

### Chapter 1 : Food Storage Basics Archives - Prepared Housewives

*Jennifer Osuch is the author of the Preparedness Planner Series and is the co-founder of Self-Reliant School, an online community of people learning and teaching to grow, cook and preserve food at home.*

Click here to see what that means! That being said, we only promote authors, products, and services that we wholeheartedly stand by! One of the things that can become a big deal when you start AIP is food storage. It is very helpful, with an AIP lifestyle to invest in a stand-alone freezer. Obviously, you can live a perfectly happy healing lifestyle without one, but if you have the space and the budget, it is extremely useful. Freezers come in several types, including chest , upright , and specialty. The drawback is that they are tougher to organize well. Uprights are more expensive and food will not keep as long if there is a power outage, but they are easier to organize. Specialty freezers are mini or portable versions. These might be a good choice for single folks that only need a little extra storage or for people with limited space. In my house we actually use a hand-me-down upright and it has been perfect for us. Another very useful place to keep food is a pantry. Again, totally possible to do this without a pantry, but having a storage space that is cooler and dark is very handy. I have a small closet-sized pantry and I also cleared the bottom shelf of one of my lower corner cabinets to expand my space for things like winter squashes and sweet potatoes. Fresh, unprocessed foods mean my fridge is a pretty temporary space, not cluttered and overflowing with the typical bottles of old condiments and individually packaged snack foods. Second, we have to consider what to keep food in: As much as possible, it is a good idea to avoid plastic food storage containers. I have mainly glass and stainless steel now, but some things I have still not completely figured out. For instance, I use plastic ice cube trays to freeze bone broth and then I transfer those cubes to plastic freezer bags. Also, most of my meat comes from the butcher via my farmers in vacuum-sealed plastic bags. For more information on this topic, check out what Chris Kresser has to say here. Finally, we need to figure out the how and when on different kinds of foods: Meat, Poultry, and Seafood Beef and Lamb: Dry Goods Dried Fruits: Oils, Vinegars, and Sweeteners Honey: Now we can all stop wondering! Retrieved January 16, , from [http: Sour Gummy Candy Recipe](http://SourGummyCandyRecipe.com). She helps others take charge of their health the same way she took charge of her own after suffering with Celiac and other autoimmune diseases; one creative, nutritious meal at a time. Strategizing worst-case scenarios is now something of a hobby. You can also find her on Instagram.

### Chapter 2 : Bare Minimum Food Storage List For One Year

*Short term food storage is the food that you buy and eat on a regular basis to feed your family. It is typically the more perishable foods that you keep in your freezer, refrigerator, and pantry. These foods are part of your everyday diet and are consumed within a relatively shorter amount of time because of the shorter shelf life.*

Print This Article The last winter crops are in from the garden, and in spite of mild weather in some parts, it may still be a little too early to plant anything in your neck of the woods. This slack time can be frustrating for gardeners. Once the harvest is rolling in, you may not have much time to weigh your options. There are several fairly easy options for food preservation: Which one is right for you? That depends on several factors. What crops do you want to preserve? How much space do you have for food storage? How much time are you willing to spend on food preservation? How much money are you willing to spend on equipment? These jars can be reused for decades, unlike freezer bags. You will need to buy new caps each year; these are inexpensive. Low-acid vegetables like asparagus, beans, beets, carrots, corn, onions, peas, peppers, and potatoes covered with boiling water should be processed in a pressure canner. Jars of higher-acid produce like tomatoes, applesauce, many fruits, and pickled vegetables can be submerged in boiling water in any large kettle. Either method requires you to spend a lot of time standing over a hot stove messing with lots of boiling water in the hottest part of the summer. How long do you have to cook things to can them safely? Depends who you ask. More recent food-storage guides seem to favor longer cooking times. If you can, try canning for the first time with someone experienced. If none of your neighbors know how to can or none are willing to teach you, check several different sources and decide what you trust. A few jars may come unsealed in storage; check before you open them. Freezing Freezing requires less hot-stove time and equipment than canning. I also prefer it for corn and peas, since I like these to have some texture when I eat them rather than being reduced to uniform mush. Chest freezers tend to be more efficient than uprights, and Energy Star models are often appreciably more efficient than the competition. You can freeze produce in tightly sealed reusable plastic containers or in freezer bags not generic food-storage bags, and not most glass containers; canning jars will generally stand up to freezing, but other types of glass are likely to shatter. Asparagus, beans, broccoli, Brussels sprouts, cabbage, corn, greens, parsnips, and peas should be blanched cooked briefly in steam, boiling water, or the microwave before freezing. Eggplants, mushrooms, and winter squash require substantial cooking before freezing. Garlic, leeks, onions, peppers, tomatoes and most fruits can be frozen raw. Frozen vegetables should keep for a year. Easy Techniques for the Freshest Flavors in Preserving Food At Home

