

# Food Storage – Quick, Easy, Economical How-to's to Get You Started

## Introduction

Several of my urban friends have asked me how to get started on food storage and “Prepping”. So what this document is all about, is an attempt to put as much information for starting your short and long term food storage and how to do this all cheaply – in one, all purpose, get started document. My friends like it and I hope you will too.



The following information has been accumulated from many sites over many years, with the majority on food storage being from LDS or LDS related sites. Outside of rural farms, ranches, homesteaders or Preppers and survivalists - LDS people are the pros for concise information on food storage for natural or man-made and their case, spiritual emergencies.

If you prefer to use non-spiritual sites for reference, please go to one of the following Preparedness and Homesteading sites or just do a search on preparedness, homesteading, survival and country living. If you do a search on food storage, you will get mostly LDS and retailers of food storage and supply type sites and have to sift through pages of results to hit “pay dirt” how-to information.

<http://www.americanpreppersnetwork.com/>

<http://www.canadianpreppersnetwork.com/>

<http://www.backwoodshome.com/>

<http://www.countrysidemag.com/>

<http://www.homestead.org/>

<http://stealthsurvival.blogspot.com/>

<http://www.survivalblog.com/>

From the American Prepper s Network home page, either search for your state or providence “Prepper” group or click to follow a link to an affiliate group. There are Prepper networks all around the world as well. The homesteading, small farm/ranch and country living sites are very similar. Many have blogs and there are lots of blogs out there too. These sites also have information on food storage.

If you want to sift through the standard governmental run-around to get to information, then go to the Red Cross, FEMA or Homeland Security for food storage information. All three not only point to *Ready.gov*, they also have specific “preparedness” programs that include food storage. However, be forewarned, being the government, they lack a lot of detailed how-to's.

A great place to search for “survival” and “old time skills” are the Universities of Minnesota, Wisconsin, Michigan or Maine and their extension services. They have all kinds of stuff on hunting and smoking the kill, to how to set traps, how to can and jerk meats and foods plus lots, lots more.

Then there are the living farms and recreated colonial and Native American type villages that you can visit or vacation at and learn some of life’s basic forgotten skills, often with hands-on instruction.



### A Little Bit on Food Storage History

History shows us that in “times of yore” food preservation and storage was a critical part of everyday life. Cold storage or root cellaring (started in caves and holes dug in the ground) along with; drying, jerking, smoking, salting and curing methods to preserve food, have all been in use for eons and then “improved” or made easier via modern technology.



Food storage for 3-5 months is still the norm in rural and northern areas. Homesteaders and country folk who live in these areas have; canned, smoked, dried and root cellared, etc their foods for centuries to survive the more extreme isolating winters in their area. Even today, this is done because it is very common to lose electricity for several days to a

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week or more and have to rely on propane gas and woodstoves for heating and cooking. They know they cannot use the modern tools of frig, range, freezer and microwave for storing and preparing food when the power goes out. They know they can't just hop in the truck and drive to a store – so they store food to last all winter if necessary.



### Why consider food storage?

Think about it. If the electricity goes off in your area for several days, in the worst season of the year, what will you do with what you have in your home? Is your heat gas or electric? Your frig, freezer, microwave, toaster and washer will be unusable. Depending on the length of the outage, the food in your frig and freezer will go bad before you can use it, even if you *can* cook it with a gas range.



If this is an urban citywide outage, water will go once the pipes are drained and become depressurized, as all big cities tend to use electric pumps to feed the main water lines. This may take from under one hour to a day depending on the size and age of the city water system. If you have a well and your water pump is electric – then count it out.



Gas for your vehicles will be unreachable because all the pumps at the station are electric. ATM's a no go. Perishables and frozen or refrigerated foods in stores will go bad. In long outages, food will not be delivered to stores. Fast food and restaurants will be a no go too.



**One thing is for sure – You CANNOT count on any government or emergency agency to come to your rescue in a timely fashion. The only things you can count on are yourself (physical, emotional & spiritual), your knowledge and skills and the supplies you have on hand.**

### Before you start your food storage plan

Decide WHY you want to store food and how to USE it with your everyday meals. This is important or you will be wasting your money as well as the food. **Stored food is not just “put on a shelf” and “forget it” until the power goes out. To keep it nutritional, tasting good and to keep from wasting your money, it must be used routinely.** Use will facilitate rotation. Each season will yield more garden produce to be stored; or each week and month, more canned goods will be added to the pantry. True, some of these items may keep for decades, however many will not.

Most people will start a food storage plan out of necessity because they live in a rural area that is sparsely populated and has server winter or summer storms that put them in a non-electrified and isolated status. Others will do this because of other natural emergencies that occur frequently in their area like; tornados, hurricanes, floods or earthquakes. While others like to be prepared for even man-made disasters and emergencies. And still others have a spiritual reason to be prepared for anything that may alter their current living environment to one less plentiful and technical.



All I know for sure is that in all my years of prepping and planning for homesteading, I have never before seen such a proliferation of information and groups on the subject like I have in the last 5 years. Something must be up to make people worldwide feel this need. So whatever **your** reason is, identify it and proceed accordingly.



### Getting Started and not going broke

*“You can only eat an elephant, one bite at a time.”* Or, as my grandson would say: *“How many drops are in a bucket of water?”*

**Basic Rule: \*Make a Plan\*Keep It Simple\*Start Small\*Stick to What Works for you and yours\*then Go for It!**

- Determine why you want to store food for longer than general everyday and weekly use.
- Study what you and your family normally eat and drink in any given week. Include condiments needed and comfort foods. Although nutrition is vital to survival, comfort foods are just as vital for *emotional* survival. So be sure to include all the snacks, treats and deserts. Don't forget your pets.
- From your weekly common meals decide what cannot be stored long term and research if there is a substitute that your family would enjoy in its place.
- Determine the space needed to store this type of commonly consumed food for a 2 week's supply. Then decide where and how to store this. The weekly storage needs can then be modified to include the timeframe you wish to ultimately store food for – one month, several months, one or two years. Simple yes, but forget very day fresh food and center on storable foods – cans, dried, etc. *Routinely use the stored food at least 2-3 times a week.*
- Document your family's common weekly activities. Include pets, work, school, sports and the like. This will tell you where you may need a 72-hour emergency pack, if additional packs are needed and how many packs you will need overall. (In the Appendix is a link to an Emergency College Student Go-pack check list.)
- Add new activities to your family's activity/vacation list like: Gardening, Canning, Bread and Jam/Jelly Making, Making Cider and Vinegar, Spinning and other skills of past or current homesteading. Plan to learn and do at least two to four each year. Many Colonial and Mountain Man Rendezvous, along with Native American festivals and fairs, have hands-on learning activities that you can participate in.
- Research long term storage containers and their costs. Be sure to look around your home to determine what can be used that you already own. Remember, the air tight, water proof container you already have may NOT be suitable for food storage as is, but may still be useable if lined with a product that is ok to use with human food. Like certain plastic or mylar liners or bags.
- Design a budget that includes food storage accumulation and purchases, for the food as well as the containers, back packs and for any new activities you have added, along with your normal budgeting items. Consider this to be at least \$10 extra dollars per normal grocery shopping trip. Ok so you might have to reduce eating out to once a week, instead of every two or three days. So what, it won't kill you and this is for your future survival. Now is the time to learn how to distinguish between wants and needs and to avoid the “buy now, pay later” philosophy and adopt the “save now and buy later” mentality. When the electricity goes out you will be grateful.

- Create your first two family "go-packs" for home and vehicle. Plan on making a pack once a week or month, depending on your budget. Remember you are creating the individual go-packs for each family member and your pets next.
- Start an "Emergency Gab-n-Go Binder" and fill it with important information particular to your family. Make a section for Food Storage and Go-Packs to add a record of your purchases to. (There are several online downloadable and or printable forms that are listed in the Appendix that are perfect for this.) Add a "Recipes" section for commonly used recipes or recipes you have modified to utilize stored food. Recipes make a good mini-checklist for shopping too.
- Make a Rotation System and plan at least a monthly Menu Calendar that utilizes your stored food items or pantry. As you make monthly menus add them to the Emergency Binder. *Routinely use the stored food at least 2-3 times a week.*
- Create your weekly or monthly food storage needs shopping list and stick to it. You may want to have an initial list to accumulate the storage containers and go-pack needs. Then another one to use year round for the actual food items themselves as you **will** be using these food items on a regular basis. Be sure to stick to your budget.
- Set a Start Date and proceed.



### A Word About MRE's or Meals Ready to Eat

I have several problems with these meals.

- First, they are "meals in a packet", which over any extended period becomes boring and in a crisis we want as few psychological "dings" to our survivability quotient as possible.
- Second, they are WYSIWYG (what you see is what you get); this means that since there is NO rehydration, they DO NOT expand; the portion is exactly as they look in the package. For most Americans, this is a small meal portion.
- Thirdly, since the portion size is small, they are loaded with artificial nutrients. If you should "double up" and eat two for single meal so your eyes and stomach feel as though they have gotten enough – the human body

cannot digest or metabolize these artificial nutrients in this condensed format very well. People tend to get either the “trots” or painfully constipated.

- Fourth, they are NOT recommended as the sole source of nutrients for more than 10 days.
- Fifth, they are nutritionally viable for about 2 years (if stored properly) and they are rather heat sensitive. The artificial nutrients tend to breakdown faster the hotter the storage environment is.
- Sixth, they generate more trash than say freeze dried or dehydrated “meals in a packet”.

However, they are perfect for the short term, especially 72 hour go-bags or emergency survival bags. They are light weight, although not as light as freeze dried or dehydrated. Just remember to rotate them out every two years to keep them nutritionally viable.



**Remember: Shelf Life is more than just “safe to eat”, it means the food is still able to perform its primary function – to provide the human body with fuel.**

I’ve heard stories of people stranded in old hunting cabins and when they were rescued they could not figure out why they had lost so much weight and were kept in the hospital so long. The thing is these people were literally starving to death while eating 3 meals a day! The food in the cabin had exceeded its shelf life. It still looked and tasted good. They didn’t get any food borne illness from it. Yet all the nutritional value had “expired” years ago.

There are many sites and stores that sell these MRE’s so I won’t go into them here, however, I would suggest going with the few firms that are recommended by LDS. LDS evaluates what they recommend based on nutritional value and shelf life, as well as, flavor - You just cannot go wrong. Emergency Essentials and Mountain House are at the top of the LDS list. You can find both brands at [BePrepared.com](http://BePrepared.com). This is big business, so a simple Google search will return pages and pages of results. If you plan to purchase some MRE’s, at least ask a person who hikes and backpacks frequently for their recommendations.



**My advice: Stick to freeze dried and dehydrated “meals in a packet” and individual ingredients. These have a nutritional shelf life of 20+ years.**



## Ways to collect and store a year's supply of food

**Begin with a 72 hour bag** of food, water, clothing and essentials for your home, each vehicle and each person or pet in your family. These should be portable in case of “bug-out” or evacuation conditions. For children, get backpacks that have wheels and or handles, and store under their beds. Store yours, under your own bed. Store the pet bag in their travel crate.

Each vehicle kit should include: water, snack food or food bars, flashlight, poncho/umbrella, sweater or jacket or emergency blanket, first aid kit and other basic essentials you feel any family member may need if an auto emergency occurs.

**\* Store Bought Water should always be rotated and used to avoid the “meltdown” and resulting leakage, of the biodegradable plastic.**



**Always include a first aid kit** for home, auto and each 72 hour individual family member and pet go-bag. You can gear each small first aid kit to the items most likely needed for that individual and keep the larger, more extensive all purpose first aid kit for your home and or emergency shelter. Do a Google search on “emergency first aid kit” or “pet first aid kit” and you will get a boatload of checklists for your use. Or check out some of the checklists I have shared on Google. The link is in the Appendix.



**Stock up on needed items when they are on sale.** With some sale items you can “think big”. For instance a year of sugar for one adult is 100lbs and if stored properly lasts up to 30 years. So when sugar is on sale – get a lot. **Always buy in bulk whenever you can.**



I loved this idea: **Make a list of the food items your family eats most often** and think in terms of what most often goes with it. For instance, if they like tuna salad sandwiches, mayo should be included on the list. Or if oatmeal is the common breakfast, you may want brown sugar, raisins and powdered milk. This way when you start shopping for storage you can remember to purchase all the components of each meal that your family regularly eats. Then worry about the long term food items that sustain life but you do not regularly eat.

If one jar of peanut butter is on your shopping list, get two instead. Two cans of beans on your shopping list, get 4 instead. Take advantage of 2 for 1 and buy 1 get 1 free sales. **Not everything needs to be purchased by the case or in bulk.**



*When doing your food storage shopping be sure to keep each list to at least  $\frac{3}{4}$  nutritional foods and  $\frac{1}{4}$  comfort foods or deserts, treats and snacks. In the beginning you may also need  $\frac{1}{4}$  of the list for protein or power food type bars for the go-bags and keep  $\frac{1}{2}$  for the nutritional items. Move on to comfort foods after these initial items are complete.*



**Obtain at least a two week supply of water for each member of your family, including pets.** Have water in all sorts of containers. An inexpensive idea is to put water in emptied, clear, cleaned, plastic 2 liter pop bottles. Think small water bottles and store bought only for “on the run” individual needs. Fifty gallon drums are good for drinking and storing water, but they are heavy and hard to stack and move. RV and camping stores are excellent places to find water storage containers in various sizes and most have a very handy 7-10 gallon size that has a gravity spigot that people can move with medium effort. For some reason these tend to be cheaper at RV stores, when you are purchasing singularly instead of in quantity, than food storage supply stores.



**How to store all this food is a major concern if you want it to last and still be healthy and tasty to eat.** *The primary concern is keeping moisture, insects and rodents out of the food. It is always best to store food in a shaded, cool and dry place and routinely using the stored food at least 2-3 times a week.*

**Create a system to track and rotate your food items.** I can't tell you how many people I have spoken to that start long term food storage purchasing and then don't use it or rotate it. Then they wonder why it "looks bad" or "tastes funny".



