

FOOD STORAGE

by Shannon Klomp | nutrichic@gmail.com | Updated 1-31-23



INDEX

Click anywhere on index for shortcut

FOR STARTERS

- Video
- Purpose
- Quotes
- Preparedness Questionnaire
- Spiritual & Physical Preparation

WHY SHOULD I HAVE A STORAGE OF FOOD?

WHAT IS FOOD STORAGE?

- From Church website
- There are three main components of food storage
- What is Short-Term Food Storage?
- What is Long-Term Food Storage?
- Long-Term Foods

WHEN WILL I USE IT?

HOW DO I AFFORD IT?

WHERE DO I BUY FOOD?

- Price Sheet from Home Center

WHERE DO I STORE IT?

HOW DO I AVOID FEELING OVERWHELMED?

- Assess
- Gradual
- OR Quick
- Get Help
- Pick a method and start the process:

FOOD STORAGE METHOD #1

1. Figure Out 3-Month Food Amounts

- Option #1 - Calculate It
- Option #2 - Buy Extras

TIP:

- Food Lists

2. Figure Out Long-Term Food Amounts

- 1) Choose a food calculator
- 2) Decide if you need to substitute any food items
- 3) Print up food list with amounts
- 4) Print up inventory sheet (optional)

3. Don't Forget The Spices

Types:

Stores:

Tips:

4. Start Shopping!

5. Label foods with the date of purchase

FOOD STORAGE METHOD #2

Wendy DeWitt

HOW MUCH FITS IN A CONTAINER?

WHAT SUPPLIES DO I NEED?

Containers

5 or 6-gallon buckets

Lids

Large gasket lid – ideal for long-term storage.

Non-gasket/Easy off lid – not good for long term-storage, but fine for foods you use regularly (and don't want to spend the extra on a spin lid)

Spin lid – good for short-term storage and foods that you use regularly because it is easy to open.

Mylar bags

#10 cans

Regular metal cans

Jars

Boxes—keep it all together

Extra grocery sacks, paper bags, & boxes

Tools

Bucket lid tool

Rubber mallet

Can opener

Supplies

Oxygen packs

Spin lids (opt)

Rope, thin strips of wood, or bungee cords

Rolling shelves (opt)

HOW DO I PRESERVE MY FOOD?

Vacuum Seal

Video: 4 Ways To Vacuum Seal Canning Jars:

FoodSaver

Handheld FoodSaver

Brake Bleeder

Oxygen Packs

Pressure Cooker or Canner

Dehydrate

Freeze Dry

3 stages to freeze drying:

Benefits

Cons

Bug Protection

HOW DO I ROTATE MY FOOD?

Options

Tips:

WHAT DO I NEED TO PREPARE MY FOOD?

Wheat Grinder

Handmill

Electric

Non-electric gadgets

HOW DO I COOK MY FOOD?

Best Ways

Sun oven (a must!)

Rocket stove (great!)

Volcano grill

Thermal cooker

Dutch oven

Other Ways

FOOD STORAGE TIPS

From Church Website

More Tips

TIP #1: Plan for three types of storage.

TIP #2: Buy freeze dried vs. dehydrated.

TIP #3: Learn how to sprout your grains!

TIP #4: Save containers for preserving, storing and serving.

TIP #5: Grow herbs for medicine.

TIP #6: Remember food for pets/animals

And More Tips:

RECIPES

WATER STORAGE

Store 2 gallons/person/day for 2 weeks (=28 gal/person)

Water Storage Containers

250 gallon drum

50 gallon drum

5 gallon portable containers

Storage boxes w/ mylar inner bags

Gallon jugs of water

Cases of water bottles

On-it's-side container

Water Purification

• Safe water in emergencies document

• CDC guidelines

• No Fear Preps link

Sun oven

Boil

Bleach

Iodine
Colloidal silver
Tablets
Filters (see below)
Water Filters
Berkey water filter (or off-brand)
NASA filtration
Backpacking filter
Water Storage Supplies
Emergency water siphon pump
Potable hose
Water Tips - Church Website
Drinking Water
FUEL
Solar
Solar oven
Solar panels on roof
Portable solar generator
Solar landscaping/path lights
Stoves
Other Fuel Options
CLOTHING

FINAL THOUGHTS

What Would I Not Want To Go 1 Year Without?

Physical Copies

Think About This

Be Prayerful - Ask and Ye SHALL Receive!

RESOURCES

Websites

- Provident Living website
- Michael & Amanda Cox Preparedness Website website
- No Fear Preps Prepper Manual (Inventory sheet & Free download)
- Wendy DeWitt (Search her on YouTube - not the pianist!)