Drying Drying greatly reduces the volume of vegetables and fruits, allowing you to store a lot in a little space. Dried beans and hot peppers can be threaded on string and hung in a dim room to dry. Tomatoes paste tomatoes give the best results , garlic, onions, and sweet peppers can be sliced and dried without blanching. The Rodale Food Center recommends blanching for beets, broccoli, cabbage, carrots, eggplant, green beans, mushrooms, okra, peas, potatoes, pumpkins and fruit. Most dried vegetables will keep for six to twelve months stored in tightly sealed containers in a cool dim space. Many dried fruits will last up to two years. The shelf life of dried food can be substantially extended by vacuum packing, which removes excess air that can hasten spoilage. This requires the purchase of a vacuum sealer and plastic vacuum-packing bags. The bags are fairly cheap. Root Cellaring Root cellaring is the easiest and cheapest way of storing certain vegetables, if you have or can build an appropriate space. Modified chest freezers or low-heated sections of house basements are often used for root cellarage; directions are available online and in various books. My family keeps humidity-loving crops in our well house. Carrots, beets, potatoes, and apples will keep for at least six months if stored in a dark humid place slightly above freezing. Potatoes should be brushed free of loose dirt and kept in bags or boxes not more than twelve inches deep in a container with good ventilation. Carrots and beets with their tops trimmed off to a half-inch should be packed with moist sand, sawdust or shavings inside plastic containers. Garlic and onions should be hung in a shaded airy place until their tops dry, after which the tops and roots should be trimmed; they will then keep through the winter in a cool dry space with good air circulation. Pumpkins and winter squash last well in dry conditions at 50 to 60 F. Several families can share

one root cellar or vacuum sealer. The sometimes tedious work of vegetable preparation can be more fun if neighbors come together to share it. You can also learn a lot by reading. *Stocking Up* by Carol Huppig and the staff of the Rodale Food Center describes how to can, freeze, dry, pickle, or root-cellar preserve a wide variety of crops, as well as giving basic instructions for butter and cheese making and meat processing. Your local cooperative extension may offer information adapted to your region. Online forums such as gardenweb. Enjoy the adventure of food preservation! May this time next year find you with a satisfying array of garden vegetables put by.

## Chapter 3 : Emergency Food Storage for Beginners

*Start With Food Storage Basics* If you begin with the basics and throw in some canned or freeze-dried meats and your own fresh-grown produce, you will have well-balanced meals during any crisis. When I first started collecting food for storage purposes, I seriously did not know where to start.