I have a root cellar type pantry and an in-house pantry. My newest items are in the root cellar and the oldest are stored inside the house. Both are cool, relatively dry places. When I'm done my current seasons canning, I move the items from the root cellar pantry to the in-house pantry and then put the new canned items in the root cellar, behind any existing items of the same thing.

A neighbor of mine uses the awkward space in her garage for this. She has baker racks with a red ribbon on one and a green ribbon on the other. Items on the "green" racks are for use now (her oldest items), items on the "red" rack are for later use (her youngest items).

## Food Storage – Continued

Another neighbor uses his old coolers that have lost their drainage plugs. He has an X on some and an O on the others. He stores his food items in these as they are huge like 72 to 84 quart sized. O's are for current use (oldest items) and stored near the garage entrance to his house. X's are the younger stored items. When an O cooler is empty, he moves the X cooler items to the O and then purchases replacements for the X cooler.



If you aren't quite organized yet or not sure how to track all this stored food, get a bunch of multi-colored sticky dots in two or three sizes. On a piece of paper place one dot for each color or size on it and then write a month to associate with that color and size dot. You can put the dots on your cases, cans, boxes, tubs, jugs and the like and only list the year purchased on the dot. Then in your "Emergency Binder", add your dotted index sheet, as it will tell you what month of that year the item was purchased.



One of the hardest items to store is food that comes in paper packaging. You can "dry pack" these or have them dry packed at a cannery or you can put them in plastic containers that have air tight seals to keep bugs, air and moisture out. I tend to "double" pack these kinds of items, buy putting them in Ziploc bags and then in an air tight container.

For things like boxed cereal I remove it from the box, cut the top or side off the box that identifies the cereal, add my colored "month" dot with the year, place in a Ziploc bag and then place the newest item in the bottom of the metal or plastic container for that cereal.

Your food and other supplies may be stored anyplace where correct storage conditions exist. Look for cool, dry places with little to no direct light. ***Storage life can be significantly impacted by the following conditions:***

## Food Storage – Continued

- Temperature: Store products at a temperature of 75°F/24°C or lower whenever possible. If storage temperatures are higher, rotate products more frequently to maintain quality.
- Moisture: Keep storage areas dry. It is best to keep containers off of the floor to allow for air circulation.
- Light: Protect cooking oil and products stored in PETE bottles from light.
- Insects and rodents: Protect products stored in foil pouches and PETE bottles from rodent and insect damage.

*\*\* Routinely use the stored food at least 2-3 times a week. \*\**

### For storage locations outside of the kitchen pantry and root cellar try:

- Attics: If well-insulated to maintain a temperature of 70 degrees or below.
- Basements: If it is cool and dry.
- Garages: If it is cool and dry.
- Freezers: Do not overlook space in a freezer for immediate long term storage of items that go rancid at room temperatures. Like: brown rice, extra whole-wheat flour, cornmeal, wheat germ
- Crawl space: If it is cool and dry, especially if you are going to store canned goods here. You may need a few sheets of plywood to keep items clean and dry.
- Under beds: If the bed is too low, it may be raised on supports so containers can be slid underneath. Great place for 72-Go Packs.
- Tables: Barrels and other containers may be stacked and covered with a floor-length tablecloth.
- Chests, trunks, cabinets, closets, shelves and old coolers: All of these may be utilized. Check closets for empty spaces.
- Walls: Extra wall space may be used and hidden with a curtain or large piece of art work hanging in front of it.
- Under furniture with legs: The space underneath a crib or changing table is a good place to store boxes of #10 cans. Cover with fabric.



**For people in apartments or other small living spaces** you will need to be a little creative, but don't lose hope, try one or more of the following instead. If you come up with something new – post it on [FoodStorageMadeEasy.net](http://FoodStorageMadeEasy.net) or any other blog on food storage.



- Use under bed storage containers for canned goods. These work especially well when the cans are stored on their sides rather than upright. When you think about it, just about anything can be stored under a bed.



- Or if you have a closet shelf that is rather high, so you don't really use it often – load a plastic box with your food storage items there.



- Make a table out of cases of canned goods and cover with a table cloth. Then put your stereo, TV or arrange plants on it. Use it as an end table or night stand.



- Make a spice rack out of Velcro to use on the back of cabinet and closet doors. This is great long term storage for spices and other lightweight condiments.
- Ever see those contraptions that hang in a closet for shoes, handbags, bulky sweaters and wrapping paper? Make your own out of pillowcases, jeans and shirts or convert an existing one for use as food storage.



- Use a ratty old sweatshirt and sew the bottom closed add a hanger and attach it securely, viola, you now have a hanging food storage bag. You can do the same with pillow cases, frayed towels, jeans and overalls.
- If you have an awkward corner in a room or hall that is dead space – curtain it off and store you food behind the curtains. Or curtain off the wall behind your sofa or TV about 2 feet from the wall. Great place to hide food storage.



- If you are getting ready to get new furniture, think multi-functional and storage space. Ottomans, coffee tables, side tables and benches often come with under seat or under the top storage.



- Have any piece of furniture with dead space behind or under it? Utilize it for storage. You can always put a table cloth or other decorative covering over the “ugly” barrels, cans and boxes and no one need ever know what is there.



When reading the article “Everything Under The Sun” by Wendy DeWitt on TheIdeaDoor.com site (this is a downloadable pdf if you want the whole article, see Appendix) she said that a one year’s supply of food can be stored under a twin sized bed and to remember that heat and moisture can destroy your food so be sure this is inside and not on top of a heater vent or next to any plumbing that may leak.



In this same article are some fantastic tips for using stored food and what can substitute for what! For instance you can keep baking powder, baking soda, sugar, salt and cocoa in their original containers or place them in air tight buckets with lids. You can substitute eggs with unflavored gelatin in most recipes. 1tsp gelatin=1 egg, 1 oz gelatin=12 tsp of eggs and 1 pound of gelatin=192 eggs. To make a one egg equivalent: combine 1 tsp of gelatin with 3 Tb of cold water, stir until dissolved. Then add 2 Tb of hot water and stir.



Just How Much Food Does One Need?



[Outland.Tripod.com](http://Outland.Tripod.com) which tests equipment in the field suggests: **You need at least one gallon of water per person per day.** That means my family needs at least 12 gallons. Since 5-gallon water cans are easily obtainable, I've opted for three (at least! - kids will drink a lot of water) of them to serve as our water supply. Through hard-bought experience, I'm learning what carriers do and do not stand up to hard use. I've decided on the smaller containers based on the fact that a 55-gallon drum of water can be ... difficult to move when full, and this kit is supposed to serve as an evacuation kit. I also **include some means of water purification equipment.** For me, this means "potable aqua"-type tablets or boiling on a fire.

[dsc.discovery.com](http://dsc.discovery.com) suggests the following: ... **Even in cold areas, you need a minimum of 2 liters of water each day to maintain efficiency.** ... -- *Avoid storing water in plastic containers for extended periods* since they may leach toxins into the water. True, there are certain types of plastic that show no evidence of leaching, but I just avoid the whole controversy by sticking largely with non-reactive materials. FEMA says to avoid glass because of breakability and weight, but I prefer using recycled glass bottles for long-term storage rather than depending solely on suspect plastic. ...

[amputee-coalition.org](http://amputee-coalition.org) ... **At least 1 gallon per person per day ... Household chlorine bleach and a medicine dropper: 9 parts water to 1 part bleach can be used as a disinfectant.** 16 drops of bleach to 1 gallon of water can be used to treat water in an emergency. (Do not use scented, color-safe or other augmented bleaches; they're toxic.) ...

[clemsun.edu](http://clemsun.edu) states ... In general, **one quart of water is needed daily for every 50 pounds of body weight.** *The exact amount of water needed depends on: age; gender; weight; health; level of physical activity; foods eaten; any medications taken; and the weather.* ... **On an average day, a healthy adult needs 8 to 12 cups of water** to replace the amount lost through perspiration, breathing, urination, and bowel movements. These fluids must be replaced to avoid dehydration and to keep the body working normally. **When eating a high fiber diet, extra water is needed** to process the additional roughage. ... **Fever, vomiting and diarrhea cause the body to lose extra fluids that must be replaced** with water or other solutions such as Gatorade. ... **Women who are pregnant or breast-feeding need additional water.** The Institute of Medicine recommends that pregnant women drink nearly 10 cups of fluids a day, and women who breast-feed should get about 13 cups of fluids daily. ... *Drink the following amounts of fluids when exercising rigorously or in very hot weather:*

- 2 cups during the two hours before exercising;
- 1 to 2 cups within 15 minutes of the activity;
- ½ to 1 cup every 15 to 20 minutes during exercise. (One medium mouthful of fluid equals about 1 ounce, and 8 ounces equals 1 cup.)
- 3 cups for each pound of body weight lost. ...

[urbanext.illinois.edu](http://urbanext.illinois.edu) ... Have your children help you figure how much water you each need to drink each day. Take a large pitcher or container, using your one-cup measuring cup, measure **eight cups of water into the container. This is the amount of water each person in your family should drink every day.** If you work or play out in the heat this summer, you should add two or three more cups of water to the container. ...

[TheTranquilParent.com](http://TheTranquilParent.com) ... **Determining children's water needs** ... As a general guideline, **children require about 4-6 cups of fluid per day.** (If you are breastfeeding or formula feeding your child less than a year old, you will not need to give supplemental water or other fluids.) ... **The best way to determine if you or your child is staying hydrated is to check the color of urine.** If your child's urine is pale in color and plentiful, he is well-hydrated. If he is not urinating frequently throughout the day or his urine is dark yellow or tinted brown, he is not getting enough fluids. *But to find out exactly how much fluid your child needs, you can follow this simple chart based on body weight. So if your child weighs...*

- \* 15 lbs, give 3 cups per day of fluids
- \* 22 lbs, give 4 cups per day of fluids
- \* 33 lbs, give 5 cups per day of fluids
- \* 44 lbs, give 6 cups per day of fluids
- \* 55 lbs, give 6.5 cups per day of fluids
- \* 66 lbs, give 7 cups per day of fluids

\* 77 lbs, give 7.5 cups per day of fluids

From the [Survival-Spot.com](http://Survival-Spot.com) blog: **Water – 1 Adult for 1 Day or 1-3 liters or 68 ounces (about a half gallon)**

*This could be more depending on the weather, your weight etc. Here's a good calculator:*

<http://www.csgnetwork.com/humanh2owater.html>

Food - **If you're doing nothing**, as in laying in bed **your body can consume about 1000-3000 calories a day depending on weight**. So assuming you will be doing **some activity you would need about 2000 up to 5000** (sometimes more) of healthy calories to maintain your weight. Basically:

130 lbs – 3000 calories

150 lbs – 3200 calories

180 lbs – 3500 calories

200 lbs – 3650 calories

220 lbs – 3800 calories

Here's a calculator that will pick your daily caloric intake based on age, height, weight and exercise frequency.

[http://www.freedieting.com/tools/calorie\\_calculator.htm](http://www.freedieting.com/tools/calorie_calculator.htm)

## Don't Forget Water includes General Hygiene too

***Water weighs a little over 8 pounds per gallon. An average healthy adult needs about 1 gallon per day. A gallon of water per person per day, for two weeks (14 days), equates to 14 gallons per person and weighs slightly more than 116 pounds for the recommended two-week period of water needs.*** Children need less, but it is easier to estimate 1 gallon for them, as well as dogs and cats. So add a gallon for each. Although not required to survive I add about 1/4 a gallon per person per day for hygiene, like brushing the teeth, washing under the armpits and hands and washing dishes. Remember that is an additional quarter gallon per person per day. You can get around the hand washing and arm pits if you stock up on the waterless anti-bacterial washing gels or wet wipes and you can “dip” into the gallon per day per person by saying only 1/3 to 1/2 of that same gallon is for hygiene. You can also reuse hygiene water to stretch it out and consume less per person on a daily basis. I add the extra because when camping, someone ALWAYS spilled a good portion of water. Besides ***the survival quantity of 1 gallon per person, is just that – the bare, very basic, best case MINIMUM!***

But no matter how you look at it *that is a lot of water, a lot of weight and a lot of storage space that is needed for just a two week supply for an individual, yet alone a family and pets.* Plus water does not really store all that well for long periods and tends to absorb the taste of the container it is stored in.

\* Yikes, now what can you do? \* First think small refrigerator sized 1-2 gallon containers. Always have one in your frig and when it is empty, clean it, re-fill it and then put to the back of your water storage area and grab the oldest container. Or, if you mix and match the 1-2 gallon containers with the larger 7+ gallon containers; keep one of the larger ones handy and refill your smaller containers from the larger one. Rotate and refill both for use to keep the supply relatively fresh. A neighbor of mine fills his 1-2 gallon water containers  $\frac{3}{4}$  full (to account for expansion) and then freezes them. If the power goes out, the ice melts into water. These he rotates less frequently than his normal water reserves.

## What About Pets?

Pet food and water are essential if you plan to include your entire family in the preparedness and food storage plan.

When it comes to the food needs, you know your pet best. Determine how much it eats in a given day or week. Then multiply it out to get whatever length of time supply you will need. Most common dry dog and cat food will store just as long as any un-ground/whole grain (maybe even longer), if kept in an air tight, insect, rodent and water proof container. Generally consider the same type of storage containers as you would for grain. However, a good clean trash can (metal or plastic) with a secure top will work well, especially if you leave the dry food in its original bag too.

- *Remember if you feed your dog or cat only dry food, they will need MORE water than if being served wet food.*

If you use canned, wet dog or cat food, this will store for years and years and your pet will need less water to boot. Just keep them in a cool, dry place to avoid rust and other issues and keep an eye out for bulging can bottoms and tops and toss those when you run across one.

Some types of pets may need fresh fruit, moist meat or live grasses and algae, as that is where they get their hydration from. You will need to consult with your veterinarian for specifics for emergency situations.

***Pet water needs will vary*** with the type of pet and its age, health, weight or activity and special needs. Basically you will need to determine how much water your pet consumes in a given day or week and then multiply that out for the length of time you plan to sustain your pet. *This water amount will need to be added to your overall water needs to ensure you have enough water for your entire family.* When estimating, always estimate on the too much side.

