling how much sugar, preservatives, or salt go in your foods. When you make from scratch you can control amounts.

ALLERGIES/DIETARY RESTRICTIONS

If you or a family member has food allergies or other dietary restrictions, food storage is even more important for you. You have complete control over what goes into your cooking. By making it from scratch you are saving lots of money over buying specialized foods from the grocery store.



everyday emergency



While you would never think of STARTING to do food storage to prepare for “everyday emergencies”, it sure is a nice side benefit once you have some food storage accumulated. Here are a few every emergencies that we have found food storage to help with immensely:

RECIPE INGREDIENTS

Right in the middle of cooking dinner, you run out of one of your necessary ingredients. Instead of having to run to the store for that spice, egg, soup can, etc. ... you run down to your basement (or storage room) instead.

DINNER EMERGENCY

Do you ever have one of “those days” where all of a sudden it’s 6:00 and you have a hungry family and hadn’t planned anything for dinner? Food storage can help! Look into your three month supply foods and you’ll always have something quick and easy on hand.

PARTY FOODS

If you get invited somewhere, it’s common to be asked to “bring something”. If your food storage is stocked up, you will always have some kind of item on hand to bring (even desserts!) This will help you from blowing your budget to go get ingredients to make something special to bring.

CONVENIENCE

Sometimes having that extra 5 minutes of time in dinner preparation can feel like it’s preventing an emergency. Using dehydrated veggies can save tons of time on chopping and are just great for soups, stews, casseroles, etc.

FOOD SAFETY

Using powdered eggs can prevent a salmonella “emergency”. Use them in your cookies and other batters and you can eat the dough, lick the beaters, etc. and know that you are safe. You also don’t have to be careful about washing your hands after cracking eggs into recipes. Who knew food storage could be so useful?



religious reasons



If you start researching “Food Storage”, you will most likely discover that it is a very common practice among members of different religions. Even in biblical times, people were counseled to be prepared. Think of the story of Joseph of Egypt who through preparedness was able to withstand 7 years of famine. Leaders of different faiths have long counseled members to be prepared for uncertainties.

Not only do some religions counsel their members to be prepared, but they also encourage self-reliance. Through self reliance you gain great strength of character, and are in a better position to be charitable and help others. It’s always comforting to know that you don’t have to count on outside sources to feed, clothe, or shelter your family.

QUOTES

Here are a couple quotes from religious leaders encouraging their members to be prepared, and some verses of scripture that show the benefits of being prepared:

“Many more people could ride out the storm-tossed waves in their economic lives if they had their . . . supply of food . . . and were debt-free. Today we find that many have followed this counsel in reverse: they have at least a year’s supply of debt and are food-free.”

President Thomas S. Monson, “That Noble Gift—Love at Home,” Church News, May 12, 2001, 7.

“Everyone who owns a home recognizes the need for fire insurance. We hope and pray that there will never be a fire. Nevertheless, we pay for insurance to cover such a catastrophe, should it occur. We ought to do the same with reference to family welfare.”

President Gordon B. Hinckley (1910–2008), “To Men of the Priesthood,” Liahona and Ensign, Nov. 2002, 58.

Genesis 41-

56 And the famine was over all the face of the earth: And Joseph opened all the storehouses, and sold unto the Egyptians; and the famine waxed sore in the land of Egypt.

57 And all countries came into Egypt to Joseph for to buy *corn*; because that the famine was so sore in all lands.

now that you're convinced HERE COME THE EXCUSES



no space



One of the most common problems people have when tackling the task of building a food storage is lack of space. Trust us- we didn't build or own food storage when we had very limited space. We would promise ourselves "one day, when I have more room – that's when I'll build my food storage". When we started getting more readers to our blog, people started asking us about small spaces storage solutions and we panicked- we had no answers for them! We quickly confessed our shortcomings in building food storages when we lived in small spaces, and surveyed all our readers for their ideas. The results were amazing! We received over one hundred emails full of fabulous ideas. We compiled them into a list sorted by areas of the house to make it easy to find ideas that will work for your family. Here are just a few of the great suggestions:

- You can get wide, shallow plastic bins at most department stores that have wheels on them for rolling under your bed. These are great for storing cans of food since they are about as deep as a can. You can easily pull them out for food rotation purposes as well.
- We converted our coat closet to a little storage room (we kept the coats in our regular closet). We used boards and #10 cans to "build" shelves and it was amazing how much stuff we were able to put in there.
- In one house (we were owners so we could cut into the wall) there was a space under the stairwell and we cut an opening in there and put a door so we could store things there. It was quite small, but functional. We've always looked around at wherever we were living for available space.
- One year when we lived in an apartment my in-laws gave us a big wicker chest for Christmas. We put it in our living room and filled it with cans. We were amazed at how many cans could fit in it. We had a futon in our living room and we hid soda bottles filled with water behind the futon.
- I bought 2 book shelves at a garage sale – asking price \$40 each, bought both for \$25. They have been a great addition for storage! I have the shelves stored in my office, but when you look down the hall from our main living area you don't see them.
- We put short bookshelves in our son's closet and used them for food storage. Since his clothes were small they fit great over the top of the shelves. We also stacked boxes of #10 cans in the ends of the closets. Just make sure the boxes are labeled with what's in them and put the things you will need to get into most often on the top or it can be a real pain to find things.
- I use Turn Table Spice Racks, to keep my spices organized and easy to rotate. It ends up taking less space because I can pile spices all the way to the back but still have access to them. I also put my baking goods in plastic bins so I can easily take out all my ingredients at once when I bake, again it keeps things packed away in tighter spaces and makes cooking more fun.



no time



Let's be honest - we're all busy! Sometimes it's hard enough just to get dinner on the table, let alone building up a year supply of food while we're at it. Not to mention learning how to actually COOK with those foods too! The best way to overcome a weakness is to try and turn it into a strength. As you learn more and more about using your food storage, come up with ways to make the most of your time WHILE using your food storage.

TIPS AND TRICKS:

- Learn to use your freezer, make extra of favorite meals or food storage meals and freeze
- Double and use staple recipes to make multiple items (bread recipes can be used to make bread, breadsticks, cinnamon rolls, pizza dough)
- Pre-package mixes for quick and convenient meals (make mixes for smoothies, breads, cakes, etc)
- Start to gradually learn skills and practice them when you have a chance. At least then you will know what to do if a situation arises where you need to start living off of food storage.



no money



One of the things that makes starting a food storage feel like a daunting task is thinking of all of the expenses associated with it: expensive shelves, water storage jugs, FOOD, generators, wheat grinders, dehydrators, and the list goes on and on. We found that by utilizing our system of doing things in BabySteps, and setting aside a small amount of money (\$40-\$50) each month, we were still able to accomplish a lot with our food storage. In fact, we were pleasantly surprised to find that food storage actually started to save us money as we really got into it. There are a a lot of ways to save money AND build food storage at the same time.

TIPS AND TRICKS:

- Learn how to coupon or sale shop so that you are only ever buying things at heavily discounted prices
- use your grains and legumes to cook more meals from scratch for incredible savings compared to pre-packaged foods
- buy long term food storage foods in small quantities at first to make sure you like it and/or know how to use it before wasting money on pounds and pounds of it
- ask for food storage items for gifts and/or give each other food items for special events

now that the excuses are gone... **BRING ON THE STRATEGIES**



just do it



Isn't it so easy to procrastinate? Especially when it comes to preparedness. It's easy to convince yourself that everything is going to be fine and you'll get to it "when you have a chance". Then one day you realize it's been months or even years between getting anything accomplished. We suggest you decide to make it a priority and JUST DO IT. Even getting something little done will motivate you to do more.