Emergency Food Storage for Beginners For more information: Canned bread More and more people are finally realizing that they ought to be more prepared for natural, manmade, or economic disasters, and one natural thing to think about is whether you will have enough food for yourself and your family. In many situations, the government or other relief agencies will spring into action and provide victims of disasters with basic nutrition. But that approach is problematic. The purpose of emergency relief is to save lives, not necessarily to ensure a comfortable existence. After a disaster, there are limited resources available to help people, and generally a large number of people who need help. In addition, if you are prepared yourself, then you might be able to help your neighbors, rather than having them wait until the government shows up to help them. In short, being at least somewhat prepared to feed yourself during a disaster is a good thing. If you search the web about the topic of emergency food storage, you will find some good information, but you will also find some sites that are frankly a little bit scary. For a few people, emergency preparedness is synonymous with preparation for anarchy. You might find some useful information on even those sites. But fortunately, there are also many sites which give common-sense information on how to prepare for more mundane disasters. One of the best is A. Some of the information on that site appears not to have been updated for a while, but the basic information is excellent, although you might find that a few suppliers mentioned there are no longer around. Another good source of information is the LDS Mormon church, whose members are encouraged to engage in home food storage. They have an excellent web page providing practical information on food storage, with very little if any religious content. Another excellent resource is Maintaining nutritional adequacy during a prolonged food crisis from Oak Ridge National Labs. As good as these and other sites are, they can seem a bit overwhelming to the beginner. As you learn more, the information on these pages will become more and more useful. But for someone who wants to start from scratch the process of storing food for natural or manmade emergencies, there is surprisingly little information, and I hope this site will help fill that void. The author of the FAQ linked above frequently invokes the mantra, "eat what you store--store what you eat. At some point after you have followed the advice on this page, you might want to seek out a few specialized items to fill in a few gaps in your food preparations. But in general, it is absolutely not necessary to go out and purchase any kind of special "survival" food. Everything you need to feed yourself well in an emergency is available at your normal supermarket. Please support our advertisers: In general, your goal in constructing a food storage program is to make sure that you have enough food in your home to be able to feed yourself and your family, even if normal services such as supermarkets are unavailable. If you can take care of yourself by feeding yourself in an emergency, then you can be part of the solution, rather than part of the problem. Some of the food you eat in your normal diet is not a good choice for emergency food storage. For example, items that require refrigeration would be of only limited use if there was no power to run the refrigerator. The key is to stock up on these items. During normal times, you can eat them as part of your normal diet, just as you currently do. But if you stock up on sufficient quantities of these items, then you will also have nutritious meals available even if other food items become unavailable. And more importantly, they will be foods which you normally eat. A disaster is stressful enough, and there is no reason to add to the stress by having to adapt to eating special "survival" food. Ideal candidates for food storage should meet the following criteria: They will keep for relatively long periods of time without refrigeration Together, they will provide a balanced diet Together, they provide an adequate caloric intake They require no preparation, or minimal preparation As noted above, they should be items that you use, at least occasionally, You will find a number of websites that will give you lists of foods that you should buy to make sure that you have enough food a certain period of time. Many of these lists are good, but very few of them will include the items that you and your family normally eat. This is bad for two reasons. Second, it will

force you to eat unfamiliar foods in a disaster, which will only add to the overall stress level. Nobody can write that list for you, but this site will help guide you through the process. The biggest problem for beginners is knowing how much you have, whether it is a balanced diet, and how long it will last. Without some planning, you could run out of protein, but have more carbohydrates than you could possibly want. The process outlined below gives you some assurance that you have about the right amount of foods for your needs, and in about the right proportion. Following this procedure, you will be able to construct a shopping list, and when you buy those items, you can be assured that you have about the right amount of food to fit your needs. But by following this procedure, you will have the assurance that your family will be able to eat reasonably well for whatever time period you decide is appropriate. **Make a List of Appropriate Foods** The first step is to make a list of the kinds of food your family already eats that are suitable for emergency storage. As you think about this, you will realize that you already buy many suitable foods, generally dry foods and canned goods. To make it on the list, the food should have a reasonably long shelf life, and it should be something that can be eaten with no cooking, or with only minimal cooking. Ideally, at least some of the items on the list but not necessarily everything should be things that can be eaten with no cooking at all. But if you look through your cupboards, you will probably get many ideas, because those foods are already there. Here are some suggestions of the kinds of foods that might be appropriate. But if there is something on this list that you never eat, then you should not include it on your list.