Keep in mind some pets, like cats, *hate* standing water and prefer very fresh or running water. *Other pets may need water to actually live in, like turtles, crabs, some reptiles and of course fish.* If you have these kinds of pets to account for you will need to know how much water you use per week for their living habitat and add that to your total family water needs for the length of time you plan to “survive” on stored supplies.

It is a good idea to make a **special 72 hour go-bag for each one of your pets**, it may even need to include a smaller or larger cage or travel crate than you normally use. If your pet is the “tank” type, you will need to be inventive. I was unable to find any specific information on these types of pets beyond for the short trip to the vet. Your Vet would be a good choice for information of this type.

Here is some general information and links to sites with more information:

<http://pets.webmd.com/dogs/guide/dog-dehydration-water-needs> and [http://www.medicinenet.com/pets/dog-health/dehydration\\_and\\_water\\_needs\\_in\\_dogs.htm](http://www.medicinenet.com/pets/dog-health/dehydration_and_water_needs_in_dogs.htm) Monitor your dog’s water intake. **Generally, a dog needs at least one ounce of water for each pound of body weight per day.** If your dog is not drinking an adequate amount of water, seek veterinary advice. Monitoring water intake is especially important if he’s recovering from diarrhea, vomiting or other illnesses. ... [What Causes Dehydration in Dogs?](#) Dehydration occurs when fluid levels drop to less than normal. This is due to either reduced water intake or increased fluid loss. Fluid loss can be due to overheating in hot weather or a bout of vomiting or diarrhea, especially in puppies.

What Are the General Symptoms of Dehydration in Dogs?

- \* Sunken eyes
- \* Lethargy
- \* Loss of appetite
- \* Dry mouth
- \* Depression

<http://www.weather.com/outlook/homeandgarden/pets/articles/c128> Why is water it important? In pets, as in people, water makes up the majority of the body about 80 percent. By allowing substances to dissolve and be carried through the body, it provides a basis for nearly all of the processes and chemical reactions that keep the body running, including digestion and circulation. It helps the body to filter out waste, and it regulates body temperature through evaporation. Dehydration, a lack of water in the body can cause serious problems, including kidney and heart damage. ... What should I do? As vital as water is, it's relatively easy to provide. *Just make sure your pet has a clean bowl (or bottle, in the case of some smaller animals) of fresh water at all times. A general rule of thumb is that most animals should have about 28 milliliters (or one fortieth of a liter) of water per pound of body weight per day. A forty-pound dog needs about a liter of water every day; a ten-pound cat needs about a quarter of a liter.* You don't really need to spend time crunching the numbers, though most healthy animals that have access to clean water will drink enough to keep them hydrated. ...

# **Some exotic animals, particularly amphibians like frogs and salamanders, can't or won't drink water from a bowl.** *These guys need a drip watering system, which drips or sprays temperature-controlled moisture into a cage for a few hours at a time. To select the right watering system for your exotic pet, consult your veterinarian.*

# **Reptiles often need a long, shallow dish of water in their cages.** They use this water both to drink and to soak in, so it needs to be checked several times a day for dirt or fecal matter.

# **Just like you, pets need more water when they're exercising.** If you take your dog out for a long walk or run, bring along some water for him. Most pet stores sell light, collapsible travel water bowls that are easy to carry.

<http://cats.about.com/od/waterforcats/f/waterneeds.htm> Question: **How much water does an adult cat need to drink?** How much water does a large cat need to drink? I know they do need water, but haven't been able to learn exactly how much. **Water Needs Depends on Diet - Cats' body tissues consist of about 67% water. Coincidentally, that is approximately the percentage of water in the prey they catch and eat in the wild. In contrast, dry cat food contains around 10% water, and canned cat food around 78%.** Therefore, a cat on an all-dry food diet would obviously require more supplemental drinking water than a cat on an exclusive raw or canned food diet. Likewise, a cat on a combination of dry and canned cat food also needs more drinking water. ...

# **Keep fresh, clear water available at all times for all cats,** regardless of diet - preferably with an automatic water dispenser.

# **Watch for signs of dehydration.** A good test is to pull up the loose skin at the nape of the neck. If it springs right back, the cat is sufficiently hydrated. If it is slow to recede, suspect dehydration.

<http://www.peteducation.com/article.cfm?c=1+2243+2244&aid=697> **As dogs age, their metabolism changes and their need for calories decreases. The same is NOT true for cats. Their energy needs stay basically the same throughout adulthood.** Obesity is one of the main health problems of middle age (6-8 years of age) cats; it occurs less often by the age of ten, and greatly decreases after that. ... **The protein needs of cats are higher than the protein needs of many other animals.** Inadequate amounts of protein in the diet can impair immune function. ... Water - Older cats may not drink

sufficient amounts of water, which can exacerbate constipation problems and contribute to dehydration in cats with kidney disease. Getting a cat to drink more water may not be easy. Offering more sources of water and adding flavoring or ice cube to the water may entice some cats to drink more. ... ***As animals go, cats require less water than many others, and we often have a difficult time getting cats to drink as much as we would like.*** Place a number of water dishes for your cat around the house. You can even place the water bowls in some unusual places. Cats seem to pay more attention to things that are different. Vary the types of bowls – low ones, high ones, a drinking glass, a big dog bowl. Again, if it is unusual, cats may try it. Try running water ... Add water to the food ... **Fresh water is usually the key.**

[http://www.superhappypets.com/article\\_cat\\_drink\\_water.html](http://www.superhappypets.com/article_cat_drink_water.html)

To **understand your cat's water needs**, let's review some basic biology. Your cat's distant ancestors were desert dwellers. They got most of their water from their prey—birds and small mammals—which were also composed of two-thirds water. There was little or no need to drink water on the side. ... Fast-forward to today's housecat eating commercial cat food. ***Canned or "wet" food contains a high percentage of water, similar to a cat's ancestral diet. If the mainstay of a cat's diet is wet food, the cat will naturally drink less water, perhaps only 1-2 ounces daily.*** In fact you may rarely see her drink at all. Dry food, on the other hand, contains only about ten percent water. ***If a cat eats all or mostly dry food, he or she must drink more—several ounces of water a day—to meet the dietary requirement.*** ... Feeding your cat an all-dry diet, in effect, places a burden on your cat to drink much more than normal each day. ... Ceramic, glass, or stainless steel bowls are preferred.

[http://pet-birds.suite101.com/article.cfm/the\\_basics\\_of\\_providing\\_fluids\\_for\\_pet\\_birds](http://pet-birds.suite101.com/article.cfm/the_basics_of_providing_fluids_for_pet_birds) Learn **How to Prevent Dehydration in Feathered Pets** From finches to parrots, exotic pet **birds need fresh clean water at all times.** Here's what to do when traveling or illness makes taking adequate fluids a problem. ... Wholesalers who ship pet store birds from aviaries do not provide fresh water in transit. Instead, ***they leave bits of lettuce, apples, carrots, and grapes in cages to provide moisture.*** Fresh seeding grasses are also full of moisture, though they may be messy. Matthew Vriend's Guide to Pet Birds ***warns against feeding avocado to bird pets***, as the fruit contains poisonous substances near the peeling. Small pet birds become dehydrated quicker than a pet bird parrot. When traveling inside a car, (house pet birds should never be placed in an open truck bed), a pet bird cage should be seat belted in case of sudden stops. ***A shower of fresh water with a spray bottle will help birds stay hydrated;*** they will preen and swallow some of the water on their feathers. Take care to protect birds from chill or drafts. ... ***Pet bird supplies need to be appropriate for each species.*** Budgies (parakeets) will not eat or drink if dishes are partially covered, as instincts prevent putting their heads under anything. Most birds will not know how to drink out of the kind of water bottle commonly used for rodents. If pet owners wish to use these bottles, another water dish should be in the cage until the bird has been observed drinking from the bottle. ***Most birds appreciate having a shallow bathing dish as well as a drinking cup.*** ... ***The Eyes Show Signs of Dehydration*** - According to Stroud's Digest on the Diseases of Birds, a bird will show signs and symptoms of dehydration in the skin around their eyes. It will be crinkly, and skin on their legs may not snap back when pinched. The bird will have low energy and may be sitting on the floor of its cage looking fluffed up to conserve warmth. Accidental causes of dehydration may be extended traveling without water or a pet owner's forgetfulness. Illness may also cause dehydration. A veterinary consult should be a priority, but some first aid measures are also appropriate. ... ***Treating Dehydration at Home*** - Replace water with pediatric electrolyte solution, if possible. Keep the bird warm with an overhead low-wattage colored electric light bulb or covered heating pad under the cage, or at least by covering the cage with a towel or blanket. If the bird drinks voluntarily, dehydration signs will probably resolve quickly.

For some extremely basic facts on exotic pets: <http://www.examiner.com/x-24362-Buffalo-Exotic-Pets-Examiner%2009m9d21-Top-5-exotic-pets-for-the-beginner-and-5-pets-the-novice-should-avoid>

### How long does all of this stored food last?

**Proper canning or packaging and storage conditions will play a major role in shelf life.** For actual shelf life of opened and unopened food items, in ideal conditions, the most comprehensive list I have found so far is a downloadable PDF from FoodStorageMadeEasy.net called ShelfLife.pdf (See Appendix). It is a fantastic two page quick reference that breaks items down into groups like grains, vegetables, fruits, dairy, basics and misc beans, legumes, lentils and the like then tells you the optimum shelf life and opened shelf life expectancy for each item.

Otherwise the best place to look is on each purchased canned or boxed food item. The FDA web site and for some reason the University of Wisconsin and the Wisconsin state government sites have a good amount of data on canning, dehydrating, smoking game meat, etc and how long the items can last.

Here is some new information on a few selected items based on a recent long term storage study by LDS and Brigham Young University.

Food	New Shelf-Life "Life Sustaining" Estimates (In Years)
Wheat	30+
White rice	30+
Sugar	30+
Pinto beans	30
Apple slices	30
Macaroni	30
Rolled oats	30
Potato flakes	30
Pasta	30
Powdered milk	20
Dehydrated carrots	20

### A Long Word or Two about Food and Water Storage Containers

From the experts at [ProvidentLiving.org](http://ProvidentLiving.org) and [TheIdeaDoor.com](http://TheIdeaDoor.com)

#### Basic Container Guide Lines

- Use only food-grade containers. Smaller containers made of PETE plastic or heavier plastic buckets or drums work well.
- Clean, sanitize, and thoroughly rinse all containers prior to use. A sanitizing solution can be prepared by adding 1 teaspoon (5 ml) of liquid household chlorine bleach (5 to 6% sodium hypochlorite) to one quart (1 liter) of water. Only household bleach without thickeners, scents, or additives should be used. *Do not use color safe bleach.*
- *Do not use* plastic milk jugs, because they do not seal well and tend to become brittle over time.
- *Do not use* containers previously used to store non-food products.

Any of these containers will allow you to safely store food

#10 Cans  
Foil Pouches  
Plastic Buckets  
Glass Jars  
Original Containers  
PETE Plastic Containers

**If storing water yourself consider the following:**

#### **Water Pretreatment**

- Water from a chlorinated municipal water supply does not need further treatment when stored in clean, food-grade containers.
- Non-chlorinated water should be treated with bleach. Add 1/8 of a teaspoon (8 drops) of liquid household chlorine bleach (5 to 6% sodium hypochlorite) for every gallon (4 liters) of water. *Only household bleach without thickeners, scents, or additives should be used.*

#### **Storing and Stored Water**

- Containers should be emptied and refilled regularly.
- Store water only where potential leakage would not damage your home or apartment.
- Protect stored water from light and heat. Some containers may also require protection from freezing.
- The taste of stored water can be improved by pouring it back and forth between two containers before use.

#### **Details on Food Storage Container Types**

##### **#10 Cans**

Airtight #10 cans with an oxygen absorber packet protect products from moisture, oxygen, insects, and rodents. These cans are easy to handle, move, and store.

##### Getting Ready

- Supply the canning area with cans, lids, labels, and product.
- Wash your hands with soap and water.
- Remove loose jewelry and empty your shirt pockets.
- Wear a hair net, an apron, and gloves.
- Do not eat or drink in the cannery area.
- Do not work in contact with food if you are sick or have an open sore.

##### Filling Cans

- Use a scoop to fill cans. Do not use an empty can as a scoop. Can edges are sharp and should be handled carefully.

To control dust, be careful when emptying bags and scooping product.

- Fill cans to within ¼ inch of top of can.

Using Oxygen Absorber Packets

- Oxygen absorber packets have a limited shelf life in the open air. Packets should not be exposed to air for more than four hours before cans are sealed.
- Open the plastic bag of oxygen absorber packets. If the plastic bag has a clamp, pull the two sides of the clamp apart. If the plastic bag is heat-sealed, locate the notch on the upper left-hand corner of the printed side; then, starting at the notch, tear open the top of the bag (do not cut open).
- Remove from the bag the number of packets to be used within the next 30 minutes, and spread them out on a tray. These exposed packets will now begin to absorb oxygen.
- Do not repeatedly open and close the plastic bag for a few packets at a time. Do not place unused, exposed packets back into the plastic bag.
- After removing the packets, reseal the bag by pressing out the air and fastening the clamp.
- Place one packet on the top of the product in each can. Use packets with all products except sugar.
- Note: Do not leave the plastic bag open to air. Do not refill the tray before using all exposed packets. Do not puncture or open packets. Do not eat contents of packets.

Sealing Cans

- Place lids on cans, and seal cans promptly after filling them.

Labeling Cans

- Write the date on the product-specific “Not for Sale” labels, and place the labels on the cans.

Cleaning Up

- Use a dry towel to wipe off surfaces that have contact with food when changing from one product to another to avoid cross-contamination of products.
- When you have finished, remove all food residue from the processing area by wiping with a dry cloth, sweeping, and vacuuming. Properly dispose of bags and boxes. Leave the area organized and clean.

**Foil Pouches**

Just like #10 cans, foil pouches protect products from moisture and insects, and are easy to handle, move, and store. In addition, foil pouches are beneficial because:

- The sealing equipment is less expensive to purchase and maintain than the equipment for cans.
- The pouches are reusable, providing long-term cost savings.
- Empty pouches take less space to store than empty #10 cans.