Books

- Emergency Preparedness by Evan Gabrielsen
- The Prepper's Water Survival Guide by Daisy Luther

Must Haves

Must Dos

Photos

BEYOND

FOR STARTERS

Video

[Top 10 reasons people don't have food storage](#) (1:20 into Wendy DeWitt's talk) (plan to eat others' food, someone else will save them, prophecies won't happen, can't afford it, no space, waiting for a miracle, overwhelmed)

Purpose

- My purpose is to motivate!
- No guilt
- Draw a line in the sand and move forward today! ([Atomic Habits](#))
- You CAN do this :)
- Put Knowledge → Action
- Think of the Parable of the 10 Virgins- All 10 were members of the church ([Oaks](#))
- We are blessed here in So. Utah. Be prepared to help our family AND others.

Quotes

Click [here](#) for quotes from prophets & leaders

Preparedness Questionnaire

1. Do you have a 3-month supply of food that you eat on a regular basis?
2. Do you feel like you have a year's supply of food for your family in your home?
3. Do you have a way to cook or prepare food without reliance on your appliances? (thermal cooker group order)
4. Do you have a basic water supply for your family for two weeks or more?
5. Do you have a way to purify water for drinking?
6. Do you have food & provisions for the pets & animals in your care?
7. Do you have clothing for various situations for any 3-month period?
8. Do you have a medical supply in your home for 3-months or longer?
9. Do you have a medical guide in your home for basic first aid if you could not leave to get help?
10. Do you have a family contact outside the community to whom you could relay messages of your safety or needs?
11. Do you have a means of communication or a way to receive news of the outside world if electrical power were cut for a lengthy period of time?
12. Could you pay recurring bills for 3-4 months if you could not leave your house?
13. Do you have means to entertain young children in your care?
14. Do you have means to edify and feed your spiritual hunger if you could not go to the church?
15. Do you have access to consecrated oil for priesthood blessings?
16. Do you have spiritual oil in your lamps?

Spiritual & Physical Preparation

- Spirit of the law encompasses the letter of the law.
- If we are preparing spiritually, we will want to be preparing physically, as well.
- We need to be prepared both physically AND spiritually :)
- Food storage could be vital to our spiritual health.
- Story of Lehi - being hungry and having hungry children can change who we are/what we do (1N16:19-20).

WHY SHOULD I HAVE A STORAGE OF FOOD?

- Prophetic counsel
- Common sense

- Way of life - a store in your basement/pantry
- Be the helper- part of solution and not the problem; self-reliance = freedom
- Even if never used, not a waste to obey and be prepared
- No need to be extreme or hasty (but you can get it done quickly!)

WHAT IS FOOD STORAGE?

From Church website

"We encourage [you] to prepare for adversity in life by having a basic supply of food and water and some money in savings. 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." (See [All Is Safely Gathered In: Family Home Storage](#)).

There are three main components of food storage

- Food Storage (3-month & long-term supply)
- Water Storage (2-week supply)
- Financial Reserves
- (Clothing and Fuel used to be listed, as well)

It is important to remember that you should not go to extremes when establishing your food storage. For example, it is not wise to go into debt to establish your food storage all at once. Develop it gradually so that it will not become a financial burden. [Learn more about food storage.](#)

What is Short-Term Food Storage?

- 3-month supply of foods your family uses daily/weekly
- Easily rotated because you are using it
- From the Church website: "You should also have a short-term supply of medications, hygiene items, and any other necessities for your family." Click [here](#) for more info about these topics.

What is Long-Term Food Storage?

From the Church website: "Where permitted, gradually build a one-year supply of food that can last for a long period of time. Focus on foods such as wheat, rice, pasta, oats, beans, and potatoes that can last 30 years or more when properly packaged and stored in a cool, dry place. [Learn more about a long-term food supply.](#)"

Long-Term Foods

Grain (includes wheat, white rice, oats, corn, barley, pasta, etc.):

Legumes/Beans (dried beans, split peas, lentils, nuts, etc.):

Dairy (powdered milk, [cheese powder](#), [canned cheese](#), etc.):

Sugars (white sugar, brown sugar, syrup, molasses, honey, etc.):

Leavening agents ([yeast](#), baking powder, [powdered eggs](#), etc.):

Salt (Table salt, [sea salt](#), soy sauce, bouillon, etc.):

Fats (Vegetable oils, shortening, [canned butter](#), etc.):

Water (2 gal/day x 14 days = 28 gal/person)

Macronutrients = Carbohydrate, Protein, Fat, Water

WHEN WILL I USE IT?

- Every day - a store in your home!
- Job loss
- Natural disaster - earthquake or fire most likely here
- Drought/Famine
- Pandemic
- No supply trucks coming here for whatever reason (gas prices,...)
- No buying or selling (Rev 13:17 "And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name.)

