**Food Storage Class 2015**

**Three Categories of Home Storage:** Basic Storage (wheat, beans, sugar, salt, oil), Expanded Storage (Foods to supply total nutritional needs), Emergency Storage (72-96 hours of food and water).

**Three Month Food Supply (sometimes called Expanded Storage)**

**Why do I need a 3 month supply of food?**

The future is uncertain. Accident, illness, unemployment, or commodity shortage may affect any family at any time. In reality, it is another form of insurance. I love giving my kids powdered milk when I can’t go to the store!

**What items are in a Three Month Supply?** Whatever you normally have in your pantry. It includes foods that will give nutrition. These foods may be bottled, canned, pickled, dehydrated, or freeze-dried. These foods have a short shelf life between 3 months to 5 years. They are the foods your family eats on a regular basis. They can include pasta, soup, canned meat, beans, fruit, and vegetables, as well as flour, sugar, and baking ingredients.

**What should I buy?**

If you’re just married or a college student, cooking may be overwhelming. I bought foods that I didn’t know how to use, and then looked for recipes that used those items. You can find lists of common items at [preparedldsfamily.blogspot.com](http://www.preparedldsfamily.blogspot.com) under the “Free Downloads” tab follow “A Suggested 3-Month” -> “Mormon Food Storage Plan” -> “Sample 3-Month Supply”. Another web site is [www.everydayfoodstorage.net](http://www.everydayfoodstorage.net) under “About Food Storage” -> “Three Month Supply List” -> “Pantry List Handout”. Or you could keep a log of what your family eats and how much. Keep reading to see how!

**How do I know how quickly I use my food?**

Write the date of when you opened items on disposable containers or use freezer tape on your favorite Tupperware. That way you can figure out how long items like Peanut Butter last in your house. Keep a log of when things were opened and when they were finished. Then you can estimate how many jars your family would need for 3 months.

**How do I accumulate 3 month’s worth?** Don’t try to build up to 3 month’s worth all at once. If been satisfied with 2 month’s worth up until recently. Just purchase a certain dollar amount like $10 extra per week of items you have on your shopping list. There are several inventory trackers available. I recommend downloading the excel worksheet found at <http://foodstoragemadeeasy.net>. Go to “Site Highlights” -> ”Helpful Tools” -> “Three Month Food Supply Excel”. (Saves as 3monthsupply-new) You can enter your grocery items, how quickly you use each item, and it will calculate how much is a 3 months’ supply. You can even enter the cost of each item for budgeting!

**How can I accumulate 3 month’s worth using recipes?**

Take 15 days and divide it into meals and snacks. Enter your favorite recipes that can be made from the food in your pantry. Go to [www.preparednessplano.org](http://www.preparednessplano.org). -> “Preparedness Challenge” -> “Challenge Calendar” -> “15 Day Menu.”

**How do I make sure to use the oldest items first?** I write the expiration date on the can with a Sharpie so I can easily see it and put newest cans to the back of the pantry. Put freezer tape on leftovers that go in the freezer with the date it was made.

**Where do I store it?** Most important, store it in the house! Due to extreme temperatures in Texas food storage will go bad outside. The cannery recommends a dry place at 75 degrees or lower.

I have found that items such as dried fruit, trail mix, and gum go bad, have bugs, or stink up other foods. Since we don’t eat these very quickly, my solution for my 72 hour kit is to keep those items in my bedroom walk-in closet in an ice chest. This eliminates moths swarming my pantry.

If you live in an apartment or small home go to <http://foodstoragemadeeasy.net>

to the tab “Site Highlights” -> “Small Spaces Solutions” for creative storage solutions. You may also find shelving units for #10 cans online.

**How can I store 3 months worth of items that only last a short time without them going bad?**

Annoying items like milk have a very short shelf life when bought in the store. Dry milk lasts 6-12 months and even flour only lasts 1-2 years. #10 Cans of these items last over 15 years. There are some cans of dry milk for baking and some for drinking. A friend of mine suggested [thrivelife.com](http://www.thrivelife.com) for better tasting milk. You can buy several basic food items in #10 cans by contacting a local LDS church. There are also many web sites that sell food in #10 cans. Just do a Google search for “food storage”.

For people on a low carb diet, I would recommend buying carbs that have at least a 5 year shelf life so you don’t have to use them right away.

Store yeast in the freezer.

**How to get started:**

I have a grocery list that I write as I use food. If I use 1 can, I put it on the list and buy 3 more. To figure out if I’m getting close to a 3 month’s supply, I use the “Home Food Storage App” for iphone. I enter the amount I have of each item and it calculates how many weeks or months of that food I have. No spread sheets, no math!

**What can I can myself?**

In addition to cans you get at the store, you can grow food or buy fresh fruits and veggies to can for later use. Most of these foods do not require a pressure cooker as long as they have a high acidity. I like to make applesauce and salsa each year.

**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. You can have them shipped to you by following [www.store.lds.org](http://www.store.lds.org) -> “Home and Family” -> “Self Reliance”. You can also print the order form at <https://www.lds.org/topics/food-storage?lang=eng> -> “Home Storage Order Form” and pick up cans at the cannery. 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 their hours. If you choose this route you may want to use a list already made for you like these ones posted at

* <http://www.provident-living-today.com/Bulk-Food-Storage.html>
* [www.lds.org/topics/food-storage/longer-term-food-supply?lang=eng](https://www.lds.org/topics/food-storage/longer-term-food-supply?lang=eng)

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.thrivelife.com](http://www.thrivelife.com): Some people love Shelf Reliance! Shelf Reliance has a simple program for buying food called “The Q.” You enter how many months of food storage you want, 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. I entered a family of 4 to buy a 3 month supply. Just to get an idea of cost, the total would be $3,152.50. You pay that slowly over time and it’s so easy! They have cookbooks and recipes online too! People also love the freeze-dried ingredients like vegetables and fruit because they can use them in daily cooking and they taste great! Most of the food in #10 cans last 25 years if properly stored. 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.

Two other companies that sell #10 cans for long-term food supplies are “Mountain House” and “Provident Pantry.” They have ready-made mixes like pancake mix, mac and cheese, etc. You may also buy garden seeds from them. I store my seeds in the freezer for a longer life span.

<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 purchased some Gamma lids for the 9 super-pails. This kit also came with a cookbook and allocation book for rotating the food. I liked that it had a one-year supply for a high calorie diet.

**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:** Most shelving systems start around $380 at [www.thrivelife.com](http://www.thrivelife.com). This is the only company I know of with a rotation system for #10 cans.

**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:**

A key to using canned foods and freeze-dried items is to have good recipes.

I highly recommend "Cooking with Food Storage Made Easy" by Debbie G Harman.

* <http://peaceofpreparedness.com>
* <http://www.preparednessplano.org> -> “Topics and Downloads” -> “Food Preparation, Cooking, and Recipes”
* <http://everydayfoodstorage.net/food-storage-recipes>
* <http://www.thrivelife.com/recipes>
* <http://www.provident-living-today.com/Bulk-Food-Storage.html> has several books for sale

**Resources:**

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