**One-Year Supply of Food**

**How do I accumulate a one-year supply of food?** After you have filled your pantry with a 3-month supply of food that you typically eat start buying basic storage items.

Method 1: One place to start is to buy 12-24 #10 cans at a time from the LDS cannery. The order form is online at <https://www.lds.org/topics/food-storage?lang=eng> where it says “Home Storage Order Form.” We are lucky to have a cannery so close. You can go to 1100 West Jackson Road Carrollton, Texas 75006. Call 972-242-8595 for hours. You may can food yourself or buy it already done, depending on what day you go. If you choose this route you may want to use a list already made for you like these ones posted at

* <http://www.theideadoorfiles.com/index.php/self-reliance-food-storage-prepardness/161-preparedness/food-storage/767-food-storage-list-for-a-year>.
* [http://peaceofpreparedness.com/Resource%20Library/Getting%20&%20Organizing%20your%20FS/year%20supply%20plan.pdf](http://peaceofpreparedness.com/Resource%20Library/Getting%20%26%20Organizing%20your%20FS/year%20supply%20plan.pdf)

Method 2: Other ways to purchase food would be to buy a one-year supply all at once. Costco often has sales in December. There are many websites that sell a one-year supply of food. If you watch, you can catch some very good sales. Calculate the number of calories your family eats in a week. The different companies have a different number of calories in their one-year supply, so check on that when you buy.

**Here are some options of Year-Supplies from companies I am familiar with:** [www.shelfreliance.com](http://www.shelfreliance.com) (Thrive): Some people love Shelf Reliance! Shelf Reliance has a simple program for buying food called “The Q.” You enter the number of people in your house and how much you want to spend per month. They ship food to your door without you having to figure out what to buy. People also love the freeze-dried ingredients like vegetables and fruit because they can use them in daily cooking and they taste great! I have been told they also have the best tasting milk. There is great variety in the ingredients included in the One-Year supply including basic ingredients and prepared meals. The disadvantage to this company is that the food is more expensive than other one-year supplies.

<http://www.pleasanthillgrain.com> sells food from <http://www.rainydayfoods.com>. We bought a one-year supply through Pleasant Hill Grain, which included 14 boxes and 9 super-pails. It was all basic ingredients. There was no list of the shelf life for each item, so I had to look up each item to write the expiration. The dates range from 3-5 years on cooking items such as yeast and baking powder to 25 years on wheat. I’ll need to purchase 9 Gamma lids for the super-pails. This kit also came with a cookbook and allocation book for rotating the food. I also liked that it had more calories than the Emergency Essentials kit I bought.

[www.mypatriotsupply.com](http://www.mypatriotsupply.com) This web site sells premade food that needs only water and heat to prepare. It also comes in easy to carry plastic containers. The down side is that you may not like the food. Since it is premade you don’t get to choose what’s in it.

**How much do I need?** To see a chart on how much one person needs, go to: <http://www.provident-living-today.com/Bulk-Food-Storage.html>

**Shelving Systems:** Starting at $35 for the soup can size can organizer and $160 for 100 #10 cans at [www.shelfreliance.com](http://www.shelfreliance.com), you can buy shelves specifically for #10 cans. This is the only company I know of with a rotation system for #10 cans. As of Feb 15,2013 many items were 25% off.

**What is a Gamma Lid?**

“This remarkably practical two-part gadget transforms a standard plastic bucket into a…resealable storage container that's both air-tight and water-tight. Just snap the outer ring down onto your bucket. The threaded lid turns easily with molded-in grip bars.” Quote from Pleasant Hill Grain.

**Recipes:**

* <http://www.theideadoorfiles.com/index.php/downloads/category/319-food-storage-files> and go to bishops storehouse cookbook.pdf
* <http://peaceofpreparedness.com/Resource%20Library/Recipies/1-month_kit_RECIPES.pdf>
* <http://peaceofpreparedness.com/Resource%20Library/Recipies/30%20days%20worth%20of%20storage%20recipes.pdf>
* <http://peaceofpreparedness.com/Resource%20Library/Recipies/FSRC%20Wheat%20Recipes.pdf>
* <http://everydayfoodstorage.net/food-storage-recipes>
* <http://foodstoragepreparation.blogspot.com>
* <http://www.plano5th.blogspot.com/p/recipes.html>
* <http://www.reynoldsnet.org/preparedness/3_month_ideas.pdf>
* http://www.shelfreliance.com/c/kitchen/home
* or buy books like "Cooking with Food Storage Made Easy" by Debbie G Harman

**Resources:**

Visit <http://www.preparednessplano.org> for more handouts.

I maintain the blog [www.plano5th.blogspot.com](http://www.plano5th.blogspot.com), which includes more all of these resources and more!

For overall emergency preparedness I recommend the book “Essentials of Home Production & Storage” available at <store.lds.org>.