HOW DO I AFFORD IT?

- Make a preparedness category in your monthly budget!! (A must!)
- Shift priorities (give up soda, manicured nails, going out to eat,...)
- One bit at a time - a few extra items each shopping trip
- Use coupons
- Find it for cheap or free!
 - Estate sale (moving, death)
 - Post & look on FB marketplace/KSL
- Be prayerful - ask and ye shall receive!

WHERE DO I BUY FOOD?

1. [Home Storage Center](#) (Bishop's storehouse)
 - a. Typically cheapest because not-for-profit

- b. 516 N 1400 E St, St George 84770
- c. Call first to verify supply - (435) 656-3946
- d. Trucks usually come in on Thursday (time varies)

2. [Online Church store](#)

- a. Adds about \$4-5 per case from picking it up yourself at Home storage center

3. Buy in bulk during sales

- a. Costco (price check first!)
- b. Case lot sales (Smith's, Lyn's, Harmon's)

4. [Your Family Still Matters Store](#)

- a. 175 W 900 S #14 (off Bluff St in St. George, UT near Jimmy John's)
- b. (435) 628-7042
- c. Also have wheat grinders, water containers, paintball supplies, and violins!

5. Online sites (be sure to look at special offers and clearance)

- a. <https://rainydayfoods.com>
- b. <https://mountainhouse.com>
- c. <https://lehimills.com>
- d. <https://honeyville.com>

6. Group buys: <https://www.healthypreppers.com>

Price Sheet from Home Center

Click [here](#) for current prices (notice price differences over a year)

Prices effective as of January 1, 2023

Before placing a bulk order, please view the [Home Storage Center Return Policy](#).

Product	Store Price*	Online Price*	More Information
Apple Slices	\$60.84	\$65.85	View Product Page
Black Beans	\$57.18	\$62.15	View Product Page
Carrots	\$57.00	\$62.00	View Product Page
Dry Onions	\$53.70	\$58.70	View Product Page
Granulated Sugar	\$53.70	\$58.70	View Product Page
Hard Red Wheat	\$41.28	\$46.25	View Product Page
Hard White Wheat	\$40.92	\$45.90	View Product Page
Macaroni	\$33.06	\$38.05	View Product Page
Nonfat Dry Milk	\$89.64	\$94.65	View Product Page
Pinto Beans	\$54.30	\$59.30	View Product Page
Potato Flakes	\$46.98	\$52.00	View Product Page
Quick Oats	\$38.28	\$43.25	View Product Page
Regular Oats	\$40.86	\$45.85	View Product Page
Spaghetti Bites	\$32.22	\$37.20	View Product Page
White Beans	\$50.16	\$55.15	View Product Page
White Flour	\$38.40	\$43.40	View Product Page
White Rice	\$48.72	\$53.70	View Product Page

*Prices by case. Prices vary between home storage centers and online orders due to shipping costs.

Prices effective as of January 1, 2022

Before placing a bulk order, please view the [Home Storage Center Return Policy](#).

Product	Store Price*	Online Price*	More Information
Apple Slices	\$57.48	\$62.45	View Product Page
Black Beans	\$44.34	\$49.35	View Product Page
Ben	\$25.00	N/A	N/A
Carrots	\$53.52	\$58.50	View Product Page
Dry Onions	\$50.16	\$55.15	View Product Page
Granulated Sugar	\$52.80	\$57.80	View Product Page
Hard Red Wheat	\$34.68	\$39.70	View Product Page
Hard White Wheat	\$35.04	\$40.05	View Product Page
Hot Cocoa Mix	\$63.84	N/A	N/A
Macaroni	\$29.28	\$34.25	View Product Page
Nonfat Dry Milk	\$59.76	\$64.80	View Product Page
Pasta Mix	\$49.92	N/A	N/A
Pinto Beans	\$44.94	\$49.95	View Product Page
Plastic Lid	\$177.25	N/A	N/A
Potato Flakes	\$43.68	\$48.65	View Product Page
Quick Oats	\$30.18	\$35.20	View Product Page
Regular Oats	\$31.50	\$36.50	View Product Page
Spaghetti Bites	\$28.50	\$33.50	View Product Page
White Beans	\$49.38	\$54.40	View Product Page
White Flour	\$32.28	\$37.25	View Product Page
White Rice	\$45.00	\$50.00	View Product Page

*Prices by case. Prices vary between home storage centers and online orders due to shipping costs.

You may want to download copies of the home storage center order form for reference or for preparing your order.