TIPS AND TRICKS:

- Make a list of goals you want to attain and order them in terms of priority
- Set a calendar reminder on your phone or computer to do one food storage goal a week or month and go down your list –regardless of whether you “feel like it” or not
- Find someone to be accountable to and keep each other on track
- Reward yourself for accomplishing goals with predetermined awards



recommit



Just because you are highly motivated for awhile, then fall of the food storage bandwagon doesn't mean you can't get back on – it's never too late to just jump back in where you left off. There are a lot of ways you can recommit yourself and start to make progress again.

TIPS AND TRICKS:

- Go to food storage classes or seminars, you'd be surprised at how motivated you feel afterwards, not to mention you learn a lot of useful things
- Subscribe to RSS feeds on blogs or join Facebook fan pages and groups so you get reminders and great food storage information that help you get back on track
- Take a few minutes to wander through some emergency preparedness stores (or even just browse online stores) to give you some ideas of new products and foods to try
- Learn something new. Try out gardening, sprouting, or dehydrating. Learn to make homemade tortillas or homemade bread. Learning a new skill or trick can be fun and make you want to learn and do even more with your food storage



it's ok to fail ✓

There's something about being afraid of failure that keeps people from trying new things. Decide ahead of time, when trying out new recipes that it may just take 2-3 times before you perfect it and accept that its okay! There are a lot of ideas to help you get over your worries about failure.

TIPS AND TRICKS:

- Never try a new food, cooking technique, or recipe on dinner guests – this will save you some heartache and anxiety
- Try food storage items in your regular recipes one at a time so you can isolate the variables in case it doesn't turn out the right way
- Gradually incorporate more and more of your food storage foods into your regular diet. If you are worried what people will think, just don't tell them. They wont notice and may even like the food better!



involve kids



A lot of times people think they can't cook or try new things with kids around because they'll just get in the way. While this is probably a little bit true, we've found that if you involve your kids it actually can be a fun activity. When the kids are involved they tend to take ownership in the food and seem to enjoy it more. Your kids can also help you stay on track if they get used to eating the new foods you are trying and encourage you to keep cooking them. There are a lot of ways you can involve kids.

TIPS AND TRICKS:

- Have children measure out ingredients
- Get children involved in your garden (kids LOVE to pick vegetables)
- If you don't have kids, borrow some nieces, nephews, grandchildren – they'll love you for it
- Explain to the kids how much more nutritious the food is when you're using items from scratch
- Teach the kids where food comes from, how you can use it in other recipes etc. Let them experiment with growing sprouts, it will be a fun and delicious activity



get a friend



Doing hard things is so much more fun if you have a friend to do them with. You'd be surprised how much easier it is to laugh at yourself when you have someone with you who is experiencing the same fears and anxieties over "food storage" foods.

TIPS AND TRICKS:

- Get a friend to try new recipes with (cook them together or swap successful ones)
- Have a circle of friends or network that tell each other when certain foods are on sale, you can even form bulk purchasing groups
- Friends help motivate and remind you to keep working on your food storage – it's so much easier to be productive when you are accountable to someone



be organized



This is one area we have really nailed down. When we first started our food storage we developed a series of ten BabySteps to help us tackle things in bite-sized chunks. It is much easier to think about, research, purchase, and master one small item at a time, rather than get information overload and end up doing nothing. We provide three ways to help people get organized and get started with their food storage, depending on your personal style:

DO IT YOURSELF

Read through all of the information contained in our 10 BabySteps section and start working at step 1 moving at your own pace.

EMAIL REMINDERS

Sign up for our FREE BabyStep Checklists and we will send you an email every 2 weeks outlining exactly what you should be learning and buying that week in order to accomplish all 10 BabySteps in one year. To sign up visit <http://FoodStorageMadeEasy.NET> and click on the Checklists tab

FOOD STORAGE BINDER DOWNLOAD

Don't want to wait for the next checklist to move on to the next assignments? We also offer all of the checklists at once in our downloadable ebook which serves as an all-encompassing food storage guide/workbook/recipe book etc. May be purchased at:
<http://foodstoragemadeeasy.net/products-we-recommend/binder/>

now let's get going... 10 FOOD STORAGE BABYSTEPS

As we developed the 10 BabySteps we have put together many resources, videos, tools, handouts, recipe ideas, links to additional information, etc. While we have included the basic information in this book, additional materials can be found on the respective BabyStep page on our website at <http://FoodStorageMadeEasy.NET>. When you visit our site, you can go to the BabySteps page, and you will see the following diagram. While there, click on any of the steps to get more information.





