MCj02809590000[1] SUGGESTED STEPS TO OBTAINING

A THREE MONTH FOOD SUPPLY

By Gemie Martin

1. Read the pamphlet “All Is Safely Gathered In: Family Home Storage” You should also visit the website: <http://www.providentliving.org/> and read the information there. Prayerfully determine what the Lord expects of your family in your circumstances right now.

2. Develop a menu for your family. I use a 15 day menu. This will be repeated six times. You could choose a one week menu which will be repeated 12 times. Choose foods your family will eat. Make sure your diet will be nutritionally sound. If you need help, [www.choosemyplate.gov](http://www.choosemyplate.gov) is a good web site to visit. Make sure you know what the serving sizes or equivalents are. For example 1 tablespoon of peanut butter counts as an ounce of meat. I also recommend reading the Word of Wisdom (D&C 89) as you prayerfully plan your menus. Consider storing sprouting seeds to replace fresh produce. Buy only seeds intended for sprouting or eating. Seeds intended for planting may have been chemically treated. Make sure your seeds (including your wheat) will actually sprout. An inexpensive sprouter can be made from a wide mouth quart jar, a small piece of mesh (for window screens) and a rubber band. I suggest you learn how to sprout and begin eating your sprouts now. Sprouts tend to be very high in nutrition. Dehydrated foods can add a lot of nutrition in a small space. For example, apple chips or raisins can be added to cooked cereals or eaten by themselves as snacks.

3. Adapt your recipes as needed. As an example, the recipe I have for Chicken Pot Pie calls for frozen peas and carrots and fresh milk. I have substituted canned peas and carrots and powdered milk.

4. Make a shopping list to begin working from. You may wish to keep a copy of your list so you will have it to refer to in the future. Read the nutrition labels to determine the best products. Don’t forget to store medicines, cleaning supplies, hygiene items, and water (see [www.providentliving.org](http://www.providentliving.org) for water storage information).

5. Begin to purchase items from your shopping list. Check around to find the best prices for the items you need. Consider buying in bulk. Watch for sales. You can acquire storage items slowly if your budget is such that you must. You might pretend the week has an extra day and every week buy foods for that extra day. In seven weeks you will have an extra week’s supply of food. The important thing is to get started and develop a plan that works for you and your family.

6. Dry pack, bottle, pressure can, or vacuum pack your food items as needed. Label items with the date it was canned or packed. I use a Sharpie marker to label my bottled and vacuum packed items.

7. Store your food properly. The food storage enemies are: heat, light, oxygen, moisture and pests. A cool, dry, dark, airtight place is best for most items. Consider the storage area under your beds.

8. Rotate your shorter term stored items and replace as needed.

9. After you have obtained your three month supply, begin to acquire the expanded one year storage as outlined in the pamphlet and website mentioned in step 1. These will be more basic, longer term storage items that you and your family could survive on if necessary.

10. Have several emergency cooking methods in case you must cook without electricity or gas. Some, like the Apple Box Oven, or Stove in a Can may be made very inexpensively. Remember to store fuel for your alternate cooking equipment (charcoal briquettes, lighter fluid, propane, matches, butane lighters, etc.).

Note: I am not planning on being able to obtain anything fresh for my meals. I have substituted canned and dehydrated vegetables and fruits for fresh ones. While they are available to us, we are eating mainly fresh produce because it is generally healthier. We occasionally eat our canned foods to rotate them. I store powdered and canned milk and powdered eggs (or unflavored beef gelatin for baking). I am not counting on having electricity to power my refrigerator or freezer. Everything must come from the pantry shelf.