### Chapter 4 : Food Storage Basics | MOTHER EARTH NEWS

*A lot of the Egg Substitutes out there are good for baking, but what about when you have the urge to stick them between your toes, or feel the need to egg someone's house?*

His purpose is to provide for our needs as we walk in faith and obedience. We ask that you be wise, and do not go to extremes. With careful planning, you can, over time, establish a home storage supply and a financial reserve. What am I supposed to have in my food storage? There are three main components of food storage: Food supply three-month and long-term Water supply Financial reserve Store foods that are a part of your normal diet in your three-month supply. As you develop a longer-term storage, focus on food staples such as wheat, rice, pasta, oats, beans, and potatoes that can last 30 years or more. Learn more about a long-term food supply. How much food storage do I need? Take the amount of food you would need to purchase to feed your family for a day and multiply that by 7. That is how much food you would need for a one-week supply. 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. A portion of these items may be rotated in your three-month supply. See *All is Safely Gathered In*. Where should I store my food storage? Make sure your food storage is properly packaged and stored in a cool, dry place. If water comes directly from a good, pretreated source, then no additional purification is needed; otherwise, pretreat water before use. Store water in sturdy, leak-proof, breakage-resistant containers. Consider using plastic bottles commonly used for juices or soda. Keep water containers away from heat sources and direct sunlight. Learn more about water storage and purification. How much does it cost? Costs may vary depending on where and how you purchase your food storage. It is important to remember that you should not go to extremes; for instance, it is not prudent to go into debt to establish your food storage all at once. Develop it gradually to diffuse the overall cost over time so that it will not become a financial burden.

### Chapter 5 : The Beginner's Guide To Emergency Food Storage | Urban Survival Site

*Food Storage Basics 1. Food Storage Basics 2. Bachelor Food Storage Guide Here it is, the secret chart used by bachelors worldwide, because they don't have wives who can recognize on sight (and sometimes before) when the Big Mac has become one with the special sauce.*

There are seven common mistakes people make when storing food. They can tolerate it in small amounts but not as their main staple. This is called appetite fatigue. Young children and older people are particularly susceptible to it. Store less wheat than is generally suggested and put the difference into a variety of other grains, particularly ones your family likes to eat. Also store a variety of beans, as this will add color, texture, and flavor. Variety is the key to a successful storage program. It is essential that you store flavorings such as tomato, bouillon, cheese, and onion. Also, include a good supply of the spices you like to cook with. These flavorings and spices allow you to do many creative things with your grains and beans. Without them you are severely limited. One of the best suggestions I can give you is buy a good food storage cookbook, go through it, and see what your family would really eat. Notice the ingredients as you do it. This will help you more than anything else to know what items to store. Extended staples Never put all your eggs in one basket. Make sure you add cooking oil, shortening, baking powder, soda, yeast, and powdered eggs. Vitamins Vitamins are important, especially if you have children, since children do not store body reserves of nutrients as adults do. A good quality multi-vitamin and vitamin C are the most vital. Others might be added as your budget permits. These are especially important if you have children. Buy several items, rather than a large quantity of one item. Containers Always store your bulk foods in food storage containers. I have seen literally tons and tons of food thrown away because they were left in sacks, where they became highly susceptible to moisture, insects, and rodents. If you are using plastic buckets make sure they are lined with a food grade plastic liner available from companies that carry packaging supplies. Never use trash can liners as these are treated with pesticides. In an earthquake they may topple, the lids pop open, or they may crack. A better container is the 10 tin can which most preparedness companies use when they package their foods. You need to know how to prepare these foods. This is not something you want to have to learn under stress. Your family needs to be used to eating these foods. A stressful period is not a good time to totally change your diet. Get a good food storage cookbook and learn to use these foods! As I did the research for my cookbook, *Cooking with Home Storage*, I wanted to include recipes that gave help to families no matter what they had stored. As I put the material together it was fascinating to discover what the pioneers ate compared to the types of things we store. By adding even just a few things, it greatly increases your options, and the prospect of your family surviving on it. As I studied how the pioneers lived and ate, my whole feeling for food storage changed. I realized our storage is what most of the world has always lived on. Vicki also lectures on preparedness subjects. You can reach her by calling

### Chapter 6 : 7 Mistakes of food storage | Backwoods Home Magazine

*What is Food Storage? Be prepared for an emergency by having a basic supply of food and water. Find Prices and a Store Near You. Home storage centers help you build your supply of long-term food storage.*