**Plastic Buckets**

Five-gallon plastic buckets are good for storing bulk products such as wheat, rolled oats, and beans. Be sure to use food-grade buckets that were designed for food storage. These buckets are always white or opaque. Do not use plastic buckets that have been used for chemical storage. Plastic buckets are useful for long-term storage. Although they are not airtight, if they are flushed with carbon dioxide or sealed with dry ice, that will help to destroy any insects that may be present in the food.

Carbon dioxide effectively prevents weevil infestation in dry-pack items stored in plastic buckets. To kill weevils, carbon dioxide should be present in concentrations above 3 percent. Treatment methods that depend on the absence of oxygen

to kill weevils, such as oxygen absorbers and nitrogen gas flushing, are not always effective in plastic buckets because of the potential for oxygen leakage.

### Instructions for Dry Ice Treatment in Buckets

- Use approximately 1 ounce of dry ice for each gallon of container size.
- Wipe frost crystals from the dry ice using a clean towel.
- Place the dry ice in the center of the container bottom.
- Pour the food into the container to within ½ inch to 1 inch of the top.
- Place the lid on the container and snap it down only about halfway. This will allow carbon dioxide gas to escape from the partially sealed lid as the dry ice sublimates.
- Allow the dry ice to evaporate completely before sealing the container. To see if the ice has evaporated, feel the bottom of the container. If it is still very cold, the ice has not all evaporated.
- Watch the container for a few minutes after sealing the lid. If the container bulges, slightly lift the edge of the lid to relieve pressure.
- It is normal for the lid of the bucket to pull down slightly as a result of the partial vacuum created when the carbon dioxide is absorbed into the product.

### Instructions for CO<sub>2</sub> Gas Flushing for Dry-Pack Buckets

- Set up the gas flushing equipment using a cylinder, a pressure regulator, and a probe equipped with a pipe extension to reach the bottom of the bucket.
- With the probe valve open, adjust the regulator to the appropriate setting.
  - o Granular products (wheat, beans, etc.): 20 lb.
  - o Powdered products (milk, flour, etc.): approximately 3 lb.
- Fill the buckets to within ½ inch to 1 inch of the top.
- Gas flush product with carbon dioxide. Insert the probe to the bottom of the bucket. With the hand valve open, move the probe up and down in a circular motion for the appropriate length of time.
  - o Granular products—gas flush for 5 seconds.
  - o Powdered products—gas flush for 20 seconds.
- Seal the lid immediately on the bucket.
- Wipe off the probe with a dry towel when changing from one product to another to avoid cross-contamination of products.

### Cautions

- Use CO<sub>2</sub> in well-ventilated areas only.
- Wear gloves when handling dry ice.
- Dry-pack only products that are shelf stable. Products must be low in moisture and oil content.
- Avoid exposing products to humid, damp conditions when dry-packing.

### **Glass Jars**

Glass jars have been used for many years to successfully store dried foods. The oxygen absorber packets work well in glass bottles, because glass is an excellent gas barrier. When storing in glass, make sure the bottles are protected from breaking in case of an earthquake or other natural disaster.

### Getting Ready

- Set up the canning area with jars, new lids, labels, and product.
- Inspect jars to make certain they are clean and dry. Inspect jar rims for nicks or cracks. Discard cracked and nicked jars.

### Filling Jars

- Use a scoop to fill jars.
- To control dust, be careful when emptying bags and scooping product.
- Fill jars to within ¼ inch of the top.

### Using Oxygen Absorber Packets

- Oxygen absorber packets have a limited shelf life in open air. Packets should not be exposed to air for more than four hours prior to sealing jars.
- Before opening the bag, check the indicator tablet on the side of the bag. If the tablet is blue, reseal the bag with the clamp and hold for 24 hours. If the tablet is still blue after 24 hours, discard the packets.
- Open the plastic bag of oxygen absorber packets. If the plastic bag has a clamp, pull the two sides of the clamp apart. If the plastic bag is heat-sealed, locate the notch on the upper left-hand corner of the printed side; then, starting at the notch, tear open the top of the bag (do not cut open).
- Remove from the bag the number of packets to be used within the next 30 minutes, and spread them out on a tray. These exposed packets will now begin to absorb oxygen.
- Do not repeatedly open and close the plastic bag for a few packets at a time. Do not place unused, exposed packets back in the plastic bag.
- After removing packets, reseal the bag by pressing out the air and fastening the clamp above the indicator tablet.
- Place one packet on the top of the product in each jar. Do not puncture or open packets. Use packets on all products except sugar.
- Note: Do not leave the plastic bag open to air. Do not refill the tray before using all exposed packets. Do not eat contents of packets.

### Sealing Jars

- Wipe off jar rim with a clean, dry cloth.
- Place lids on jars, and seal firmly.

### Labeling Jars

- Write the date on the product-specific “Not for Sale” labels, and place the labels on the jars.

### Cleaning Up

- Use a dry towel to wipe off surfaces that have contact with food when changing from one product to another to avoid cross-contamination of products.
- When you have finished, remove all food residue from the processing area by wiping with a dry cloth, sweeping, and vacuuming. Properly dispose of bags and boxes. Leave the area organized and clean.

## Original Containers

In dry climates, many products such as sugar, salt, oil, pasta, and rice can be stored in their original containers. Many people are very successful storing these products in plastic buckets to protect them from insects and rodents.

**PETE Plastic Containers**

PETE (polyethylene terephthalate) refers to a type of clear plastic bottle commonly used for foods sold in grocery stores. The bottles are identified on the bottom, next to the recycle emblem, with the letters PETE. This type of container has good oxygen barrier qualities and can be used with oxygen absorbers to store bulk dry foods. The low oxygen content of the sealed containers protects the stored food from insect infestation and helps preserve product quality. These containers are well-suited for products that are rotated on a regular basis, while still providing several years of storage capability.

Instructions:

1. Use only PETE bottles that are new or have been previously commercially packaged with food. Bottles need to have screw-on lids with plastic, not paper, lid seals.
2. Wash and rinse bottles to remove any residue. Drain and dry bottles.
3. Place an oxygen absorber packet in each bottle.
4. Fill bottles with bulk dry products that are low in moisture and oil content.\*
5. Wipe top sealing edge clean.
6. Screw lids on tightly to seal the bottles.
7. Store the products in a cool, dry location, away from sunlight.
8. Use a new oxygen absorber packet each time you refill a bottle for storage.

Oxygen Absorber Packets

Oxygen absorber packets are available at Welfare Services' home storage centers and on-line at [www.ldscatalog.com](http://www.ldscatalog.com). Each absorber can be used for containers of up to 1 gallon (4 liter) capacity. When packaging products, open the bag of absorbers and take out the number of packets you plan to use in 20 to 30 minutes. Store the remainder of the absorber packets in a sealed glass jar with a metal lid.

\*Refer to the Approved Dry-Pack Products list.

\*Products that are *not low* in moisture may allow growth of Clostridium Botulinium bacteria, which produces potentially lethal botulism toxin.

**Specifics for Dry Pack Canning**

**\*\* All Items Must be low moisture - 10% moisture or less, good quality, and insect free.**

P R O D U C T S		
Cannery Approved	Non - Cannery Approved	NOT Approved for Home Dry Pack (Some may be available commercially dry packed.)
Apple Slices	Cheese Powder	Baking Powder
Beans, Great Northern	Desserts (products that do not contain eggs)	Baking Soda

**Food Storage – Continued**

Beans, Pink	Fruits and Vegetables, Dehydrated (dry enough to snap when broken)	Barley, Pearled
Beans, Pinto	Gelatin and Pudding	Bouillon
Carrots, Dry	Grains, Whole	Chewy Fruit, Dehydrated (such as raisins)
Flour, White	Legumes	Cornmeal
Fruit Drink Mix	Pasta (products that do not contain egg)	Eggs, Dried
Hot Cocoa Mix	Soy Protein Isolate or TVP	Flour, Whole Wheat
Macaroni		Grains, Milled or Cracked
Milk, Nonfat Dry		Granola
Oats, Rolled		Meat, Dried
Onions, Dry		Mixes containing leavening (such as pancake or biscuit mix)
Potatoes		Nuts (roasted or raw)
Pudding, Chocolate		Oil
Pudding, Vanilla		Rice, Brown
Rice, White		Salt
Soup Mix		Spices
Spaghetti		Sugar, Brown
Sugar, Granulated		Yeast
Wheat, Whole		

#10 Metal Can - Fill with food, put on lid, add one oxygen packet, and seal with dry-pack canner.

Mylar Bag - Fill with food (allow enough room on top for seal), add one oxygen packet, and seal with heat sealer. In a few days mylar bag will pull in around food. Bags, if carefully opened, may be washed and reused.

Glass Jar - Fill with food, add one oxygen packet, cover with metal lid (which has been immersed in boiling water to soften sealing compound and then quickly dried), and screw on metal band.

5-gallon Plastic Bucket - Line with food-grade plastic bag (PETE), add food, add five oxygen packets, tie plastic bag closed, and put on bucket lid.

**Recommended containers for longer-term (30 years or more) storage includes the following:**

- # 10 cans (available at Church home storage centers)
- Foil pouches (available through LDS Church Distribution Services)
- PETE bottles (for dry products such as wheat, corn, and beans)

These containers, used with oxygen absorber packets, eliminate food-borne insects and help preserve nutritional quality and taste. Oxygen absorber packets are available at Church home storage centers or through Church Distribution Services.

Under certain conditions, you can also use plastic buckets for longer-term storage of wheat, dry beans, and other dry products.

Properly packaged, low-moisture foods stored at room temperature or cooler (**75°F/24°C or lower**) remain nutritious and edible much longer than previously thought according to findings of recent scientific studies. Estimated shelf life for many products has increased to 30 years or more (see chart for new estimates of shelf life). Previous estimates of longevity were based on "best-if-used-by" recommendations and experience. Though not studied, sugar, salt, baking soda (essential for soaking beans), and vitamin C in tablet form also store well long-term. Some basic foods do need more frequent rotation, such as vegetable oil every 1 to 2 years.

While there is a decline in nutritional quality and taste over time, depending on the original quality of food and how it was processed, packaged and stored, the studies show that even after being stored long-term, the food will help sustain life in an emergency.

**Warning:** Botulism poisoning may result if moist products are stored in packaging that reduces oxygen. When stored in airtight containers with oxygen absorbers, products must be dry (about 10% or less moisture content).

### A Lesson Learned

Way back a very dear friend moved from Chicago to upper Michigan. Her first winter was a bit of a revelation for her. Her family's first blizzard knocked out their electricity and phone and although she had a great pantry with about half a year's worth of meat, vegetables, fruit, comfort food, spices, herbs and water. She made a major miscalculation! She forgot cooking utensils, pots and pans, aluminum foil and something to cook with! You see she is a gourmet cook, with all the expensive copper pots and pans and a very professional electric cook stove and oven - All useless when the power went out!

She spent the first of the three day outage, in her garage and attic searching for and retrieving her camping cook stove, pots, pans and coffee pot. Thank goodness they hadn't sold the stuff when they moved to the country. Then she realized that she had no way to grind their coffee beans or whole grains, since her grinder was electric. Her husband managed to hook up the camp stove to the propane lead for the furnace and got it to work and they had a couple of bags of charcoal left over from the summer for their grill. But that first day her and her family lived off Pop-Tarts and water and they went without coffee and bread products for the whole outage.

That summer they purchased an all purpose woodstove insert to their fireplace. It has a two burner top, medium sized oven, small warmer oven and a 5 gallon water tank for hot water. She created a shelf for her camping equipment that was easily reachable in the garage and added a few cast iron items she felt she may need, along with aluminum foil, a hand grain/coffee bean grinder, small propane tanks, extra charcoal for the grill, additional candles and fuel for the camp lanterns. They thought: Contingency planned for and taken care of.

*Wrong!* That second winter they got hit with an even bigger blizzard. This one knocked the power out for 8 days and the phone for almost four. What they failed to take into consideration was that cooking on a wood burning stove or with cast iron cookware is much different than cooking with a modern gas or electric stove or oven and pots. She burnt

most of the meals and was just catching on when the power came back on. Good thing they had an over abundant winter pantry.

That second summer they all went to a Colonial Skills Camp for their summer vacation and learned a number skills including cooking on a wood stove and cast iron cooking over an open fire. As a result she has developed such a reputation for her gourmet cooking skills in primitive conditions that neighbors have been known to ski and snowmobile to their house in near blizzard conditions to enjoy her meals.

So let this be a lesson. ***When planning your food storage, remember to consider HOW you will prepare this stuff, in what, with what and using what kind of fuel. Think, plan, learn and acquire:***

- A non-electric stove and oven, with the necessary fuel.
- Practice with the cooking equipment to ensure your skills without wasting food and fuel
- Aluminum foil, heavy duty and regular
- Cooking and baking pots, pans, plates and utensils, including a non-electric coffee pot, that can go directly on a fire pit or grill top. Think multi functional as well. Camping pots that “nest” can be used as double boilers. Many camping plates function as shallow bowls too.
- A non-electric coffee and grain grinder; mixer and blender optional

***Today is the Tomorrow that you worried about Yesterday ... so start doing!***

Ok when you finish reading this and the appendix, you will have identified what kind of timeframe you want your food storage for (seasonal, any time natural or man-made emergency, spiritual). You are on your way to learn the old skills for preserving foods and the recipes and tools to make and consume them. You have also started your grab-and-go emergency binder, 72-hour packs and other contingency plans for various emergencies and disasters that nature and life may throw your way. You now have the knowledge to start accumulating and using your food storage, wisely and economically.

If you have chosen to be prepared for any long term disaster or emergency, like a year or two, be sure to check out the various preparedness, survival, homesteading and country living sites and blogs. Join the bogs and add your own experiences, good and bad. Better to laugh with than be laughed at. These sites can also give you more specific information on making your own fuel and energy; sanitation methods; gardening; weaving; building; livestock; water harvesting; seed saving and the like, some even have self defense information. Anything you might need to know can be obtained from these sites for long term survival, be it rural, suburban or urban.

