**Plan & Prepare Your 3-month Family Home Storage**

Suggested Resources

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| Pamphlet: *All Is Safely Gathered In-*  *Family Home Storage* | Available at Plano Stake Preparedness Fair |
| Article: *Family Home Storage: A New Message* | *Ensign* Magazine, March 2009 |
| Talk: *Lay Up In Store* by Bishop Keith B. McMullin | *Ensign* Magazine, May 2007 |
| Website: [www.*lds.org*](http://www.lds.org) | *>Provident Living >Becoming Self Reliant > Food*  *Storage* |
| Website: [www.*preparednessplano.org*](http://www.preparednessplano.org) | Resources from  The Plano Texas Stake |
| Blog: Prepared LDS Family | [*http://preparedldsfamily.blogspot.com*](http://preparedldsfamily.blogspot.com) |

* **What?** “We encourage members worldwide to prepare for adversity in life by having a basic supply of food and water and some money in savings.” *Pamphlet “All Is Safely Gathered In”*
* **Why?** As we live a provident lifestyle, we can have peace of mind. “If ye are prepared, ye shall not fear.”
* **How?** The only way to eat an elephant is one bite at a time! Start small, and keep working at your goal. Study the *Suggested Resources* above. Prayerfully determine how to create a preparedness plan for your family.

**Guidelines**

1. Use storage areas that are well ventilated, clean, dark, dry and cool. Store foods properly. Food storage enemies are *heat, light, oxygen, moisture,* and *pests.* Food stored between 40-72 degrees prolongs shelf life. Do not place food storage containers on or against cement floors and walls. Place pieces of wood between the storage containers and the floor or wall to provide ventilation and protect against moisture. Keep stored food away from products that may affect the flavor of the food.
2. Rotate and use food storage items regularly. Use a black sharpie to date food purchases as you buy them; store newer supplies at the back of shelves, moving earlier purchases forward to be used first.
3. Keep a detailed *Inventory Notebook* so you can keep track of all your food and supplies; keep good records about where you store items around your home.
4. Plan meals around a variety of foods – fresh, canned, frozen, and freeze-dried, but try to store the bulk of your 3-month supply as shelf-stable foods that you will access from your pantry. Adapt your favorite family recipes to include many shelf-stable foods so you do not rely solely on fresh produce and frozen items. When electricity fails, you will not be able to count on these foods. Get away from your dependency on the grocery store. Build up your own home storehouse. Keep a binder of the recipes you adapt to use with your food storage supplies.
5. If you think you don’t have space for food storage at your house, get it anyway! You will find places to put it when you get tired of tripping over it in your hallway. Trust in the Lord to bless you with inspiration as you follow the counsel he gives. Move items that won’t fit in your kitchen to another cupboard or closet. Store paper goods and clothing in your garage to make room in your inside cupboards for food. [see *Finding Space to Store Your Food and Supplies at* [*www.preparedness*plano.org](http://www.preparednessplano.org)]
6. Follow the rule to s*tore what you eat and eat what you store!* Adapt your food storage to suit your family’s needs and preferences. Cook with supplies from your food storage every day. As your family becomes familiar with the recipes you prepare from your food storage, they will not have to adjust to a new diet on top of all the other stress in a time of emergency. Be sure to include desserts and treats that will help to soothe your family’s distress if a real catastrophe occurs.
7. Don’t forget to store water—an essential part of your food storage. The human body can only survive three to five days without water. The recommended amount is one gallon of water per person, per day. This supplies the minimum amount needed for drinking, food preparation, and hygiene.
8. Learn to use a variety of foods in your menu planning. Proteins include more than just meat. Fish, nuts, nut butters, eggs, and beans are all good sources of protein. Likewise, grains are not limited to just wheat. Consider adding variety to your diet with oats, pasta, rice, brown rice, couscous, amaranth, barley, quinoa, millet, triticale, buckwheat and other grains.
9. Make sure your diet is nutritionally sound. Prayerfully consider the Word of Wisdom (D&C 89) as you prepare menus for your family.
10. Consider storing sprouting seeds and beans in your food storage. Sprouts are easy to grow. They are high in nutritional value and will be a healthy addition to your family diet in times of limited access to fresh produce. Look online or purchase a book on sprouting. Begin now to enjoy adding sprouts to your meals. Learn to garden as well.
11. Don’t make the mistake of thinking you must create your food storage supply all at once. It is better to accumulate items over time so that you don’t end up with the same expiration dates. Learn to be a wise planner and shopper as you begin your system and learn through trial and error. Experience will teach you what works best for your family’s storage needs. This is an ongoing process. Begin to see provident living as a lifestyle that will bless your family.
12. Plan to have several emergency cooking methods in case you must cook without electricity or gas. Learn to use a camping stove, a Dutch oven, a barbeque grill, a solar oven and other alternate methods of cooking. Remember to store extra fuel for your alternate cooking equipment (charcoal briquettes, propane canisters, matches, lighter fluid, etc.).
13. Learn how to can food so you can add bottled fruits, vegetables and meats to your food storage. Canning your own fruits, vegetables and meats ensures that you know what goes into them. Home canned meat is tender and moist and it is simple to learn the process. It does require the use of a pressure canner, which is a valuable piece of equipment that will last for a lifetime. Purchase fruits and vegetables in bulk when they are in season and enjoy the satisfaction of canning your own produce. Grow and can your own produce to save money. Learn to plant a garden.
14. Remember that no single food storage plan will work for everyone. Each family’s’ needs differ, as does their financial ability to accumulate food and supplies. Each family should store foods that they like and normally eat, not foods that are recommended by someone else. Keep in mind the counsel given by President Ezra Taft Benson, “The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah.” [*Ensign,* November 1980, p.33]
15. For Additional information and recommendations for food storage, refer to *Family Home Storage – Basic Guidelines,* at [www.providentliving.org](http://www.providentliving.org). This includes information about storing a longer-term supply of food. For longer-term needs, and where permitted, gradually build a supply of food that will last a long time and that you can use to stay alive, such as wheat, white rice, and beans. These items can last 30 years or more when properly packaged and stored in a cool, dry place. A portion of these items may be rotated in your family’s three-month supply.