Enemies such as sunlight, moisture, bugs, oxygen, temperature fluctuations, and time can reap havoc on your food sources. If you are planning on storing long-term foodstuffs such as rice, beans, dry milk, or sugar, you want to consider repackaging these items. Most of the dry goods we purchase at stores are packaged for short-term use. The clear and flimsy plastic packaging will not hold up during long-term storage. Therefore, if you can take certain steps in preserving your long-term food supply to prevent these food enemies from destroying your food, you will have more peace of mind. On a personal note, in my home, we use a multi-barrier approach in our long-term food pantry. Keep in mind, this food storage method is for dry foods you plan on storing for a year or longer. We seal our food in a Mylar bag and store it in a 5-gallon food grade bucket. In my 10 years of storing food long-term, I have never had an issue with food spoiling or being ruined my bugs using this method. To use this method, you need: Before any food source is to be stored, clean the containers with soapy water, rinse and dry thoroughly. Lids with gaskets and gamma lids are great lids as they do not require a lid opener. They are typically a little more expensive compared to the traditional bucket lid. However, they are easier to open and close, and are worth every penny! Continue Reading Mylar Aluminum Bags Mylar food liners are another option for storing your dry goods long-term. Research has shown that over time, slow amounts of oxygen seep through the walls of plastic containers. Consequently, over time natural elements, and even insects can find a way inside the container. To add additional protection, adding a food liner, such as Mylar bags, will ensure that there are multiple barriers for the food to be protected in. Investing in the thickest grade 5 mil. The added benefit of using Mylar bags is they can last up to 20 years, if properly cared for! Additionally, the thicker grade Mylar makes a notable difference in the taste of food. The greatest part of investing in these food liners is that because they are so durable they can be reused over again. Oxygen Absorbers Using oxygen absorbers greatly prolongs the shelf life of stored food. Because it absorbs the oxygen from the container, it inhibits the growth of aerobic pathogens and molds. Oxygen absorbers begin working the moment they are exposed to oxygen. Therefore, it is best to work as efficiently as possible. Oxygen absorbers come in assorted sizes, so pay attention to the size needed for the container. They do not absorb the moisture. Please note that desiccant is not edible. There are certain food items that desiccant should not be added to - specifically, flour, sugar, and salt. Diatomaceous Earth A more natural approach to food storage is to use food-grade diatomaceous earth. Diatomaceous earth are the fossilized remains of diatoms. They are organic and are safe to use on food. Use 1 cup to each 25 pounds of food. Again, this is the method that my family uses and our long-term food stores have been as fresh as the day we sealed it. Therefore, you must do all that you can to protect that investment for the long-term. To learn more about the author of this post, click on their byline link at the top of the page.

### Chapter 7 : Home Storage: - ensign

*Food Storage Basics* Written by: Esther Food, Off-Grid Foods 7 Comments [Print This Article](#) The last winter crops are in from the garden, and in spite of mild weather in some parts, it may still be a little too early to plant anything in your neck of the woods.

At the bottom of potted plants. Here are some other places to hide your food. This might seem paranoid, but it never hurts to be prepared. Garages – These are okay if you live in a mild climate and the garage will not freeze or exceed 80 degrees on a given day. However, it could be a problem if you live in a very humid area. Landry Room, Bathrooms – These are not good places because humidity tends to be a factor. Attics – These tend to get way too hot in the summer. And once again, humidity could be a problem. Hot temperatures and humidity can cut the shelf life of your food in half or worse depending on how long you leave the food in those conditions. Here are some more things that will destroy your food storage. If possible, you should have shelves in your storage space. It just makes life easier. They will hold up fairly well under the weight of canned foods. Wooden and plastic shelves do not offer the same strength and your food storage could end up in a pile on the floor. On a side note, packages of food should never be stored directly on the ground. A minor flood could destroy it all. But the most important reason to have shelves is because they make it easier to rotate your food. This is very important. If you leave food buried in the back of the closet or beneath a stack of boxes, then by the time you finally get it out, it will already be spoiled. People have been known to waste thousands of dollars worth of food this way. Here are some tips on how to rotate your food storage. As with exercise, you have to start small and do a little bit at a time. To help yourself stick with it, you should set goals. The average household already has this much food. If a disaster happens, remember that the food in the fridge should be eaten first, which means you can save your pantry food for the following day. Figure out how much food your family eats on a typical day, multiply that number by 21, and you will know how much you need. Just build up your food storage at an even pace. Try to make sure you have a little variety, too. Whatever it is, grab it. Things like beans, rice, pasta, sugar, flour, and so forth. Try several different meals from scratch that you could make on your grill or camp stove if you had to, and when you find some that your family likes, buy the necessary ingredients in bulk. Again, be careful about relying too much on canned foods and boxed meals. Make sure you have plenty of bulk dried foods and dehydrated foods more on that below. You should continue rotating through your food supply and improving on it. So what foods should you store exactly? The short answer is: This is especially important if you have children. Below is a list of foods with a long shelf life a year or longer. If you store a lot of bulk dry foods like flour and rice, be sure you also buy some diatomaceous earth , which kills pests but is safe to consume. Now on to the list: Dried Beans – Pinto, kidney, white, and whatever your family likes. Steel Cut Oats Oatmeal.