SHELVES/ORGANIZATION

The reason we recommend starting with shelves is because it's so much more exciting to have a designated space to put your food once you've purchased it. You would be surprised how much more motivated you will be to purchase food for your food storage once you have a place for it. Determine the amount you feel comfortable spending and what will suit your needs best.

SHELVING OPTIONS

- Build Your Own:
 - Try making some rotating racks out of cardboard
 - Premade cardboard shelves are also available to purchase
 - Find plans online for wooden shelves that can be customized
- Inexpensive metal or plastic shelving for lighter foods
- Higher quality metal shelves for heavier items that could bow or collapse cheaper shelves
- Deluxe can rotation shelves are very convenient for easily rotating through foods

MORE INFO: TIPS AND TRICKS

- Start with one set of shelves and add more as your food storage grows
- Adjustable shelf heights help you store different types and sizes of foods and cans
- Don't let small spaces intimidate you – it can be done if you decide to commit yourself



WATER STORAGE

Water is extremely important for survival in times where water is contaminated or service is disrupted. You can go a few days or weeks even without food, but your body NEEDS water. Once you store a few containers of water, you'll be surprised how relieved you will feel. Most sources recommend storing 1 gallon of water per person, PER day, for 3-14 days for drinking water. Store extra water for hygiene, pets, and cooking purposes.

MORE INFO: TIPS AND TRICKS

- Store water in "FOOD GRADE" or PETE containers (don't use milk jugs, but soda bottles are ok)
- Another option for storing water is to use mylar bags stored in cardboard boxes
- Store water away from too much light or heat in clean and sanitized containers
- Do not use containers previously used to store non-food products for drinking/cooking water
- Store water in multiple sizes of containers to suit different emergency needs
- Do not store water containers directly on concrete. Place on cardboard or wood pallets
- Non-chlorinated water (most municipal water is chlorinated) should be treated with unscented liquid household chlorine bleach (5 to 6% sodium hypochlorite)
- Boiling is the safest way to clean water, but you can use liquid bleach to kill microorganisms
- Rotate your water storage at least once every year unless you use mylar bags



THREE MONTH SUPPLY

Building a 3 month supply of foods you regularly eat can help you save money by buying foods only when they are on sale, and can be a lifesaver in times of economic hardship. Getting your head around this daunting task can be quite the challenge. We've found that if you can ask yourself (and answer honestly) these 5 questions, you'll get a really good idea of how building a three month supply of food will work for you:

WHY AM I BUILDING A 3 MONTH SUPPLY OF FOOD?

Are you storing a 3 month supply of food for a potential job loss? For a potential natural disaster? For meal planning purposes? Whatever it is that you are doing this for will influence how you go about planning, so first – decide – Why Am I Doing This?

WHAT KINDS OF FOODS DO I WANT TO INCLUDE?

Are you the type that thinks your 3 month plan can only have shelf stable items? Do you think fridge and freezer foods count in your 3 month plan? Do you want to make a plan based on the assumption that you can still buy produce to fill in holes in your recipes? Once you have decided which types of foods you want in your 3 month plan, you'll be able to filter your recipes to fit. While it's always good to have some shelf stable recipes, we think planning strictly shelf stable meals is a hard place to start for beginners, and you'll be less likely to rotate your foods.

HOW WILL I PLAN WHAT TO BUY FOR MY 3 MONTH SUPPLY?