***Above all, enjoy and have fun along the way! Good luck.***

## Appendix – Food Storage Shopping Lists

Again, Many Thanks to one and all on the LDS and companion sites for this information. Additional Thanks to all you “Preppers” out there – *Keep On Prepping!*

**There are several documents for getting started and I highly recommend all of them.**

- For a great way to get started on just about \$5.00 a week go to [TheIdeaDoor.com](http://TheIdeaDoor.com) and down load [FoodStoragefor5aWeek.pdf](#).
- [Obtain3MonthSupply12Weeks.pdf](#) from [TheIdeaDoor.com](http://TheIdeaDoor.com)
- [ArkProject\\_MonthlyFoodStoragePlan.pdf](#) from [TheIdeaDoor.com](http://TheIdeaDoor.com) This contains a 72 hour kit goal as well as the food storage goal.
- Be sure to check out the Links section of this Appendix for additional lists and information

### Example Weekly and Monthly Shopping lists

Below are several weekly and monthly shopping lists to get you started on your stored food pantry. Keep in mind to substitute items you do not like or medically cannot consume with items of similar nutritional value that you can eat.

**Here is a very simple monthly starter plan** by Beverly Qualheim from [MyFavotiteEzines.com/articles/how-to-start-food-storage.html](http://MyFavotiteEzines.com/articles/how-to-start-food-storage.html).

This list is NOT a full year supply of food, but it will get you started. When amounts are listed, they are for one person for about a full year.

- Get a marker and write the purchase date on each item to aid in rotation. The best Food Storages are used on a regular basis, replacing the food as used.
- Set aside an affordable amount of money for each week. If you have money left over from one week--use it to help purchase the next week's item.
- Make a substitution if the item is one you would never use.
- Buy in quantity when you can. If you can't -- it's ok! For example, if you cannot afford 30 lbs of oatmeal, buy 3 containers to get a start.
- It is important to remember that if you live on Food Storage you will not be eating like you do now, unless you tailor the food plan to foods your family eats for the first year and then on the second year, purchase the rest of the foods listed below for your long term storage needs.
- Buy things for your food storage that are nutritious and incorporate them into your current diet. There is no point in having a large supply of beans if you are all allergic to them! Also remember to buy single items each week and build slowly and carefully, using the products as you need to during the year.
- Good rule of thumb: if you go shopping and you have one jar of peanut butter on your list, BUY 2! Same applies for anything you can afford. Build slowly.

**\*\* Every week you will need to store away at least 2 gallons of water** in 2 liter pop bottles, 5 gallon water containers, or other food safe containers. (NOT empty milk jugs as those will biodegrade.) \*\*

JANUARY WATER! - As much as you can buy and store- each month!

Week 1:

Chlorine Bleach - 1 gallon per family member

Week 2:

Matches and candles

Week 3:

10 cans Tuna, salmon, or chicken

Week 4:

Multiple Vitamins (especially A, C, and extra calcium)

FEBRUARY WATER! - As much as you can buy and store- each month!

Week 1:

Hot Cereal: wheat and rice

Week 2:

Shortening - 5 lbs

Week 3:

Yeast -1/2 lb or 20 cans of corn

Week 4:

Honey 3 lbs or a gallon of Pure Maple Syrup (for sweetener)

MARCH WATER! - As much as you can buy and store- each month!

Week 1:

Potato Flakes or pearls

Week 2:

3 lbs Raisins and dried apricots

Week 3:

Dry Milk - 14 lbs

Week 4:

Oatmeal - 30 lbs

APRIL WATER! - As much as you can buy and store- each month!

Week 1:

20 pkgs of vegetable seeds, various types that will grow in your area.

5 boxes of Bisquick or Jiffy mix.

Week 2:

Corn Meal - 30 lbs

Week 3:

Canned Vegetables (what your family likes) and dried apricots

Week 4:

Enriched White Flour - 15 lbs. (best stored in freezer)

MAY WATER! - As much as you can buy and store- each month!

Week 1:

Canned Fruit (what your family likes)

Week 2:

Canned Baked Beans

Week 3:

Brown Sugar - 3 lbs

Week 4:

Vegetable Oil - 2 gallons

JUNE WATER! - As much as you can buy and store- each month!

Week 1:

Baking Soda - 2 lbs (for cleaning) & Alfalfa Seeds (to sprout)

Week 2:

Wheat Berries (to sprout)

Week 3:

Peanut Butter - 5 lbs

Week 4:

Candles - 100 hour candles are great. But any candles will do.

JULY WATER! - As much as you can buy and store- each month!

Week 1:

Jams and preserves - 6 lbs

Week 2:

10 lbs dried peas or beans or both

Week 3:

canned soup

Week 4:

dried lima beans

AUGUST WATER! - As much as you can buy and store- each month!

Week 1:

Spices and multi-vitamins

Week 2:

Salt 8 lbs

Week 3:

Vegetables (canned) as frozen will not store in an emergency.

Week 4:

Baking Powder - 1 lb

SEPTEMBER WATER! - As much as you can buy and store- each month!

Week 1:

Canned Tuna, chicken or Salmon

Week 2:

Canned Milk (12 oz cans) - 12

Week 3:

Nuts (freeze them) Week 4:

Toilet Paper

OCTOBER WATER! - As much as you can buy and store- each month!

Week 1:

3 boxes Corn Starch

Week 2:

White Enriched Rice - 50 lbs

10 lbs brown rice (brown rice spoils faster but it better for you.)

Week 3:

Fruit Juice (canned)

Week 4:

Vinegar - 2 gallons

NOVEMBER WATER! - As much as you can buy and store- each month!

Week 1:

Dry Soup Mix - 5 lbs

Week 2:

Dried Beans/legumes

Week 3:

Dried green or yellow Peas

Week 4:

Popcorn

DECEMBER WATER! - As much as you can buy and store- each month!

Week 1:

Tomato Sauce or spaghetti sauce.

Week 2:

Pasta: Spaghetti, macaroni, etc., - 30 lbs

Week 3:

Crackers - 2 lbs, and dehydrated vegetables or do your own.

Week 4:

Dried Bananas, figs, or other dried fruit

The following tips will help you begin storing food:

- Protect food storage from heat. Store all products away from heat and sunlight. Food stores best at 70 degrees or cooler.
- Protect food from moisture. Store products on shelves or raised platforms, rather than directly in contact with concrete floors or walls, to avoid moisture damage.
- Protect products from rodents and insects. Bulk dry food storage products store well in #10 cans, foil pouches, glass canning jars, PETE (Polyethylene terephthalate) plastic bottles, and plastic buckets.
- For best results, rotate food storage items.

*\*In some locations, storing food is prohibited or limited by law. When packaging and storing food, always obey local food storage laws and sanitation guidelines.*

**A 51 week suggested food and emergency kit starting guide** from TheIdeaDoor.com and Ark or Noah project is another good starting point to use as a guideline. Repeat the 51 week cycle as needed.

This is a suggested food and emergency kit schedule for one year --- starting with basic supply then emergency and finally expanded basic food supply (as given in *Essentials of Home Production and Storage*). **If you follow it you will have one month's supply for 1-2 people.** If you do not like an item on the list feel free to substitute. You can double, triple, or half the purchases according to your family's needs, and your finances. There is also a weekly to do list to remind you of things to check around your home.

## Food Storage – Continued

Week 1: At least 7 gallons of water. Hint: Water storage may be in plastic bottles, to which bleach may be added if the purity of the water is in question. (generally 1/2 tsp per five gallons if water is clear or 1. tsp. per five gallons if water is cloudy.) In case of emergency, the water in water beds, water heaters, toilet tanks, and cisterns may be purified and used.

Week 2: 15 Pounds of good wheat. Hint: People who have small homes with limited storage space should prepare the best they can for emergencies. Basic food items often can be stored in rather limited space. Closets, attics, and space under beds can be used to store food. It is wiser to have food storage sufficient for only a few weeks or months than to have no storage at all.

Week 3: 1 large box or ten envelopes of instant milk. Hint: Make sure you have, enough bedding to keep each person warm if there were no other heating supplies.

Week 4: 10 pounds Rice. Hint: Check that you have sufficient clothing (that fits) for one year (or fabric and necessities for sewing clothing).

Week 5: 4 pounds Sugar. Hint: Ezra Taft Benson said, "The revelation to store food may be as essential to our temporal salvation today as boarding the ark was to the people in the days of Noah." "We encourage families to have on hand this year's supply; and we say it over and over and over and repeat over and over the scriptures of the Lord where He says, 'Why call ye me, Lord, Lord, and do not the things which I say?'" (Spencer W. Kimball, May 1976)

Week 6: 1 large jar of honey. Hint: Double check flashlight and battery supply.

Week 7: 8 ounces of Salt. Hint: Evaluate family preparedness, set goals for the coming year and seek to obtain them.

Week 8: One bottle of vegetable oil or one can of shortening. Hint: Double check emergency supplies for baby, are diapers and clothing going to fit? Formula? (even nursing moms should make sure there is formula available),

Week 9: 5 pounds legumes (beans & peas). Hint: Have backyard campout to practice emergency skills. (good opportunity to check out warm bedding).

Week 10: Coal, wood, briquettes, propane, matches, candles for cooking and light. Hint: Make buddy burner. Cut strips of corrugated paper in 1 ½ in widths. Roll each strip tightly and fit in a tuna fish can. Pour melted paraffin wax in the can so that it soaks the paper and fills the remaining space. Each can will burn for 1 ½ to 2 hours!

Week 11: Dish Soap. Hint: Store extra prescription medication with the words "Emergency use only",

Week 12: 2 bars of body soap per person. Hint: If you have a fireplace double-check to make sure flue is clear and the fireplace is clean and can be used without danger.

Week 13: 1 gallon bleach. Hint: Have Family Home Evening from FHE Manual "Protecting your Home against Fire," pp. 332-333.

Week 14: Bandages. Hint: Make sure you have emergency provisions for pets. Standard First Aid Supplies: adhesive tape, ammonia, antibiotic ointment, bicarbonate of soda, calamine lotion, diarrhea remedy, elastic bandages, gauze bandages, hot water bottle, hydrogen peroxide, ipecac syrup (induces vomiting), knife, matches, measuring cup, medicine dropper, needles, paper bags, razor blades, rubbing alcohol, safety pins, scissors, soap, thermometer, triangular bandages, tweezers, first aid book, prescription medications, consecrated oil. First aid kits and supplies should be checked and replenished regularly. All supplies should be labeled and organized for fast use.

Week 15: First aid cream and tape, cotton balls and ace bandage. Hint: An important emergency precaution is to have tetanus immunizations up to date - at least every 10 years.

Week 16: Year supply of garden seeds rich in Vitamin A&C appropriate for area (no hybrid). Hint: Every yard has space for a garden. Part of the lawn, play area, or flower garden may be converted to a garden. Vegetables may be grown in window boxes or pots. Plant the garden where it will receive at least 4 - 6 hours of direct sunshine each day. The soil should drain well, and an adequate source of water should be available.

Week 17: Hydrogen peroxide and alcohol. Hint: Review FHE Manual lesson "Treating Bleeding", pp. 330-332.

Week 18: Obtain bag or duffel for 72 hour kit, Hint: Each family or individual should have portable container(s) with emergency supplies such as the following: water, food requiring no refrigeration or cooking (graham crackers, canned fruits, canned meats), medications and critical medical histories required by family members, change of clothing, including 2 pairs of stockings; sanitary supplies; first aid booklet and equipment; candles; matches; ax; shovel; can opener; and blanket. The container should be placed where it can be picked up at a moment's notice.

Week 19: Buy 3 cans tuna and 3 cans pork and beans for 72 hour kit. Hint: Put together a first aid kit for the car. See FHE Manual p 323.

Week 20: 1 lb. Box of crackers sealed in plastic for 72 hour kit. Hint: Teach family how to treat shock victims, FHE Manual "Treating Shock" pp328-330.

Week 21: 1 lb. Dried fruit & beef jerky (apples, pineapple, apricots, bananas etc.) for 72 hour kit.

Hint: Try drying the fruit yourself and making jerky by slicing thin and placing on low heated oven overnight.

Week 22: 48 oz., canned orange or tomato juice for 72 hour kit. Hint: Post emergency numbers at all phones in the house. Have FHE about emergency contacts. FHE Manual "Emergency Numbers" pp. 323-324.

Week 23: 1 lb. Peanut butter for 72 hour kit. Hint: Try to cook for 3 days from your food storage.

Week 24: 1 gallon of water for 72 hour kit. Hint: Have FHE "Water Safety" FHE Manual pp 339-340.

Week 25: ½ lb. Nonfat dry milk. Hint: Obtain container for first aid kit for 72 hour kit.

Week 26: Obtain change of clothing that fits for 72-hour kit. Hint: FHE Manual "Coping with Blackouts" pp 334.

Week 27: Buy peaches & berries from store or U-pick farms. Hint: Bottle (or learn to bottle) peaches and berries.

Week 28: Matches, candle, battery operated light for 72 hour kit. Hint: Store cash in \$1 bills in various pockets in 72 hour kit for emergencies.

Week 29: Obtain blanket (wool is preferred) for 72 hour kit. Hint: Make sure you have emergency provisions and plans for pets.

Week 30: Buy corn or other vegetables at U-pick farm or store. Hint: Bottle or freeze veggies.

## Food Storage – Continued

Week 31: Can opener, dishpan, dishes, utensils, ax, shovel, bucket, battery-powered radio, paper and pencil for 72 hour kit. Hint: Locate gas meter and water meter shut offs and attach a wrench near them. Children who are old enough should be show how to turn the gas and water off. Along with an explanation of when and why we should have to do this. Review FHE Manual "Earthquake Preparedness" pp. 336-337.

Week 32: Personal toiletries for 72 hour kit. (toothbrush, tooth paste, shampoo, washcloth, towel, brush, feminine hygiene) Hint: Copies of personal documents: scriptures, genealogy records, patriarchal blessing, passport, driver's license, social security card, immunizations & legal documents (wills, insurance policies, birth certificates, etc.) for 72 hour kit.

Week 33: Plastic knives, forks, spoons, cups for storage. Hint: Place first aid kits, personal items and medication in various places--car, home, shed, etc.

Week 34: 1 box baking soda and baking powder. Hint: FHE Manual "Mouth to Mouth Resuscitation & Treating Choking" pp. 325-328.