### Chapter 8 : Food Storage Basics - Off The Grid News

*A food storage program is only as good as the quality of the food that goes into it. It cannot get any better than what originally went in, but it can certainly get worse.*

The legume family or beans to most of us includes lentils, peas and peanuts. These foods are the richest source of vegetable protein and are a good source of both soluble and insoluble dietary fiber. Because they are nutritious, easy to store, and can be "problematic" [ Fruits can also satisfy that sweet tooth without the calories and sugar contained in most desserts. Three ways to add produce to your food storage: Grow your own Purchase produce in bulk from a local farmer or market Purchase commercially preserved fruits and vegetables, either canned, frozen, or [ How often, for instance, do you need to buy salt, or pepper, or oregano? Salt is the most used "spice" so you would need much more of that. For instance, a family of two adults uses approximately pounds of salt per year. As for other spices and herbs, they will lose their color, taste and [ If you are working on your 3-month pantry supplies, these items will round out your menus. These are recipe ingredients that you will use on a daily basis as you prepare meals from scratch. Using them regularly will keep them rotated. Buying extras when these items are on sale and rotating them through your stored supplies can save [ You may soon realize that "cooking from scratch" is required in order to use the beans, canned vegetables, pasta, rice, dried sauces, dehydrated or freeze dried butter, cheese, or eggs. Learning to Make Bread is Not Difficult I believe that learning to make your own bread is a necessary survival skill. There are plenty of recipes out there for using stored wheat, but nothing is as delicious and wholesome as whole wheat homemade bread. I learned how to bake bread as a young mother with small children [ During stressful times, these types of foods can psychologically "comfort" children " and adults too sometimes. They are not necessarily "life sustaining" foods, but I would consider them to be [ But do you have food insurance? I consider canned and frozen foods as short-term food insurance - because of their relatively short shelf life. Definitely long-term food insurance. Ever used leaves for toilet paper? Or ripped up clothes for diapers for your little one? Yes, you can make your own soap and I suggest you learn how if you want to be really self reliant.

### Chapter 9 : Food Storage - The Basics - Food Assets

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Recently, the First Presidency spoke again on this subject: We have not laid down an exact formula for what should be stored. However, we suggest that members concentrate on essential foods that sustain life, such as grains, legumes, cooking oil, powdered milk, salt, sugar or honey, and water. Most families can achieve and maintain this basic level of preparedness. The decision to do more than this rests with the individual. They would then be prepared for food emergencies. It provides peace of mind as we obey the counsel to store. It helps ensure survival in case of personal or natural disaster. It strengthens skills in preparing and using basic foods. Once you have stored the basic food items, you need to regularly include them in your daily meals. This article and other suggestions that will be printed in the following months in the Random Sampler department of the Ensign will provide information on how to store, prepare, and serve meals based on foodstuffs recommended in the First Presidency letter. Other sources of information include ward and stake priesthood leaders and Relief Society presidencies, Church welfare centers or canneries, local extension agents or agricultural services departments, and public and educational libraries. The following guidelines will help in purchasing and storing basic food items.