Prices effective as of January 1, 2021

Product	Store Price*	Online Price*	More Information
Apple Slices	\$69.00	\$70.05	View Product Page
Beans, Black	\$36.00	\$48.85	View Product Page
Beans, Pinto	\$36.00	\$47.40	View Product Page
Carrots	\$55.50	\$56.55	View Product Page
Dry Onions	\$48.00	\$56.55	View Product Page
Granulated Sugar	\$34.50	\$56.15	View Product Page
Hard Red Wheat	\$24.00	\$36.25	View Product Page
Hard White Wheat	\$24.00	\$36.40	View Product Page
Honey (Call for availability)	\$96.00	N/A	N/A
Hot Cocoa Mix	\$54.00	N/A	N/A
Macaroni	\$30.00	\$33.35	View Product Page
Nonfat Dry Milk	\$66.00	\$97.60	View Product Page
Pasta Mix	\$42.00	N/A	N/A
Peanut Butter (Call for availability)	\$31.00	N/A	N/A
Potato Flakes	\$39.00	\$49.60	View Product Page
Quick Oats	\$27.00	\$34.25	View Product Page
Regular Oats	\$27.00	\$34.90	View Product Page
Spaghetti Bites	\$30.00	\$31.90	View Product Page
White Beans	\$37.50	\$52.85	View Product Page
White Flour	\$27.00	\$36.05	View Product Page
White Rice	\$31.50	\$47.90	View Product Page

*Prices by case. Prices vary between home storage centers and online orders due to shipping costs.

WHERE DO I STORE IT?

- Cool dry place is ideal (protect your investment)
- Pantry
- Storage room (do not unpack - keep in boxes for efficiency and movability)
- Closets
- Under beds (1 year/person fits under a single bed)
- A bedroom (have the kids share bedrooms and open up 1 room/spot)
- Garage (must use a cooling unit in the window)
- Container (above ground (insulated) or buried)
- Create an outdoor cellar (think hobbit hole)
- Between studs in the wall (rolling shelves)
- It must be in your home!
- Look online for a lot of creative ideas
- Be prayerful - ask and ye shall receive!

HOW DO I AVOID FEELING OVERWHELMED?

Assess

- Create an inventory of what you already have

Gradual

- Set a budget
- Make a list and chip away (what speaks to you right now?)
- Do something each day (10 minutes)!

OR Quick

- Make it a project
- Jump in and get it done quickly
- Be sure you are living within your means

Get Help

- Form groups to help each other
- Ask family, friends, those with experience/enthusiasm

Pick a method and start the process:

- There are a variety of ways to get a year's supply of food. Make it work for your family.
- For simplicity, here are 2 methods:
 - 1) Traditional 3-month + long-term supply
 - 2) Flexible 1-year supply of food that you eat all the time

FOOD STORAGE METHOD #1

1. Figure Out 3-Month Food Amounts

Option #1 - Calculate It

1. Look at menu
2. Choose 7 dinners (1-week menu)
3. Use [this](#) calculator to help you figure out amounts
4. OR write down ingredients & amounts (on an index card)
5. Multiply everything by 12 (for a 12-week supply)
6. Make final shopping list

Option #2 - Buy Extras

1. Buy several extras each time you go to the store. If you buy 12 extra of each item, you will soon have a 3-month supply (for a 1-week menu plan).

TIP:

- When you figure out what a 3-month supply looks like, label spaces for each type of food. Then when that area is becoming less-full, add that food on to your grocery list.

Food Lists

- Pick meals off of your menu. Buy enough to last for 3-12 months, depending on your approach. I recommend getting a full 3-month supply and then adding from there. This is a sample of my regular menu that may offer ideas.

