



## 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](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 in 2007. The information and advice ~~is~~are 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~~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](https://providentliving.churchofjesuschrist.org/bc/providentliving/content/resources/pdf/PD60004682_000_Home-Storage-Handout.pdf?lang=eng). These same steps (in my handout) can be used to build an

even shorter-term food supply if needed. Prayerfully determine what the Lord expects of you and your household in your circumstances right now.

2. Store water. The American Red Cross and the CDC have both recommended ~~that~~storing a two-week supply of drinking water ~~be stored~~if possible. They suggest storing one gallon per person per day ~~or,~~ ~~which is~~ 14 gallons per person ~~for two weeks~~. To have enough to use for hygiene or cooking purposes, you would need more. 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 for a three-month supply. 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. I would also store enough wheat or flour to make biscuits or buns, and some baking powder and/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 Section 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~~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 microgreens 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, dehydrated 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. I also store unflavored gelatin (derived from beef) as a substitute for eggs in 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/new-category/food-storage/5637160355.c> 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 food items properly. [Enemies to](#) food storage [enemies are include](#) heat, light, oxygen, moisture, and pests. A cool, dry, dark place is best for most items. Consider the storage space under your beds. Take care to make sure you use safe methods of preserving food if you do it yourself, to avoid food poisoning. Some of what you see on the internet 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 and Mylar-like pouches can be obtained from the Church to use to dry pack product if you have access to an [Impulse Sealer](#). See the link above for the online store. Note that sugar should be packed without an oxygen absorber. Label items with the contents and date it was canned, packed, or purchased.

10. After you have obtained your three-month supply, begin to acquire the expanded one-year storage as recommended 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. Remember to store fuel for your cooking equipment if needed (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. A small inexpensive butane burner is a good option because you can use it indoors **with proper ventilation**. **Note: Only cook indoors with butane (never propane) if you use great caution and and have a full understanding of the ventilation and other requirements.** Your outdoor grill can be counted on if you store the fuel for it. A Volcano Grill uses multiple fuel sources and collapses nicely for storage and transport.

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