- Some people find that buying foods they use often in bulk fit their goals for a 3 month plan
- Some people like to plan their meals on paper, and count out the number of items
- If you really want to get detailed, you can use excel spreadsheets or software that calculate the amount of each item you will need for a 90 day supply based on your recipes. For a customizable excel version visit our BabyStep 3 page at <http://FoodStorageMadeEasy.NET>

HOW MUCH MONEY CAN I AFFORD TO BUDGET?

While the end goal is to use foods daily from your pantry, and replace them with your regular grocery shopping, to get your supply kick started you may need to budget a certain amount of money at first. Whatever you can spare until you have a supply built up is an investment.

HOW WILL I SHOP FOR MY 3 MONTH SUPPLY?

When you have determined WHAT you need to buy, develop a plan to purchase. You may decide buying one extra each time works for you, or you might get into coupon and sale shopping and buy things only when on sale. Some people even like to do a major shopping spree and purchase everything all at once. Whatever fits your style, having a game plan in place will surely help.



LONG TERM EDUCATION

Before delving in and purchasing all the typical grains and legumes known as the standard “food storage foods”, we recommend getting to know them a little better. We found learning the uses and benefits of these items before buying them in bulk was a good way to ease into it. This step really focuses on educating yourself, thinking about what meals you might cook with long term food storage items, and gathering recipes and learning cooking techniques.

MORE INFO: TIPS AND TRICKS

- Determine the quantities you will need by using a Long Term Food Storage Calculator. For a customizable excel version visit our BabyStep 4 page at <http://FoodStorageMadeEasy.NET>
- Start small, work on a full 3 month supply, then move on to 6 months, then a full year
- Use food storage recipe books and websites to learn how to use your long term food storage
- Help your family become accustomed to eating your Long Term Food Storage. This will ease the transition in case of an emergency
- Talk to your friends and family members about how they use their food storage



GRAINS

Grains are the staple foods of long term food storage and are what we end up storing the most of. With a long shelf life, great health benefits, and tons of versatility in what you can cook with them, they are the ultimate food storage food. There are a wide variety of grains you can use and store to give your diet some great variety. Test out different grains in small portions then decide which ones you like, and which ones you will store a lot of. If you have wheat allergies you will definitely need to consider alternatives for your storage.

MORE INFO: DID YOU KNOW?

- It is recommended that half your daily grain intake be WHOLE grains due to the high nutritional value and protein levels (examples: whole wheat, oats, brown rice, etc)
- Accumulate recipes that include grains. Using your grains will help you rotate through them, and get your family used to eating them
- Don't let the thought of wheat scare you. Grinding wheat is not as intimidating as you would think
- Food Storage Made Easy recommends the WonderMill when the time is right for your family to invest in a grain mill
- It is recommended that one adult stores roughly 300 lbs of grains per year to sustain life. This measurement can be made up of a variety of grains, but is typically comprised of mostly wheat



LEGUMES

Legumes can feel intimidating if you aren't used to using them in your daily cooking. The great thing about them is they are cheap, healthy and store for a long time. They also help to provide some variety in a diet heavily consisting of grains. Start this step slowly and allow yourself some time to try things out and eventually you'll grow to love this step.

MORE INFO: DID YOU KNOW?

- Beans, peas and lentils are the richest source of vegetable protein and are a good source of both soluble and insoluble dietary fiber
- Utilizing dried beans and soaking them overnight is the best way to get the true bean flavor and a smooth texture
- When legumes are eaten with grains, nuts or seeds, a complete protein can be formed which can suitably replace meat, fish, poultry, eggs or dairy
- Legumes aren't just used for soups. Some other uses are as follows: Grind into bean flour for healthy white sauces; Mash up cooked beans to replace butter/oil in recipes; Grow into sprouts for a fresh "vegetable"
- One easy way to start using dried beans is to use them in place of canned beans in your normal recipes
- Generally, legumes will keep indefinitely when stored in a cool, dry place.
- It is recommended that one adult stores roughly 60 lbs of legumes/ year to sustain life



BAKING INGREDIENTS

The ingredients in Step 7 are all the necessary fats, oils, sugars, milk, and miscellaneous ingredients that you need to store in order to put food storage meals and recipes together. These items have various shelf lives, so it's good to plan accordingly and make sure to rotate through foods with shorter shelf lives to avoid wasting them. There are many variations in these items that you can use to fit your families tastes and preferences.