8-WEEK MENU

⊞ **SNACKS:** Fruit, Veggies & dip, Cheese, Yogurt, Leftovers,

	MONDAY Oatmeal Mexican	TUESDAY Eggs Italian	WEDNESDAY Muesli Wherever	THURSDAY Hot Cereal New	FRIDAY Eggs Favorites	SATURDAY Pancakes Soup/Salad	SUNDAY Cold Cereal Slow cooker
WEEK 1	Burrito pie ^(c)	Lasagna ^(c)	Stir fry veggies & rice	Freezer check	Hawaiian haystacks	Salad bar	Curry chicken
WEEK 2	Beans & rice ^(c)	Spaghetti w/meatballs	Orange chicken & stir fry	New recipe	Potato bar	Chicken noodle soup	Roast & veggies
WEEK 3	Tacos	Pizza & salad (regular or pita)	Pot stickers	Navajo tacos	Ritz chicken	Chinese chicken salad	Roasted turkey & veggies
WEEK 4	Café Rio ^(c)	Chicken parmes ^(c) & pasta	Thai curry	Fish (filet, burgers)	White chicken chili	Mexican tortilla soup	Hawaiian pulled pork & cabbage
WEEK 5	Enchiladas ^(c)	Fettuccini alfredo	Beef & broccoli stir fry	Meat loaf roll	Shepherd's pie	Cobb salad	Roasted chicken & veggies
WEEK 6	Taco salad	French bread pizza	Wowie Maui chicken	Summer squash chicken platter	Chicken pot pie	Potato soup	BBQ beef sandwiches
WEEK 7	Burritos	Pasta salad	Laotian chicken & sticky rice	Chicken salad	Chicken & rice casserole	Sausage potato w/kale	Roast & veggies
WEEK 8	Creamy Salsa Chicken ^(c)	Garlic chicken & pasta	Penang curry	Leftovers	Chili & cornbread	Broccoli cheese soup	Sloppy joes
FAST	Nachos BB/Chicken salad	Angel hair pasta Pita pizza	Frozen veggie stir fry	Tuna noodle ca Chicken & broc	Grilled cheese Hot dogs	Taco soup Onion soup	Leftovers
OTHER	Fajitas SW chicken salad Mexican tortilla soup Taco soup Tamales	Eggplant parm ^(c) Minestrone soup Spaghetti pie ^(c) Ziti casserole ^(c) Pasta bar	Ski ^(c) Chow mien Waffles Egg casserole	BB burgers Swedish meat ^(c) Tortellini soup Stuffed green peppers Yam stacks	Goulash Hamburgers Shish-ka-bobs Broiled tortilla wraps (cheese, BB, tuna, deli)	15-bean & ham Corn chowder Cream of veggie Pumpkin soup Stew	Chicken drumsticks Sandwiches (BLT, grilled, regular) Ham & Cheesy Potatoes
SIDES	Lettuce Tomatoes	Caesar salad Green beans		Yams Quinoa	Spinach salad Grilled veggies	Rolls Biscuits	Yams Mashed potatoes

FREEZER: Bacon, Ground Turkey, Beef, Pork, Hash browns, Edamame, Pumpkin, Zucchini, Jam, Pomegranate juice, Popsicles, Burritos,

- Use a list, such as this one below, to make sure you have all the basics
 - [Fit Foodie Emergency Foods List](#)

GROCERY LIST

Emergency Foods

Looking to stock your kitchen for a potential emergency? We're sharing a pantry staples grocery list that will prepare your cabinets for anything.

Below you'll find a list of healthier shelf-stable foods as well as fresh fruits and vegetables that we recommend that can be easily frozen for later. Make sure to pay attention to expiration dates so no food goes to waste!

pro-tips:

1. Buy in bulk, it will save you money and the planet!
2. Make sure to buy shelf-stable foods that will last in your cabinets for longer periods of time.
3. Don't be afraid to purchase fresh fruits and vegetables that can be easily frozen. They're the last to go during emergencies.

CANNED FOODS

Beans (any kind)
Honey
Canned Corn
Tomato Sauce
Diced Tomatoes
Pumpkin Puree
Green Beans
Salsa

FROZEN FOODS

Vegetable medley
Strawberries
Blueberries
Corn
Spinach
Peas
Broccoli
Cauliflower

POULTRY/MEAT

Chicken
Fish (salmon and white)
Pork
Beef

DEHYDRATED FOOD

Powdered milk
Powdered eggs
Vegetables
Fruit (blueberries, banana, etc.)

PACKAGED FOODS

Dry pasta
Quinoa
Rice (white or brown)
Broth (chicken or veg)
Marinara sauce
Apple cider vinegar
Shelf-stable almond milk
Pancake mix
Oatmeal
Applesauce
Dried fruit
Honey
Maple syrup
Olive oil
Coconut oil
Vanilla extract
Brown sugar
Coconut sugar

White whole wheat flour
Gluten-free flour
Chocolate chips
Baking soda/powder
Ramen noodles
Mac and cheese
Coffee and tea
Lentils

FRESH FOODS

Potatoes (white and sweet)
Parsnips
Beets
Onions
Garlic
Carrots
Berries
Bananas

SPICES

Salt
Pepper
Garlic powder
Chili powder
Ground cinnamon
Taco Seasoning
Chili Seasoning

fit foodie
FINDS

2. Figure Out Long-Term Food Amounts

1) Choose a food calculator

- [PrepareAware calculator](#) (start here - it is detailed, easy to print, and has an inventory sheet)
- [Prepared housewives](#)
- Do an adult amount for all family members, even children. They will be ravenous teens before you know it. Or expand into grandkids!
- If possible, plan for extra people

2) Decide if you need to substitute any food items

- Grains that contain gluten: wheat, pasta, barley, rye, oats (in some cases due to cross contamination), & triticale (cross between wheat/rye)
- Grains that do NOT contain gluten: rice, quinoa, oats, corn, sorghum, buckwheat, amaranth, & teff