Week 35: 4 cans of cream of chicken soup, 4 cans of chicken noodle soup. Hint: Install or test your smoke detector.

Week 36: Buy chicken to bottle. Hint: Bottle or learn to bottle chicken or other foods in pressure cooker.

Week 37: 3 cans beef chunks, Hint: Have fire drill with FHE Manual p333.

Week 38: 4 cans vegetable soup. Hint: Establish an out of state contact to call in case of emergency.

Week 39: 2lbs. Macaroni and 1 lb. Spaghetti. Hint: Place a pair of shoes under your bed so they are handy. Encourage children to store shoes under bed at night. You may want to have flashlights under children's beds also.

Week 40: 4 cans vegetables. Hint: Send copies of favorite photos to friends or family, out of state for safe keeping.

Week 41: Large box of instant mashed potatoes. Hint: Inventory all your sources of light - paper logs, hurricane lamps, candles etc. and make sure matches are nearby.

Week 42: 8 cans of canned fruit (peaches, pears, apples etc.) Hint: Store a roll of quarters and dimes for emergency calls.

Week 43: Aluminum foil, plastic garbage bags, Ziploc bags. Hint: Go on a hunt as a family to find the closest pay phone, or make survival kit see FHE Manual pp337-338.

Week 44: 4 boxes macaroni & cheese. Hint: .Take a first aid or CPR course.

Week 45: Plant fruit trees and grapevines. Hint: Make a plan to check on a ward member or neighbor who may need help in an emergency.

Week 46: Buy large garbage can and make home compost pile. (check in community for other sources) Hint: Prepare to plant garden

Week 47: 11large jar of jam or jelly, buy apples to bottle. Hint: Use apples to bottle, dehydrate, and make into sauce or butter.

Week 48: Buy pears from farm or store. Hint: Bottle pears.

Week 49: 7 gallons of water. Hint: Make inventory of all available water.

Week 50: 1 large container of syrup. Hint: Find out what the ward emergency plans are.

Week 51: Buy ingredients for families favorite recipes. Hint: Make a list of 14 recipes your family likes and acquire all the needed ingredients. Make copies of them and put them in storage sealed in Ziploc bags.

**A suggestion for two people for one year** from TheIdeaDoor.com is available as a PDF at [http://www.theideadoor.com/index.php?option=com\\_content&view=article&id=236](http://www.theideadoor.com/index.php?option=com_content&view=article&id=236). It was produced many years ago and is in the process of being updated. Instead of for \$5.00 a week this is most likely \$8-12.00 a week now. It is still an excellent guide for two adults for one year.

Week 1: 61bs. salt

Week 2: 5 cans cream of chicken soup

Week 3: 20 lbs. of sugar

Week 4: 8 cans tomato soup

Week 5: 50 lbs. wheat

Week 6: 6lbs. macaroni

Week 7: 20 lbs. sugar

Week 8: 8 cans tuna

Week 9: 6lbs. yeast

Week 10: 50lbs.wheat

Week 11: 8 cans tomato soup

Week 12: 20 lbs. sugar

Week 13: 10 lbs. powdered milk

Week 14: 7 boxes macaroni and cheese

Week 15: 50 lbs. wheat

Week 16: 5 cans cream of chicken soup

Week 17: 1 bottle 500 multi-vitamins

Week 18: 10 lbs. powdered milk

Week 19: 5 cans cream mushroom soup

Week 20: 50 lbs. wheat

Week 21: 8 cans tomato soup

Week 22: 20 lbs. sugar

Week 23: 8 cans tuna

Week 24: 6 lbs. shortening

Week 25: 50 lbs. wheat

Week 26: 51bs. honey

Week 27: 10 lbs. powdered milk

Week 28: 20 lbs. sugar

Week 29: 5 lbs. peanut butter

Week 30: 50 lbs. wheat

Week 31: 7 boxes macaroni and cheese

Week 32: 10 lbs. powdered milk

Week 33: 1 bottle 500 aspirin

Week 34: 5 cans cream of chicken soup

- Week 35: 50 lbs. wheat
- Week 36: 7 boxes macaroni and cheese
- Week 37: 6lbs. salt
- Week 38: 20 lbs. sugar
- Week 39: 8 cans tomato soup
- Week 40: 50 lbs. wheat
- Week 41: 5 cans cream chicken soup
- Week 42: 20 lbs. sugar
- Week 43: 1 bottle 500 multi-vitamins
- Week 44: 8 cans tuna
- Week 45: 50 lbs. wheat
- Week 46: 6lbs. macaroni
- Week 47: 20 lbs. sugar
- Week 48: 5 cans cream mushroom soup
- Week 49: 5 lbs. honey
- Week 50: 20 lbs. sugar
- Week 51: 8 tomato soup
- Week 52: 5 lbs. wheat

Some weeks you will have leftover change. Save the change each week in a kitty to be used for the weeks you may exceed \$5.00 (like wheat or milk).

You will end up with:

- 500 pounds of wheat
- 180 pounds of sugar
- 40 pounds of powdered milk
- 12 pounds of salt
- 10 pounds of honey
- 5 pounds peanut butter
- 45 cans of tomato soup
- 15 cans of cream of mushroom soup
- 15 cans of cream of chicken soup
- 24 cans of tuna
- 21 boxes of macaroni and cheese
- 500 aspirin
- 1000 multi-vitamins
- 6 pounds of yeast
- 6 pounds of shortening
- 12 pounds of macaroni

Here is another simple **one year suggestion list** from TheIdeaDoor.com by Karla Cervantez who suggests that if something is on the list that you don't like, substitute it with something you do. She also offers ways to save money for the purchasing of the food storage items.

**January**

Week 1 Popcorn: invest in a pop corn popper if you do not have one; lower your family's fat intake.

Week 2 Detergents, bleach and other cleansers. Don't forget to use manufactures coupons.

Week 3 Medicine chest and feminine products; you do not want to be out when you need them.

Week 4 First aid supplies, band aids, Neosporin, Benadryl, ect.

**February**

Week 1 Canned meats, corned beef, Spam, chicken, act

Week 2 Personal products, soap deodorant, toilet paper, shampoo, lotion, ect

Week 3 Peanut Butter

Week 4 Solid shortening, less expensive than oil and stores longer, but buy oil if you prefer.

**March**

Week 1 Juices Avoid watered projects; look for 100% lemon, orange pineapple, ect.

Week 2 More first aid products, gauze patches, swabs, cotton balls, tape ect

Week 3 Mixes Cake, pancake, muffin, or purchase items separately and make them yourself.

Week 4 spices and Herbs Buy the ones you use the most often, pepper, cinnamon, bay leaves, oregano, etc

**April**

Week 1 Toiletries Toothpaste, floss razor blades, shaving cream, ect

Week 2 Pasta consider your family's tastes.

Week 3 Dry milk: 40 ounces makes 5 gallons

Week 4 Assemble an emergency sewing kit, thread, pins needles, buttons, tape measure, scissors, ect. Keep it compact and handy

**May**

Week 1 Flour, white wheat pastry, rye ect.

Week 2 Dry soups and crackers, Restore crispness by placing crackers in microwave (dehydrator and oven work as well.)

Week 3 Gelatin and pudding mixes. you can also make you own mixes

Week 4 Garden seeds: don't forget the radishes they grow fast and are full of vitamins

**June**

Week 1 White sale month; buy those much needed sheets or towels

Week 2 Safety week, replace flashlight batteries, check smoke detectors practice your fire escape routes

Week 3 Cheese cheese cheese. buy in 5,10 15 pound blocks and cut into smaller blocks and freeze

Week 4 Paper towels, aluminum foil, sandwich bags ect

**July**

Week 1 Condiments; mustard, catsup mayonnaise relish pickles ect.

Week 2 Canning supplies Certo or Sure jell canning lids ect. If you do not can stock up on jams and jellies

Week 3 Fill or refill water jugs.

Week 4 Canned milk, try non fat varieties to cut back in your family's fat intake.

**August**

Week 1 Baking powder baking soda, cornstarch ect.

Week 2 Canned fruit, buy it already canned or can some yourself.

Week 3 Tomato week. Can it yourself or already canned, whole stewed, sauce or juice, ect

Week 4 Can or freeze veggies or buy them canned or frozen

**September**

Week 1 Sugars: Replenish your supply from canning, also powdered and brown sugar

Week 2 Canned tuna and salmon, buy them already canned or can some yourself.

Week 3 Dry beans, peas, rice, and legumes

Week 4 Sweeteners, Honey, Corn Syrup, Molasses, maple syrup ect

**October**

Week 1 Vinegar. apple cider, white (removes adores in laundry and great cleanser)

Week 2 Canned Soups, try the low salt and low fat varieties or make your own

Week 3 Apples, make your own pie filling, applesauce apple butter, juice, but then you can also buy if you do not can

Week 4 Nuts, Walnuts pecans almonds, ect They will freeze well

**November**

Week 1 Iodized salt. it seasons preserves and in a pinch a toothpaste

Week 2 Vitamins a good multi vitamins extra C for Flu and cold season ladies do not forget your calcium and vitamin D

Week 3 Treats for baking, cocoa, coconut, chocolate chips, vanilla extract, ect

Week 4 Rolled Oats, cornmeal, hot cereals, get what your family eats

**December**

Week 1 Cooking Oil, get good quality oil. Canola, olive and peanut oils are the healthier choices

Week 2 Candles and matches; put them where you can easily locate them in the dark.

Week 3 Merry Christmas! You've given yourself a great gift- security

Week 4 Hope you saved a little for those after Christmas sales; lots of bargains to be found this time of year. Do get out of the habit Turn this book over next week.

TNTCrazyLady

FormerlyNMUrbanHomesteader.weebly.com

## Appendix – More on Containers

### Storing Bulk Dry Foods in PETE Bottles using Oxygen Absorbers from Instructables.com

PETE plastic bottles are good containers that can be used for storage of shelf-stable, bulk dry foods that you normally keep in canisters in your pantry. Normal kitchen canisters do not have air tight seals. As a result, with changes in atmospheric pressure, air and moisture are pumped in and out of the products causing them to become stale more quickly.

Because of their oxygen/moisture barrier qualities, PETE bottles can be used as canisters to better maintain the freshness of stored dry foods. If you want to store these items for a longer time period, the use of oxygen absorbers in the PETE bottles will protect against insect infestation and help preserve quality longer.

In order to kill insects in adult, larva, and egg stages of growth, it is necessary to pull the oxygen content down to below 1% and hold it there for at least two weeks. Most types of plastic bottles are too porous, and leak too much oxygen in, but PETE bottles work well. Soda bottles and most shelf-stable juice bottles are made of PETE. Look at the recycle emblem on the bottom. It should have a #1 in the emblem and the letters PETE or PET below.

Step 1 Choose which types of bulk dry products you want to store

Decide on the types of products that you are going to store in PETE bottles using oxygen absorbers. These bulk items need to be dry, about 10% moisture or less and low in oil content.

Examples of suitable products are:

Grains : Oats, White Rice, Wheat, and Corn

Milled Grain Products : White Flour, Degermed Corn Meal, and Rice Flour.

Legumes : Beans, Split Peas, and Lentils

Nonfat Dry Milk: Regular and Instant

Dehydrated Fruits and Vegetables : Apples, Carrots, Onions, and Potatoes (Must be dry enough, both inside and out to snap when bent)

Examples of products that are not suitable in this type of storage are items that have high or exposed oil content, high moisture or contain leavening. Most of these foods are kept in their original containers and rotated frequently. Storage time can be increased by storing them in freezer bags, in the freezer:

Oily or Moist Grains and Milled Grain Products : Brown Rice, Whole Grain Flours and Cereals, Granola etc.

Nuts

Brown Sugar

Products containing leavening : Cake/pancake mixes, Biscuit mixes, etc. In the grocery stores these products are package in breathable packages that allow the gas produced by the leavenings to escape.

Home Dehydrated Fruits and Vegetables This is "reduced oxygen packaging". If moist foods, such as inadequately dried vegetables are stored this way, it could result in a botulism poisoning risk. If you have any question about the storability of a given product, contact your local County Agriculture Extension Service office.

step 2 Start saving, washing, and drying bottles

Start saving bottles Each time you empty a PETE soda or juice bottle, wash it out, drain it, and allow it to dry out completely, For this purpose, save only bottles that have been used for food or water.

Used wide mouth PETE jars that contained items like peanut butter, mayonnaise, and nuts can also be serve as canisters. However they may not be airtight enough to use with oxygen absorbers. The remnants of the original foil seal from the jar rim can limit their ability to provide an adequate seal. You can test the seal by tightening the lid on an empty bottle, placing it under water and squeezing on it to see if any bubbles come out.

The photo below demonstrates how oxygen absorbers work . Air is about 20% oxygen and 80% nitrogen. Nitrogen does not harm food or promote insect growth and does not need to be removed. Oxygen absorbers reduce the amount of oxygen in the container to less than 1%. This results in a lower oxygen content than can be accomplished with vacuum packaging.

The sealed bottle has one AGELESS 300 oxygen absorber and a few drops of water for this demonstration. This is how it looks after one week. It shows that the bottle volume was reduced by about 20% , as the oxygen was absorbed. Do not add water with bulk dry foods when packaging. The products already have adequate moisture to activate the absorber.

step 3 Obtain oxygen absorbers

Obtain Oxygen Absorbers To find oxygen absorbers, you can check in the yellow pages for "packaging" suppliers or search online for "oxygen absorbers". The type of oxygen absorbers I have used for over 10 years are the AGELESS 300 absorbers from Mitsubishi Gas Chemical Co. This type of oxygen absorber comes in sealed bags of 100 absorber packets each. The 300cc size, with its reserve capacity, is adequate for PETE bottles up to 1 gallon capacity, regardless of the density of the dry foods stored.

Once you are ready to use your absorbers, you will want to open the bag and place the absorbers into glass pint canning jars. One pint jar will hold 25 absorbers, as shown below. Other sizes of jars may be used, but they need to be clean glass jars with metal gasketed lids. They do not have to be new, but must have an airtight seal.

step 4 Package bulk dry foods in bottles

Verify that the bottles are completely clean and dry before filling.