MORE INFO: DID YOU KNOW?

- Purchasing these items when on sale, then rotating through your stored supplies can save you time and money
- Finding ways to use these ingredients in your everyday cooking by learning how to make things from scratch will give you more confidence in your ability to use your grains and legumes
- It is recommended that one adult stores roughly 30 lbs of fats, 60 lbs of sugars and 75 lbs of milk per year to sustain life. Other items such as yeast, baking powder, baking soda, and salt are highly recommend to include as well



FRUITS AND VEGETABLES

Fruits and vegetables are a welcome addition to any food storage program for the health benefits, variety, and to help you save money. Since fruits and vegetables are perishable, they can be tricky foods to store for long terms. Depending on your style, here are different options for obtaining and preserving your produce:

GROWING YOUR OWN

- It is highly recommended that you grow some of your own foods. This can range from just planting some tomatoes in a container, to a full-fledged small farm-type situation
- Square foot gardening allows you to grow a lot of vegetables in a small space
- If you have space and don't mind the mess fruit trees and vines can be a great cost-savings
- Learning how to garden (even if you don't produce bulk amounts of produce) is an invaluable skill if you are interested in learning to be more self-reliant

DEHYDRATED

- Dehydrated fruit makes a great snack with things like banana chips, craisins, dried apples, etc
- Dehydrated vegetables are wonderful additions to soups/stews. Items such as dehydrated onions can save you time in your everyday cooking
- You can purchase cans of dehydrated foods or even learn to dehydrate them yourself

CANNED/BOTTLED

- You can bottle a wide variety of things such as salsa, pie fillings, applesauce, juice, spaghetti sauce, almost any fruit or vegetable, pickles, all sorts of jams and jellies, etc
- If you can get fresh fruits/vegetables for free or at a significant discount, then canning them yourself can save you a LOT of money over cans from the store
- Home-bottled foods have less preservatives, taste better, and you can adjust the amounts of sugar and flavorings you use to fit your family's preferences
- Bottling can be a fun bonding experience with friends/family and also it is a great way to build up your whole year supply of items all at one time
- If purchasing cans, you can either purchase a extra few each time you shop or stock up on sales

FROZEN

- If you have an extra freezer then frozen fruits and vegetables are another great option. If there is a water shortage then you don't want to have all your foods be dehydrated
- Freezing produce takes less time than bottling, and can often be done using no preservatives
- If you don't have home-grown foods, you can purchase fresh produce in bulk or on sale to freeze. Or simply buy bags of frozen fruits and vegetables and try to use sales and coupons
- Freezing foods on a cookie sheet and then moving them into plastic baggies will help avoid clumping issues



COMFORT FOODS

Comfort foods can help ease your stress during rough times. While not considered “life sustaining” foods, they can be considered “sanity-sustaining” foods. This is especially important if you have young children. A few normal foods or delicious snacks now and then can really help a difficult situation. Try a new thing each week or month to build up your stores of ideas for comfort food items with longer shelf lives or that can be made using food storage and then store the ingredients for them.