3) Print up food list with amounts

- After you have entered how many people and how much you want to get, print a hard copy of the sheet
- Then take a photo of the list, in case you misplace it or forget it when you are at the store

4) Print up inventory sheet (optional)

- This is not included with every calculator, but is a convenient feature
- When you have purchased something, mark it down on the sheet along with the purchase date

3. Don't Forget The Spices

Types:

- Savory
- Sweet
- Condiments
- Dressings
- Vinegars

Stores:

- [San Francisco Herbs](#) (spices, containers)
- Costco

Tips:

- Figure out spices as you acquire your 3-month & long-term supply. This will help you know which ones to stock.
- You can also browse food storage recipe books to find frequently-used spices.



4. Start Shopping!

- Utilize store pick up services - buy online, they shop, you pick up :)
- See "Where Do I Buy Food" above

5. Label foods with the date of purchase

- Use a permanent marker to write date of purchase on each item
- If you are using an inventory sheet, write everything down
- Make a note on your phone (use talk feature while looking through supplies)
- Do not feel guilty if you do not use an inventory sheet, but pay attention to the amount of space items take up and keep these areas filled with food

FOOD STORAGE METHOD #2

Wendy DeWitt

- **Pro:** It only uses foods you use all the time. Many of these foods have water in them, so you can store less water
- **Con:** Shorter-term foods may take more room and cost more
- She will walk you through getting your 1-year supply of food storage step by step at this YouTube link: [Sensible Food Storage](#) (MUST watch)
- Her other resources:
 - [Everything under the sun booklet](#) (free download-MUST have)
 - [Everything made simple booklet](#) (conversions; free download)
 - Everythingunderthesunblog@blogspot.com (her blog)
- In essence:
 - Pick your favorite 7 breakfasts and 7 favorite dinners. Write them on 14 notecards - 1 meal per card (similar to 3-month approach)
 - Multiply each ingredient by 52
 - Make a list and check off as you accumulate items
 - Keep cards and do this once a year or replenish as used

HOW MUCH FITS IN A CONTAINER?



<https://www.usaemergencysupply.com/information-center/packing-your-own-food-storage/how-much-food-fits-in-a-container>

WHAT SUPPLIES DO I NEED?

Containers

5 or 6-gallon buckets

- Make sure it is FOOD GRADE
- Be sure to wash and allow to dry completely before adding food (overnight)
- Add 3-4 oxygen packs before sealing



- Do not reuse containers containing fatty foods
- Rectangular shape is more space-efficient than round buckets, but harder to find and you can't use a spin lid with these.

Lids

Lids do not typically come with a bucket. You have to buy them separately for about \$1.80. Three types:

Large gasket lid – ideal for long-term storage.

- These lids are about 2" thick. Don't confuse them with a regular easy off lid (see below).
- To seal, add oxygen packs and pound it on with a rubber mallet.
- To open, break the seal, pull off the plastic piece, and use a bucket lid tool to remove lid (does not have to be red and I prefer the metal version). You don't have to have this, but it is well worth the small investment.
- Once I seal a bucket with this lid, I don't open it again (costs money to buy lid and oxygen packs, time to refill bucket, etc.). Instead, I designate one bucket for this type of food (i.e., red wheat, black beans, oats) and put a spin lid on it (see below). I keep those buckets in my pantry and refill them over and over again with new food. If you do not use a type of food regularly but still want occasional access, choose whichever lid you prefer (probably the easy off style).



Non-gasket/Easy off lid – not good for long term-storage, but fine for foods you use regularly (and don't want to spend the extra on a spin lid)



Spin lid – good for short-term storage and foods that you use regularly because it is easy to open.

- About 4x more expensive than other lids.
- Instructions: Unscrew the inner portion, pound on the outer ring using a rubber mallet (this is permanent – it



will never come off of the bucket again), re-screw inner portion of lid back on.

Mylar bags

- Thickness
 - Comes in 2.5 ml - 7 ml thickness
 - Use at least 5 ml thickness. Anything less allows UV, humidity, gasses, bugs, and tearing. The higher the thickness, the more expensive it is.
 - Use 6 ml for pasta.
- Bags can be resealed using a special tool, iron, or a hair straightener for 2-3 sec (put in a new oxygen absorber)
- Used with freeze-dried food, mylar bags are a great choice, but more expensive than other storage methods.
- Do not store
 - Foods high in moisture or oil content, such as: brown rice, raisins, nuts, granola, chocolate chips, cookies, and crackers.
 - However, you can pressure seal these in glass jars for a 2-3 year shelf life
- **Pros**
 - Weevil cannot get into these (though they may survive if already in the food before storing in mylar bags)
 - Dry food can last several decades when coupled with oxygen absorbers (see below)
- **Cons**
 - Rodents can get into these, so consider storing them in buckets or bins
 - May seem more expensive up front, but these can be reused.
- Resources
 - [Video](#)
 - [The Provident Prepper webpage](#)