Set up the packaging area. Once you know how many bottles you are going to fill in the next 20 minutes, remove that many absorbers from your absorber supply jar, spread them out on a tray and reseal the jar lid.

Place an oxygen absorber in the bottom of the bottle. The absorber will work regardless of its location in the bottle. However placing it on the bottom allows for full use of its reserve capacity, once you start using out of and reclosing the bottle.

Fill the bottle . As you are filling, tap the bottle several times on the table to settle the product. Fill it all of the way to the top.

Wipe off the top rim of the bottle.

Verify that the lid is clean and dry.

Tighten the lid down firmly to reseal

Label the bottle with the packaging date and, where applicable, ingredients and recipe instructions.

You may want to tape around the lid with a narrow strip of duct tape to help prevent others from opening it until you are ready to use it. White duct tape works well for this purpose.

step 5 Storage of PETE bottles of bulk dry foods

Store bottles in a cool, dry location, away from light and heat. Fruit boxes from the grocery store are very good containers to store the filled bottles. Like a used apple or produce box.

PETE bottle storage Information Resources

The following are links to other reference sources for PETE bottle storage and general information on bulk dry storage.

Utah State University Extension Service

<http://extension.usu.edu/foodstorage/htm/packaging>

<http://extension.usu.edu/foodstorage/htm/scientific-references>

Brigham Young University

[http://ndfs.byu.edu/home/Research/Long\\_Term\\_Food\\_Storage\\_Research/foodstorageresearch.aspx#packaging](http://ndfs.byu.edu/home/Research/Long_Term_Food_Storage_Research/foodstorageresearch.aspx#packaging)

FEMA

<http://www.fema.gov/plan/prepare/water>

LDS Church

[http://providentliving.org/pfw/multimedia/files/pfw/pdf/96277\\_PETEBottleStorageInstructions\\_v4\\_pdf.pdf](http://providentliving.org/pfw/multimedia/files/pfw/pdf/96277_PETEBottleStorageInstructions_v4_pdf.pdf)

<http://www.providentliving.org/content/display/0,11666,7534-1-4065-1,00.html>

[http://providentliving.org/pfw/multimedia/files/pfw/pdf/96278\\_PlasticBucketStorageInstructions\\_v4\\_pdf.pdf](http://providentliving.org/pfw/multimedia/files/pfw/pdf/96278_PlasticBucketStorageInstructions_v4_pdf.pdf)

**Foods for Storing and their Containers from [www.the-testament-of-truth.co.uk/web/storage.htm](http://www.the-testament-of-truth.co.uk/web/storage.htm)**

Containers - Containers for food need to be water proof and vermin proof (preferably metal):

1. 200 litre (44 gallon) clean open mouth drums may be obtained from food manufacturing factories etc. Plastic bag liners may be available and care must be taken once the food has been placed in the drum that the drum is not subject to extremes of temperature allowing condensation to form on the inside of the drum, thus potentially spoiling the food
2. 20 litre square sided honey tins. These may be acquired from bee keeping suppliers and are excellent for storing food where the food may need to be moved.
3. There are many other storage containers that may be used eg. galvanised water tanks, 20 litre round food pails, large glass bottles, large concrete water pipes, heavy plastic bags.

Which Foods are best for storage. Seven factors may be considered in deciding which foods to store.

1. Calories. This is the energy carried within the food and provides the body with energy to function.
2. Nutrition. This is the vitamins, minerals, essential oils, fibre etc that are essential for health.

3. Life force. This is the vitality of the food that can add to the vitality of the individual.
4. Storage life. This is the time in which the food can be stored without losing its vitality, nutritional qualities and edibility.
5. Bulk. Storing foods efficiently requires choosing compact foods that hold a high calorie and nutritional value in a small volume.
6. Cost per calorie.
7. Preserving or protecting the food once stored from weevils, vermin and oxidation.

### Food types

1. Grains. Unground cereal grains such as wheat, rye, barley, oats, maize, rice, sorghum and millet are ideal for storing. Wheat keeps the best of these and rice the least. Wheat has been stored in underground plastic lined pits for many years without going rancid. Rice apparently does not keep for more than one or two years.

Grains need to be protected from weevil infestation and moisture.

2. Legumes. These are foods such as beans, lentils, peas, chickpeas and soy beans. They store well although some may dry out and become very hard. They compliment cereals by balancing the protein content.
3. Edible Seeds. There are many varieties of seeds that can be stored such as sesame, sunflower, alfalfa, pumpkin, poppy and linseed. These need similar storage conditions to cereals.
4. Nuts. Nuts such as almonds, walnuts, peanuts
5. Spices. Examples of spices are cardamom, caraway, cinnamon, cloves, dill, peppers, mustard, and celery. There are many spices not mentioned, all can be stored so that they can be used to enhance the flavour.
6. Salt. This should be included in the storage list, needing only to be kept dry. Use "iodised" if possible.
7. Sweeteners. Honey, sugar and malt etc are high calorie foods providing a quick energy source. Honey and malt also contain a modest nutritional value.
8. Oils. Olive oil and Ghee (tinned).
9. Proteins. Tinned meat, fish and other sources of protein.
10. Water. While not normally considered a food, water is an essential nutrient. People who live in towns and cities have become used to turning a tap and getting water. Ahead this may not be the case. Obtaining adequate drinkable water should be a priority in preparing for the times ahead. Rain water can be collected from roofs and stored in tanks. Some provision should be made for sterilising water by boiling. River water quality and quantity should not be assumed. Those people living in towns and cities should consider a stock of water sterilising tablets.
11. Vegetable seeds. The growing of food will be a major need ahead and thus the seeds necessary should be stored along with the other foods. Seeds such as pumpkin, turnip, parsnip, carrot, corn and the cereals can be grown for calories. The leafy vegetables such as silver beet, celery, cabbages, lettuces, parsley etc for the greenery of the meal. Whatever your local climate and food produce is, choose the seeds accordingly and store in a similar way as to cereals. These are best kept in brown paper bags, do not use plastic air tight bags.

How to store and preserve grains and seeds. Grains and seeds can be protected from weevil infestation in two ways.

1. Commercially, carbon dioxide (CO<sub>2</sub>) is used to displace the oxygen in the container. This is reported to kill all weevils and their eggs. For those who have the availability in their area of hiring gas bottles of carbon dioxide, a hose can be placed into the bottom of the container, the container filled with grain and then the gas trickled through the hose into the bottom of the vessel. The carbon dioxide gas being heavier and cooler, slowly fills the container. When a flaring match goes instantly out at the top of the container it is full of the gas and the container can then be sealed. If the reduction of the level of oxygen through displacement with carbon dioxide is sufficiently high, it will kill the weevils and eggs.

It is very important if using large containers that no one enters the container after the carbon dioxide is used as loss of consciousness followed by death may occur due to the lack of oxygen.

2. Diatomaceous earth. This is obtained from fossilised sedimentary layers of tiny phytoplankton called diatoms. It can kill insect by desiccation absorbing the oils of the insect allowing dehydration and death. It can also kill the insect

through its abrasive action. It is non-toxic but care should be taken to avoid inhaling the dust. Use at a ratio of approx 1 part to 250 parts of grain and mixed into the grain as the container is filled. Diatomaceous earth is non-toxic.

If the grain is being milled, monitor the process to ensure that the mill surfaces are not worn by the dust. The powder may be washed off before using the grain. Diatomaceous earth does not work as well for maize and is more successful when the moisture content of the grain is low.

Legumes. These may be stored in air-tight containers and appear to keep reasonably well for several years. Some legumes dry out and become very hard over a period of time. These may be ground for use as a "flour."

Nuts. Nuts removed from their shell oxidise quickly and need to be eaten before a year has passed. Unshelled nuts may last longer.

Spices. These will lose some of their flavour over time due to the loss of volatile oils and to oxidation. Many spices keep in air tight containers for several years.

Sweeteners. Raw honey keeps quite well for several years in a sealed container. Sugar keeps indefinitely. Molasses etc can go "off" and should be stored in a sealed container away from light to give it an extended life. These foods are favourites of ants and care must be taken to use sealed containers

Oils. These need to be stored in airtight tin or dark glass to slow oxidation.

Using the stored foods.

1. Cereals mills. With cereals and seeds, some of them such as rice and oats can be cooked in water and eaten, others can be ground to make a flour and thus bread etc. Thus a means of grinding the grain or seed needs to be acquired.

There are several types of grinders from metal through to stone. It is suggested that the grinder you decide upon should first be trialed to note how efficiently it grinds the grain and how long it takes for the quantity required.

2. Sprouting. Sprouting of seeds, legumes and grains substantially increases the nutritional value and volume of the food. To sprout these foods, a rough guide is as follows:

- A. Select, wash and place in a 1 or 2 litre wide mouthed well-washed jar.
- B. Allow for a six fold increase in volume. Cover with 4 times the volume of luke warm water and allow to stand overnight or until they have swollen.
- C. Pour off water and wash thoroughly and drain well.
- D. Cover the jar top with cheesecloth or other mesh screening and tie on securely.
- E. Invert jar and place in a cupboard or dark place allowing excess water to drain away.
- F. At least once, preferably 3 - 4 times daily, wash thoroughly with plenty of cool water and drain well. This washes away moulds and bacteria that may have developed whilst moistening the seeds.
- G. In 3 - 4 days at room temperature the sprouts will be from 1 to 5 cm (0.5 - 2 inches) long. Eat at a time that is found most suitable for each food. They may be lightly cooked if necessary.
- H. The food chosen will require its own sprouting time and preparation for eating that can be easily learnt as you go.

Purchasing. This will depend on which country you live in but listed below are some general guidelines that may help.

Cereals, seeds and legumes can be purchased in bulk directly from farmers, grain merchants and bulk health food wholesalers and retailers. Be sure to state your usage to ensure that the food purchased has not been treated with chemicals making it unsuitable for human consumption.

Other food such as honey may be purchased directly from the producer and tinned meat and fish from supermarkets or wholesalers.

## Appendix – Medicine Storage

### Medicine Storage

According to a Medical Study in the UK (<http://www.medicalnewstoday.com/articles/10168.php>) the **recommended maximum storage and transit temperatures for most medications is 25 degrees C or 77 degrees F** and are set by the pharmaceutical manufacturers. ... Others, however, 'do seem temperature sensitive.' Many drugs, including cefalexin, ampicillin and erythromycin have shown a reduction in efficacy when exposed to high temperatures. **Aspirin, for example, degrades under increased temperature conditions.** ...

From Prevention.com

#### General Guidelines

- Store medicines in a cool, dry place, protected from sunlight and out of reach of children. A good spot is the top shelf of a linen closet. A bad spot is a bathroom cabinet, due to the high humidity.
- Group medications by category so the one you need doesn't get lost in the shuffle.
- Once a year, throw away outdated drugs. Some old medicines lose potency, while others may undergo chemical changes that could make them unstable or even risky.
- Contact the American Pharmaceutical Association for more information if lacking from the pharmacists or missing on the label.

Repeated in another article by Teri Walsh when interviewing Marisa A. Lewis of PharmD on Prevention.com

- Keep it cool and dry. Read storage recommendations carefully. Unless special conditions are suggested (for example, antibiotics are often stored in the refrigerator), choose a storage spot that's cool, dry, protected from direct sunlight, and out of the reach of children. Best bet: the top shelf of a linen closet. Worst: bathroom cabinets, due to high humidity.
- "Proper storage is important, but most people don't bother because the bathroom is so convenient," Dr. Lewis says.
- Organize. Group meds by category so the one you need doesn't get lost in the shuffle. Put cold remedies, tummy soothers, and pain relievers into labeled plastic storage boxes for easy retrieval.
  - Toss. Once a year, throw away outdated drugs and remedies. Some old medicines lose potency, while others may undergo chemical changes that could make them unstable and even risky, says Paul Insel, MD, professor of pharmacology and medicine at the University of California, San Diego.

**Tips For Storing And Handling Vitamins** (focus on bulk generic) from ArticlesBase.com

*It is vital that all drugs, even vitamins, are kept out of the reach of children.* Excessive amounts of vitamins such as A, D and K can be exceptionally harmful to children.

**When vitamins are stored properly, they can usually remain at their best for four to five years.** So, what are the most important things to know about supplying and handling vitamins?

- **First and foremost, the majority of discount vitamins and supplements should be tightly sealed, at a cool temperature, dry and away from light.** The information for the specific requirements for the vitamins can usually be found on the packaging and the manufacturer's website or customer service line.

- *The best place to keep vitamins is in the linen closet, which can accommodate all of the requirements for storage.*

**Vitamins should only be placed in the refrigerator when long-term storage is necessary.** According to Glen Shue, a nutritionist for the Food and Drug Administration (FDA), *a three-month supply of the discount vitamins should be kept out of the refrigerator, with the remaining sealed tightly. For all others when it comes time to retrieve more vitamins, the storage bottle should be taken out of the fridge, allowing it to get to room temperature before opening.* A helpful money saving tip is to ensure that when buying in bulk, the specific types of vitamins and/or minerals being purchased will be used on a daily basis to ensure that they do not go too far out of date and thus disposed of.

- **The only supplements that don't fall under the "no fridge rule" are fatty acids and antioxidants, especially Carotenoids (luteins, beta-carotene, etc.) and Vitamin E.** These must be protected from air oxidation thus storing in the refrigerator in a dark bottle/container is best.

- **Never store vitamins in the kitchen or in the bathroom.** The bathroom is a bad idea because of the amount of heat and humidity caused by showers or bathing. Kitchens also contain a large amount of moisture as well as vaporized fats. These collect on the vitamins, *causing them to lose their potency.*

- **Packaging does make a difference!** As often as possible discount vitamins and minerals need to be kept in the original container it was sold in. in order to avoid deterioration of its strength.

**The Food and Drug Administration does NOT require expiration dates or storage instructions on bottle on vitamins.** While most manufacturers indicate the dates anyway, it is not a requirement.

**\*\* Vitamins that are out of date are not dangerous to a person's health. These vitamins simply lose their effectiveness and potency.**

### Medicine Storage for Pets and Livestock from FoodAssurance.teagasc.ie

Medicine Storage: Best Practice

Secure, segregated and safe storage of medicines/remedies and equipment (e.g. needles) is important.