**Grains** Grains include wheat, rice, rolled oats, dried corn, pearly barley, and other cereal grains. Flour, cornmeal, and pasta products such as macaroni and spaghetti are also included. Each family should store various grain items that suit their individual circumstances. For example, rather than storing three to four hundred pounds of wheat per person, a family might choose to store two hundred pounds of wheat, one hundred pounds of flour, twenty-five pounds of rice, twenty-five pounds of rolled oats, twenty-five pounds of dried corn, and twenty-five pounds of macaroni per person. There are numerous combinations. This gives variety to the menu and encourages using and rotating the supply. It also provides choices for those who do not like or cannot eat a particular grain. Most grains can be dry-pack canned in small containers see below. This makes them more convenient to use and reduces the possibility of spoilage. Grains may also be stored in tightly sealed metal or heavy plastic containers.

**Legumes** Legumes are an inexpensive, nutritious protein food include beans soy, pinto, white, kidney, lima, winged, red, navy, pink, and blackeyed , split peas, lentils, and peanuts. They can be stored in clean, dry metal or plastic containers with tight-fitting lids. They may also be dry-pack canned.

**Fats and Oils** Fat is essential to every diet. Shortening, cooking oil, margarine, and mayonnaise are suggested for storage. Store fats in sealed containers in cool, dry, dark places and rotate them frequently.

**Powdered Milk** Nonfat powdered milk, instant or regular, is an excellent storage item. It contains all the nutrients, except fat, found in fresh milk. In the past, storing large amounts of powdered milk has been recommended. However, this has often led to spoilage and waste. More recent studies show that smaller quantities of milk are adequate if people store and eat larger quantities of grains. Powdered milk can be stored in the original sealed packages, or if purchased in bulk, it can be stored in tightly covered metal or plastic containers. It can also be dry-pack canned. You may also use canned milk as part of the milk storage program, but you must rotate it regularly.

**Salt** Nutritionists recommend iodized rather than plain salt, when it is available. Store salt in its original container in a cool, dry place.

**Sugar and Honey** Whether to store sugar or honey is a matter of personal choice. Neither affects the safety of the product. Store honey in small containers. Then, if it crystallizes, you can immerse the containers in hot not boiling water to reliquefy it. Store granulated sugar in a tightly covered metal or plastic container or place it on a shelf away from moisture in its unopened cloth or paper bag. Occasionally knead the bag to help prevent the sugar from hardening.

**Water** Water is more essential than food in sustaining life. Store a minimum of seven gallons of water per person for drinking and food preparation. Store an additional seven gallons per person of the same quality water for bathing, brushing teeth, and dishwashing. Use heavy plastic containers with tight-fitting lids. Metal containers, which may corrode, tend to give water an unpleasant taste. If you have any doubt as to the bacterial safety of stored water, you may purify it by boiling vigorously for one to two minutes or by adding chlorine bleach 5 percent sodium hypochlorite solution. Generally, half a teaspoon of

bleach will purify five gallons of clear water, and one teaspoon will purify five gallons of cloudy water. If you store it away from sunlight in clean containers, and if it is safe bacterially at the time of storage, water will remain pure indefinitely. Storage Guidelines Use storage areas that are well ventilated, clean, dark, dry, and cool. If your conditions are less satisfactory, rotate contents more frequently than recommended. Do not place food storage containers on or against cement or dirt 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. Rotate and use food storage items regularly. Date food items as you purchase or can them, then store new supplies of food at the back of the shelves, moving earlier purchases forward to be used first. Do not go into debt. Acquire food items gradually. At the very least, save a few dollars a week for storage items. Using the basic foods in day-to-day menus can cut food costs and allow you to purchase more supplies. Or, as a family, give up some of the nonessentials for a short time until you can accumulate additional foods. Through prayer and concerted effort, you can work out a food storage plan that will provide you with security and peace of mind. No single food storage plan will work for everyone.

**Dry-Pack Canning** With the exception of foods containing fats, most of the storage items discussed here can be sealed by a dry-pack method of canning. Dry-pack canning is easy and inexpensive and uses containers that are small enough that they can be easily rotated and handled. In addition to dry-pack canning equipment available for use at some Church canneries, dry-pack canners may be checked out from the canneries for local use. Photography by Steve Bunderson.