#10 cans

- Do not store these foods in #10 cans
 - Sugar (takes on a tinny taste)
 - Foods high in moisture or oil content, such as: brown rice, raisins, nuts, granola, chocolate chips, cookies, and crackers.
 - However, you can vacuum seal these in glass jars for a 2-3 year shelf life



Regular metal cans

Jars

- Use new jars for canning and old ones for vacuum-sealing



- Find these used at garage sales and online
- **Wide mouth** jars are usually more versatile than narrow mouth
- Store water in empty jars for efficient use of space
- Big ones (1-2 gallon size)
 - Good for sourdough start or sharing food
 - Can get big ones for free at Five Guys (fast food joint).

Boxes—keep it all together

- Don't put individual cans on shelves. Keep in boxes for ease in moving them
- May increase storage space if they hang off the shelf a little



Extra grocery sacks, paper bags, & boxes

- Keep in storage room in case food needs to be moved or to conveniently take items upstairs

Tools

Bucket lid tool



- Used to remove lids on 5-gallon buckets. Must have!
- Plastic ones work well and are less expensive
- Metal ones are extra sturdy and have tools for turning off the gas to your home, as well as removing the lids of your 50 gallon water containers

Rubber mallet

- For pounding on the lids of 5-gallon buckets

Can opener



- Keep 3 extra MANUAL can openers in your home—
1-2 with food supply (especially if you have a lot of canned food stored). They have big ones to make it easier to open #10 cans

Supplies

Oxygen packs

- For dry foods

- Do not use with sugar, nuts, or foods high in fat content
- Keep sealed or vacuum sealed as long as possible before putting in bucket or they will absorb the oxygen in the air and be ineffective in the bucket
- Buy at YFSM, CalRanch, or online.

Spin lids (opt)

- Convenient for refilling frequently-used foods in pantry containers
- A good choice for storing open cat/dog food
- Do not use on long-term food. It will not seal like a regular lid
- Can be found at local hardware stores, walmart, your family still matters, online, ...
- These seem expensive online right now. I found mine for around [\\$8 each](#).



Rope, thin strips of wood, or bungee cords

- To secure the front of shelves in case of earthquake, especially with glass jars

Rolling shelves (opt)

- Do it yourself
 - [Wood](#)
 - [Cardboard](#)



- Buy



- Google this! So many great ideas :)

HOW DO I PRESERVE MY FOOD?

Vacuum Seal

Video: 4 Ways To Vacuum Seal Canning Jars:

FoodSaver

- Only use glass jars for longer storage (use the bags for short-term use only because they will not stay sealed)
- Great for oily, sugary, or moist foods
- 3-year shelf life and jars/lids can be used over and over (lift off jar lids gently with a spoon)
- Buy this used (ebay) for savings or watch for sale at Costco
- Make sure the FoodSaver has an accessory port (looks like a small hole) or place for attachments, which is required to seal jars.
- Buy attachments for regular and wide mouth mason jars (if it doesn't come with them already)
- I like the space saver version pictured here
- Note: Jar attachments required, but not usually included



Handheld FoodSaver

- Small and convenient for small amount of jars
- Rechargeable battery
- Note: Jar attachments required, but not included



Brake Bleeder

- Pro: No power required
- Con: Hard to pump, takes a lot of effort
- Note: Jar attachments required, but not included



Oxygen Packs

- Simple and easy
- Not suitable for all foods (research this)
- Must keep oxygen packs sealed (put the whole pack into the food; don't cut them open with scissors)
- Do NOT use silicon absorbers - these absorb moisture, but don't prevent bugs. Read more [here](#)



How much oxygen is needed (oxygen packs come in different sizes):

CONTAINER SIZE	BEANS & RICE	FLOUR & OTHER POWDERS	OATS, PASTA, & POTATOES
1 Pint (16 oz)	50cc	50cc	100cc
1 Quart	100cc	100cc	150cc
½ Gallon	150cc	200cc	300cc
1 Gallon	300cc	400cc	500cc
5 Gallon	1400cc	2000cc	2500cc

*Source = Your Family Still Matters Store

Pressure Cooker or Canner

- A pressure canner (not cooker) is needed to bottle meat
- A metal-to-metal seal is ideal.
- Store extra rubber seals if that is the type you have.
- Store new mason jars and lids for canning (use your older jars for vacuum-sealed foods)



Dehydrate

- Can preserve food to eat later
- More info [here](#)

Freeze Dry

3 stages to freeze drying:

- Freezing
- Primary drying stage
- Secondary drying stage. This process removes water content. Without water, foods do not decay and are preserved for long periods of time.

