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 available at: <https://www.churchofjesuschrist.org/bc/content/shared/content/english/pdf/language-materials/04008_eng.pdf> This is a basic guide put out by the First Presidency of The Church of Jesus Christ of Latter-day Saints back in 2007. The information and advice is still pertinent today. You should also visit the Provident Living website of the Church: <https://providentliving.churchofjesuschrist.org/?lang=eng>

You may find it helpful to read “Getting Started on Your Food Storage” which also has advice from The Church of Jesus Christ of Latter-day Saints to help you get started on your food storage using many of the Food Storage items sold through the Church’s Home Storage Centers. Find it at: <https://providentliving.churchofjesuschrist.org/bc/providentliving/content/resources/pdf/PD60004682_000_Home-Storage-Handout.pdf?lang=eng>. Prayerfully determine what the Lord expects of you and your household in your circumstances right now.

2. Store water. An emergency supply would be to store one gallon per person per day. To have enough to use for hygiene or cooking purposes, you would need much more. The American Red Cross has increased their recommendation to store up to two weeks (or 14 gallons) of water per person. For information on safe water storage and treatment see: <https://www.churchofjesuschrist.org/topics/food-storage/drinking-water-guidelines?lang=eng>

3. Keep a record of what your family eats to develop a menu plan for your family. I use a 15-day menu. This will be repeated six times. You could also use a one-week menu which will be repeated 13 times. Choose foods your family will eat. Include any fast food. For example, if I wrote down “hamburgers” on my food record, I would want to come up with a food storage equivalent. For my family, I would probably plan to substitute in “Sloppy Joes” for the hamburgers. I would store some freeze-dried hamburger crumbles (or my own pressure canned ground beef) and the other ingredients I use in my Sloppy Joe sauce. You could also store canned products such as “Manwich.” Read the nutrition labels on such products. I prefer to make my own. I would also store enough wheat or flour to make biscuits or buns, and some baking powder or yeast.

4. Make sure your diet will be nutritionally sound. If you need help the USDA website: [www.myplate.gov](http://www.myplate.gov) is a good site to visit. Make sure you know what the serving sizes or equivalents are. For example, one tablespoon of peanut butter counts as an ounce of meat. I also recommend reading the Word of Wisdom (Doctrine and Covenants 89) as you prayerfully plan your menus.

5. Consider growing sprouts and microgreens to replace fresh produce. Buy only seeds intended for sprouting or growing microgreens. Seeds intended for crop planting may have been chemically treated. Sprouts and Microgreens tend to be very high in nutrition. Go online to learn more about growing sprouts and microgreens. A good source for seeds and information for sprouting is: [www.sproutpeople.org](http://www.sproutpeople.org) A great website for supplies and information on growing microgreen is: [www.trueleafmarket.com](http://www.trueleafmarket.com) Both websites have great “how to” videos.

6. Adapt your recipes as needed. For example, the recipe I have for Chicken Pot Pie calls for fresh cooked chicken, frozen peas and carrots and fresh milk. I have stored canned or freeze-dried chicken, canned or freeze-dried peas and carrots and powdered milk. 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 and use them before they expire. I store powdered and canned milk and powdered eggs (or unflavored beef gelatin as an egg substitute for baking). I am not counting on having electricity to power my refrigerator or freezer. Everything must come from the pantry shelf.

7. 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, and hygiene items.

8. Begin to purchase items from your shopping list. Check around to find the best prices for the items you need. I find the prices at the Home Storage Centers to be among the best. To find one near you see:

<https://providentliving.churchofjesuschrist.org/food-storage/home-storage-center-locations-map?lang=eng> Scroll down to click on a PDF order form to get current pricing and available items. You can also purchase food storage and related items from The Church of Jesus Christ of Latter-day Saints online at: <https://store.churchofjesuschrist.org/usa/en/food-storage-3074457345616678849-1> Items are a bit more expensive if you purchase online, but shipping is very reasonable. One downside of purchasing food storage from the online store is that you must buy in full cases. For some products such as Carrots and Onions a case would be much more than you would likely use before it expires. When purchasing food storage, 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 a one-week supply of food stored. The important thing is to get started and develop a plan that works for you and your family.

9. Store your foods 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. Take care to make sure you use safe methods of preserving foods (if you do it yourself) to avoid food poisoning. Some of what you see on You Tube is incorrect information. Dry packed items must have a moisture content of less than 10% to avoid botulism if you are removing the oxygen. Oxygen absorbing packets can be obtained online from the Church to use to dry pack product either in cans or Mylar pouches if you have access to that equipment. See the link to the online store above to order the pouches and the oxygen absorbing packets. Scroll down to find the gallon-sized (Mylar-type) bags and oxygen absorbing packets. Note that sugar should NOT be packed with an oxygen absorbing packet. Coco powder does not need to be vacuum packed or packed with an oxygen absorber either. Label items with the date it was canned, packed, or purchased. Rotate your shorter term stored items and replace as needed.

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

11. 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.). Solar ovens are nice to have, but you must have enough sun to cast a shadow. Have a back-up plan if you want to use a solar oven as your main emergency cooking method. Where I live, I once waited three weeks to be able to cook in my solar oven.