

# GETTING STARTED WITH FOOD STORAGE

Are YOU confused about Food Storage? Don't know how, or where to get STARTED? Most people get discouraged because storing food seems so big and impossible. Just remember, food storage starts with baby steps.

We can begin ever so MODESTLY. We can begin with a one week's food supply and gradually build it to a month, and then to three months. Don't get overwhelmed, begin in a small way and gradually build toward a reasonable objective that works best for you!!

We have been counseled to build up a food storage and be prepared for emergencies. Why do you think so few people are following this advice?

## MAIN REASONS FOR STORING FOOD:

- ✓ God has commanded us to have a year's supply of food and other essentials in our food storage.
- ✓ Having a supply of essential foods and supplies will sustain life in emergencies and natural disasters
- ✓ Having what we need and knowing what to do in the event of an emergency or an unforeseen life situation can bring us peace of mind.
- ✓ Teaches us Basic Food Preparation in case of an emergency.

## GETTING STARTED WITH FOOD STORAGE WITH BABY STEPS:

### Baby Step #1 Create a Food Storage Plan

Create a plan. As you do, think of the following questions:

- ✓ Why am I building a supply of food?
- ✓ What kind of foods do I want to include?
- ✓ How will I plan what to buy for my supply?
- ✓ How much money can I afford to spend on my food storage?
- ✓ How will I shop for my food supply?

### Baby Step #2 Storage Space & Shelving

One of the biggest concerns when getting started with food storage is "Where do I store all of this food?" Baby Step #2, is to decide on a place for your food storage. Being organized and having a specific storage spot will simplify the process.

Clean out an area for your food storage, create a space that makes you get excited. There are a wide variety of shelving options available. First, determine the amount of money you feel comfortable spending and consider what will suit your specific needs. Some Shelving Options Are:

- ✓ Build Your Own Shelves – This is the most inexpensive option and offers the most flexibility, but can be time-intensive
- ✓ Purchase inexpensive metal or plastic shelving (i.e. from Costco, Sams-Club, Wal-Mart) This is a cheap and easy way to get started, shelves may not be as durable as wood or metal shelving
- ✓ Purchase higher quality metal shelves – Heavy duty hardware store shelves are more durable and there should be no problem with bowing or collapsing with heavy weights.
- ✓ Invest in a Deluxe Can Rotation System – This the most expensive option, but is very convenient for easily rotating your foods

### **Baby Step #3 Create A Financial Reserve**

Finding the resources to store food for troubled times is a common problem, but it is solvable, even for those who are on tight budgets.

- ✓ Starting a food storage program will save money. It is like starting a savings account. You earn interest through greater savings in your grocery budget.
- ✓ Despite what many believe, you don't have to spend large amounts of money on specially packaged foods for food storage.
- ✓ Turn that equation around and you can save a lot of money if you're willing to spend a little more time and effort.
- ✓ Everything needed for a complete food storage program can be purchased from the grocery store, or LDS church dry pack cannery. For weekly help, use Deals to Meals to help you know what's on sale and what to stock up on each week.

### **Baby Step #4 Determine How To Pay For Food Storage**

- ✓ You should NOT get the money to pay for your food storage by running up debt.
- ✓ Don't put food purchases on credit cards. The money lost to credit card interest rates is self-defeating.
- ✓ The financial outlay need not be so great that you must spend a child's college fund or sacrifice a retirement account. As a matter of fact, you are better off to not spend a lot of money at first.
- ✓ Eat at home and rent a movie instead of go to dinner and to the theater.
- ✓ Like many other long term projects, there is a learning curve involved with building a good food storage program.
- ✓ Spending as little as twenty dollars a week can make a solid beginning in putting food away

### **Baby Step #5 Storing Drinking Water**

- ✓ Save and clean durable bottles that have been used for soda or juice. (Note: Rather than purchasing new bottles, save the clean and sanitized bottles and use them for water storage).
- ✓ Purchase a few water bottles every week to add to your home storage water supply.
- ✓ Rotate water supply regularly (at least yearly), OR have a good water filter you can use to filter water.
- ✓ Keep water containers away from heat and direct sunlight and if possible on wood, carpet or flooring that is not cement.

### **Baby Step #6 Start With A Three-Month Supply**

Three-month supply items are foods that you normally eat, including canned and commercially packaged foods.

- ✓ Consider normal daily diet and make a list of foods to purchase, store, and rotate. A portion of basic storage foods may be included.
- ✓ Purchase a few extra items each week to build a one week supply of food.
- ✓ Develop a system for purchasing your food items that works for your shopping style (Buy a few extras of several items each time you grocery shop - Stock up on items when they are on sale - Learn more about coupon shopping (Find a website/service listing deals locally)

### **Baby Step #7 Build A Longer-Term Supply**

Longer-term supply items are basic food items like grains and beans that have very low moisture content (about 10% or less), can be stored for long periods of time, and would sustain life if nothing else were available to eat. A portion of longer-term supply items may be rotated into the three-month supply

- ✓ Once you succeed with a three-month supply, gradually increase home storage to meet longer-term needs based on individual circumstances.

- ✓ Include foods that will last a long time, such as wheat, white rice, and beans. These foods can last up to 30 years.
- ✓ Storage Conditions: Storage life can be significantly impacted by the following conditions:  
temperature,
- ✓ moisture, light, insects and rodents.
- ✓ Keep your food in a cool, dry place if possible. Keep food in airtight containers as well if possible.



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