MORE INFO: IDEAS OF THINGS TO STORE

Home-made popcorn in a pot, Mashed potatoes with instant potatoes and GRAVY, Hard Candy, Chocolate, Pudding (made using dry milk), Granola bars, Fruit snacks for children, Chicken noodle soup in a can (for if you get sick), Kool-aid, Condiments (ketchup, mustard, bbq sauce, salsa, pickles - store a spare or two of each), Spices (inventory what spices you use and store an extra one or two of each), No-bake cookies ingredients, Rice Krispie Treats, Macaroni & cheese dinners, Chocolate and butterscotch baking chips for homemade cookies or snacking, Peppermint tea bags



NON FOOD ITEMS

Store a year’s supply of all household items that you normally buy at the grocery store. Build up your supply by buying these items in large quantities when they are on sale, then only replace your supplies when they go on sale again. Make sure you store the things particular to your own family’s needs. Don’t be afraid to use creative storage ideas for these items. A huge supply of toilet paper could go in a garage, attic, etc.

MORE INFO: IDEAS OF THINGS TO STORE

Personal Hygiene: Toothpaste/Toothbrushes, Shampoo/Conditioner, Deodorant, Facewash, Bodywash, Soap, Shaving/Aftershave

Paper Products: Toilet Paper, Paper Towels, Feminine Products, Diapers/Wet Wipes, Kleenex, Paper Plates, Plastic Utensils, Napkins

Cleaning Products: Laundry Detergent, Dishwasher Detergent, Bleach, All-Purpose Cleaner

First Aid Items: First Aid Kits, Hand Sanitizer, Face Masks, Prescription Meds, Cold Medicine

Miscellaneous Items: Light Bulbs, Board Games/Cards, Candles/Kerosene Lamp, Pet Products

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BLOG POSTS, VIDEOS, TOOLS

EMERGENCY PREPAREDNESS:

Emergency Preparedness Plan

Excel: <http://foodstoragemadeeasy.net/fsme/docs/emergency.xls>

PDF: <http://foodstoragemadeeasy.net/fsme/docs/emergencyplanpdf.pdf>

72 Hour Kit Instructions – Blog Post

<http://foodstoragemadeeasy.net/2008/06/13/how-to-make-a-72-hour-kit/>

Disaster Kits for Babies/Toddlers – Blog Post

<http://foodstoragemadeeasy.net/2009/03/25/72-hour-kits-for-babies/>

How to Create an Emergency Binder – Blog Post

<http://foodstoragemadeeasy.net/2009/01/03/emergency-binder/>

SHELVES:

Small Spaces Storage Solutions – PDF

<http://foodstoragemadeeasy.net/fsme/docs/smallspaces.pdf>

How to Build Rotating Can Racks Tutorial – Blog Post

<http://foodstoragemadeeasy.net/2009/02/16/build-your-own-can-rotating-rack/>

THREE MONTH SUPPLY:

Planning Guide and Calculator

Excel: <http://foodstoragemadeeasy.net/fsme/docs/3monthfoodsupply-new.xls>

PDF: <http://foodstoragemadeeasy.net/fsme/docs/3monthfoodsupply.pdf>

Basic Tutorial Video: <http://www.youtube.com/watch?v=amJHsCAvxBo>

LONG TERM FOOD STORAGE:

Food Storage Calculator

Excel: <http://foodstoragemadeeasy.net/fsme/docs/foodstoragecalculator.xls>

PDF: <http://foodstoragemadeeasy.net/fsme/docs/foodstoragecalculator.pdf>

Video Tutorial: <http://www.youtube.com/watch?v=XFnknWCRHs>

Food Storage Myths Debunked – Blog Post

<http://foodstoragemadeeasy.net/2009/03/02/long-term-food-storage-lies/>

Food Storage Shelf Lives – PDF

<http://foodstoragemadeeasy.net/fsme/docs/shelflife.pdf>

How to Grind Wheat – Video

<http://foodstoragemadeeasy.net/2008/08/05/wheat-grinder-video/>

HELPFUL SERIES:

Book Reviews

<http://foodstoragemadeeasy.net/products-we-recommend/food-storage-book-reviews/>

How-To-Videos

<http://foodstoragemadeeasy.net/how-to-series>

Extreme Food Storage Makeover

<http://foodstoragemadeeasy.net/extreme-food-storage-makeover/>

7 Day Challenge

<http://foodstoragemadeeasy.net/7day/>