Suitable Storage

- The medicine store (s) should be of a sufficient size and strength to hold all the livestock remedies on the farm.
- Store livestock medicines in accordance with manufacturer instructions. Some medicines may need to be stored within a specified temperature range. (e.g. vaccines) and may require refrigeration. Medicines from a refrigerator that were inadvertently frozen should be discarded.
- The medicine store should not be located in direct sunlight or adjacent to any source of direct heat.
- The medicine store should be located indoors (e.g. in an adequately lit shed)

Safe Storage

- Livestock medicines must be kept out of the reach of children
- The medicine store should be locked when not in use. The key should be kept in a safe location. All farm workers should know the store location.
- The medicine store should contain a clear warning label.
- Do not store medicines in close proximity to animal feed. Any medicated feed (if prescribed) should be clearly labelled and stored away from ordinary feed.
- Dairies are an unsafe place to store medicines, accidental contamination of milk could potentially occur.
- Do not store medicines near household food (e.g. deep freezers, fridges) in case of accidental contamination of food.
- Store medicines separately to other farm chemicals (e.g. weedkillers, disinfectants). Animals have been poisoned where farm chemicals were given by mistake.
- Segregate and preferably remove expired medicines from 'in use' medicines.
- All spillage's should be removed immediately from the medicine store and disposed of in accordance with manufacturer recommendations.

TNTCrazyLady

FormerlyNMUrbanHomesteader.weebly.com

## Appendix – Links to Documents, Checklists and Other Resources

I have uploaded many documents @ <http://FormerlyNMUrbanHomesteader.weebly.com> to share regarding: Preparedness, Homesteading, First Aid, Survival, Food Storage and the like. You can view and download using the link above.

### Information used in this letter to my friends:

3 month Food Supply [FoodStorageMadeEasy.NET](http://FoodStorageMadeEasy.NET)  
 Ark Project Food Storage Plan Obtain a 3 Month Supply in 12 Weeks [theideadoor.com](http://theideadoor.com)  
 Ark Project Monthly Food Storage Plan [theideadoor.com](http://theideadoor.com)  
 Building A Starter Food Storage - An Online Plan [myfavoriteezines.com/articles/how-to-start-food-storage.html](http://myfavoriteezines.com/articles/how-to-start-food-storage.html)  
 Emergency Water Purification [i4at.ORG](http://i4at.ORG)  
 Emergency Water Supply [i4at.ORG](http://i4at.ORG)  
 EVERYTHING UNDER THE SUN - Putting the Foods You Love Into Food Storage by Wendy DeWitt [theideadoor.com](http://theideadoor.com) or [everythingunderthesunblog.blogspot.com](http://everythingunderthesunblog.blogspot.com)  
 Fluids And Hydration [Unv Minn](http://UnvMinn)  
 Food Storage Calculator - Long Term Food Storage Calculator and Inventory Sheet [foodstoragemadeeasy.net](http://foodstoragemadeeasy.net)  
 Food Storage Checklist 1 [foodstoragemadeeasy.net](http://foodstoragemadeeasy.net)  
 Food Storage for \$\$\$ dollars a Week [theideadoor.com](http://theideadoor.com)  
 Food Storage Inventory Sheet [DealsToMeals.com](http://DealsToMeals.com)  
 Hydrations Needs Throughout Lifespan [jacn.ORG](http://jacn.ORG)  
 It wasnt raining when Noah built the Ark Booklet - Monthly storage and 72 hour go bag plan [theideadoor.com](http://theideadoor.com)  
 Long Term Food Storage Shelf Life [providentliving.org](http://providentliving.org)  
 Monthly Storage Calendar [theideadoor.com/](http://theideadoor.com/)  
 One Year Supply Guide - Suggested Amounts of Basic Foods for Home Storage-Per Adult for One Year [DealsToMeals.com](http://DealsToMeals.com)  
 Project Noah Food Storage Getting Started [theideadoor.com](http://theideadoor.com)  
 Starting Your Food Storage - Tips from the LDS Church [providentliving.org](http://providentliving.org)  
 Shelf Life Food Storage [FoodStorageMadeEasy.NET](http://FoodStorageMadeEasy.NET)  
 Storage Montly Calendar [theideadoor.com](http://theideadoor.com)  
 Storage of Dry Foods [TheIdeaDoor.COM](http://TheIdeaDoor.COM)  
 Storing Water [theideadoor.com](http://theideadoor.com)  
 Three Month Menu Plan Worksheet [foodstoragemadeeasy.net](http://foodstoragemadeeasy.net)  
 Water Storage Container FAQ [scribd.com](http://scribd.com)  
 WaterStorage.pdf [Family-Survival.com](http://Family-Survival.com)  
 Where To Store Food [theideadoor.com](http://theideadoor.com)

**Additional Information Regarding Food Storage, Animal Safety, Self-Reliance, and General Preparedness**

- 100 Ways to Stretch Your Food Dollars [theideadoor.com](http://theideadoor.com)
- 72 Hour Contents List [FoodStorageMadeEasy.NET](http://FoodStorageMadeEasy.NET)
- 72 Hour Kit Shopping List [FoodStorageMadeEasy.NET](http://FoodStorageMadeEasy.NET)
- 72HR-Preparedness.pdf [scribd.com](http://scribd.com)
- Anything and everything self-reliant [backwoodshome.com](http://backwoodshome.com)
- Apple Box Oven [theideadoor.com](http://theideadoor.com)
- ASPCA Pet Disaster Preparedness [aspc.org/pet-care/disaster-preparedness/](http://aspc.org/pet-care/disaster-preparedness/)
- AVMA\_pets\_saving\_family\_brochure.pdf [American Veterinary Medical Association](http://AmericanVeterinaryMedicalAssociation.com)
- BackHome Magazine [backhome.com](http://backhome.com)
- Backwoods Home Magazine [backwoodshome.com/](http://backwoodshome.com/)
- Backwoods Living [backwoodsliving.com/](http://backwoodsliving.com/)
- Backwoodsman Magazine [backwoodsmanmag.com](http://backwoodsmanmag.com)
- Basic Water Information [i4at.ORG](http://i4at.ORG)
- Be Prepared Emergency Essentials [beprepared.com](http://beprepared.com)
- Bishop's Storehouse Cookbook Food Storage Recipes [theideadoor.com](http://theideadoor.com)
- BugOutBags-bugbag-survivalistbooksCOM.rar [survivalistbooks.COM](http://survivalistbooks.COM)
- COLLEGE STUDENT EMERGENCY KIT [TheIdeaDoor.COM](http://TheIdeaDoor.COM)
- College Student Emergency Kit [theideadoor.com/](http://theideadoor.com/)
- Consumer Reports & spin off Shop Smart [consumerreports.com](http://consumerreports.com) & [shopsmartmag.org](http://shopsmartmag.org)
- Cooking with Basic Food Storage [theideadoor.com/](http://theideadoor.com/)
- Country Magazine [country-magazine.com](http://country-magazine.com)
- Countryside Magazine [countrysidemag.com/](http://countrysidemag.com/)
- Disaster Preparedness - contains Readiness, Response, Survival, Recovery - Bug Out Bags/Grab & Go Bags, Safe Rooms...  
[knowledgehound.com/topics/survival.htm](http://knowledgehound.com/topics/survival.htm)
- Disaster Preparedness Auto Breakdown.pdf [scribd.com](http://scribd.com)
- Emergency Binder - Documentation Grab-n-Go Book <http://FormerlyNMUrbanHomesteader.weebly.com>
- Emergency Binder Suggestions [theideadoor.com/](http://theideadoor.com/)
- Emergency Checklist [FoodStorageMadeEasy.NET](http://FoodStorageMadeEasy.NET)
- EMERGENCY DENTAL FIRST AID KIT [theideadoor.com](http://theideadoor.com)
- Emergency-Preparedness-Grab-n-Go.pdf [scribd.com](http://scribd.com)
- Emergency-Preparedness-Shelter-in-Place.pdf [scribd.com](http://scribd.com)
- Emergency-Sanitation-At-Home-DoD 1958.pdf [snardfarker.ning.com](http://snardfarker.ning.com)
- Enjoy Simple Living [enjoysimpleliving.com](http://enjoysimpleliving.com)
- EPA\_fs\_emergency-disinfection-drinkingwater-2006.pdf [EPA](http://EPA.gov)
- FamilyDisasterSuppliesKitRedCross.pdf [American Red Cross](http://AmericanRedCross.org)
- FamilySurvivalCom [family-survival.com](http://family-survival.com)
- Farm and Ranch Living Magazine [farmandranchliving.com](http://farmandranchliving.com)
- Farming Friends [farmingfriends.com/](http://farmingfriends.com/)
- Food Storage - Getting Started [foodstoragemadeeasy.net/](http://foodstoragemadeeasy.net/)
- Food Storage - Preparedness [theideadoor.com](http://theideadoor.com)
- Food Storage Bucket-labels [FoodStorageMadeEasy.NET](http://FoodStorageMadeEasy.NET)
- Food Storage Recipes [theideadoor.com](http://theideadoor.com)
- Frugal Living Tips [frugal-living-tips.com/](http://frugal-living-tips.com/)
- Get Ready\_Supply\_checklist.pdf [Homeland Security](http://HomelandSecurity.gov)
- GetReady\_pets [Homeland Security](http://HomelandSecurity.gov)
- Helping farmers and ranchers protect livestock (Preparedness) [homeland1.com/disaster-preparedness/tips/397245-Helping-farmers-and-ranchers-protect-livestock/](http://homeland1.com/disaster-preparedness/tips/397245-Helping-farmers-and-ranchers-protect-livestock/)
- Homesteading [homestead.org](http://homestead.org)

How to use Powdered Milk without having to Drink It [theideadoor.com](http://theideadoor.com)  
How-To-Treat-and-Heal-Your-Pet-at-Home [Snardfarker.com](http://Snardfarker.com)  
In Case of Disaster Protect Your Pet [petprotect.com](http://petprotect.com)  
K9 First Aid Kit [k9forensic.org/k9firstaid.html](http://k9forensic.org/k9firstaid.html) complements of srsi.ORG  
LDS Preparedness Manual.pdf [ldspreparedness.com/](http://ldspreparedness.com/)  
Life Unplugged [lifeunplugged.net/](http://lifeunplugged.net/)  
Making\_Emergency\_Ration\_Packs-FAST.pdf <http://www.itdg.org/>, <http://practicalaction.org/home>, <http://www.fastonline.org/>  
Manual of Naval Preventive Medicine, Chapter 1: Food Service Sanitation, Section V: Storage and Care of Food Items"  
[brooksidepress.org/Products/OperationalMedicine/DATA/operationalmed/Manuals/food/manual/section5/1-34.htm](http://brooksidepress.org/Products/OperationalMedicine/DATA/operationalmed/Manuals/food/manual/section5/1-34.htm)  
New Findings for Longer-Term Food Storage [theideadoor.com](http://theideadoor.com)  
NFPA\_GetReady\_facts\_all.pdf Get Ready - Blackouts, Wildfires, Volcanoes, Tornados, Thunderstorms, Emergency Preparedness, Nuclear  
Power Plant Incidents, National Security, Landslides, Hurricanes, Home Fires, Hazardous Materials Incidents, Floods, Extreme Heat, Earthquakes,  
Relief Aid, Winter Storms and Extreme Cold [NFPA - National Fire Protection Association](http://NFPA - National Fire Protection Association)  
Organic Gardening [avant-gardening.com/](http://avant-gardening.com/)  
Path to Freedom - Urban Homesteading [stealthsurvival.blogspot.com](http://stealthsurvival.blogspot.com)  
Pet Owners [Homeland Security](http://Homeland Security)  
Pets saving\_family\_brochure [StealthSurvival.com](http://StealthSurvival.com)  
Preparedness Information - Emergency Survival, Many Subjects [stealthsurvival.blogspot.com/](http://stealthsurvival.blogspot.com/)  
Preparing-And-Canning-Fermented-Food-And-Pickled-Vegetables-USDA.pdf [snardfarker.ning.com/profiles/blogs/survival-  
books-free-downloads](http://snardfarker.ning.com/profiles/blogs/survival-books-free-downloads)  
Safe Water in Emergencies [theideadoor.com](http://theideadoor.com)  
Sample Emergency Plan-CNI.pdf [CNI](http://CNI)  
Self-Sufficiency and Sustainable Living [self-sufficiency-guide.com/](http://self-sufficiency-guide.com/)  
Self-sufficiency-Guide [self-sufficiency-guide.com](http://self-sufficiency-guide.com)  
shelf life guide Food Storage [foodstoragemadeeasy.net](http://foodstoragemadeeasy.net)  
Small Farm Today [smallfarmtoday.com/](http://smallfarmtoday.com/)  
Smallholder [smallholder.co.uk/](http://smallholder.co.uk/)  
Sprouting [theideadoor.com/](http://theideadoor.com/)  
Starting Your Food Storage [providentliving.org](http://providentliving.org)  
The Homesteading Information Directory [homesteadinginfo.com/](http://homesteadinginfo.com/)  
The Suburban Survival Guide -suburb.rtf [Survivalists / Survival Network](http://Survivalists / Survival Network)  
The Walden Effect [waldeneffect.org/](http://waldeneffect.org/)  
Tips For Storing And Handling Vitamins [articlesbase.com/medicine-articles/tips-for-storing-and-handling-vitamins-167108.html](http://articlesbase.com/medicine-articles/tips-for-storing-and-handling-vitamins-167108.html)  
Two Week Cooking Calendar Menu [DealsToMeals.com](http://DealsToMeals.com)  
Urban Farm [urbanfarmonline.com](http://urbanfarmonline.com)  
Urban Homesteading [urban-homesteading.com](http://urban-homesteading.com)  
Urban-Survival-Kit.pdf [scribd.com](http://scribd.com)  
Water Barrels Storing Water [theideadoor.com/](http://theideadoor.com/)  
Water FAQs [AusSurvivalist.COM](http://AusSurvivalist.COM)  
WATER PURIFICATION [theideadoor.com](http://theideadoor.com)  
Water Storage Information Booklet [theideadoor.com](http://theideadoor.com)

**TNT**

*A 50 Something, homesteading Prepper*