Benefits

- Food can last up to 25 years
- Retains 97% of nutrition
- Takes up less space
- [Video showing benefits](#) (for the information only—this is an ad and I've never tried this product)

Cons

- Expensive
- Takes 20-40 hours to complete the process

Bug Protection

- Freeze food (kills eggs)
- Mix in diatomaceous earth
- Throw in some bay leaves
- All food has bug parts and eggs in it. Oxygen absorbers help remove the oxygen, which decreases chances of eggs hatching.

HOW DO I ROTATE MY FOOD?

Options

1. Keep an inventory sheet AND/OR
2. Pay attention to space required for different foods and keep it filled (this is what I do) AND/OR
3. Buy food with a long shelf life and leave it.

Tips:

- Keep buckets of commonly used items in the pantry with a spin lid top (rice, wheat, flour, oats, sugar, black beans, coconut oil)
- Expiration dates are flexible. If you won't use it after expiration, donate expired items to the food bank (they take it for 7 years past expiration date) or post online
- Toss bulging or leaking cans (tomatoes)

WHAT DO I NEED TO PREPARE MY FOOD?

Wheat Grinder

Handmill

- Find a GOOD hand mill. You do not want to spend all of your energy grinding wheat.
- You do not want to spend all of your energy grinding wheat.
- Some have attachments that allow a drill or wheel to do the work
- Junior Wondermill or nutrimill are great ones

Electric

- Find an electric mill for everyday use/ use with a generator
- I like WonderMill (now "NutriMill")
- Others love K-tec
- You can also find attachments for Bosch and Kitchenaid mixers
-

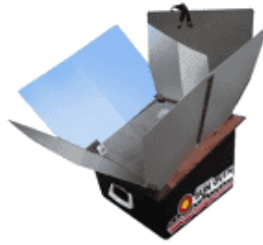
Non-electric gadgets

- Hand-operated food processor (like a salsa maker)
- Hand mixer that uses a handle to move whisks
- Hand can opener (have a couple of these)

HOW DO I COOK MY FOOD?

Best Ways

Sun oven (a must!)



Rocket stove (great!)

- Compared with traditional open fires rocket stoves can be healthier and more efficient.
- Reduce smoke and harmful emissions, use less fuel wood, and increase the amount of energy from the wood that is turned into heat energy.
- Some claim to be able to heat homes with 80-90% less wood fuel.
- [5 Best Rocket Stoves](#) article (and plans)
- My favorite is the [Kelly Kettle](#).



Volcano grill

- Uses propane or briquettes; Can fit a dutch oven.



Thermal cooker

- Think slow cooker, but no power needed!
- Heat everything first on a stove, then put in insulated cooker for at least 2 hours and leave for up to 8 hours.
- Needs to be 75-80% full to cook and maintain heat properly
- Watch this [video](#) to learn



Dutch oven

- Can be used in a sun oven, volcano grill, and/or with



briquettes/coals/wood

Other Ways

- Back Yard Fire Pit/Wood
- Butane stove

- Sterno can fuel
- Paraffin stove
- BBQ kettle

FOOD STORAGE TIPS

From Church Website

- Everyone needs an extra supply of food in the home.
- Not only is food storage a good idea for general preparedness, but also for daily needs.
- Avoid countless last-minute trips to the store just by keeping a supply of powdered eggs, powdered milk, baking supplies and other everyday commodities on hand.
- It's a great feeling to know that your family is protected from hunger in the event of an emergency.
- Food Storage Basics: To maximize the shelf life of stored food, simply follow these three rules:
- Keep it cool. (Store it away from heat sources and direct sunlight.)
- Keep it dry. (Do not set it directly on a concrete floor or touching a masonry wall. Do not store it in a damp area.)
- Keep it dark. (Keep bottles and translucent containers in cupboards or in boxes.)
- Keep Pasta Fresh: Buckets of pasta will keep much longer and retain their freshness better if you toss a little coarse salt into the container before sealing. The salt will absorb moisture and keep the pasta from deteriorating.
- Prevent Bottle Breakage: Attach a thin strip of wood to the front of each food storage shelf to create at least a half-inch "lip" so that bottles and other containers are less likely to fall off during an earthquake.
- "Raise" Yeast Shelf Life: Keep yeast in the freezer to triple its storage life. Unopened bags of SAF yeast should be hard as bricks. If the bag becomes soft the yeast needs to be used soon.
- Storing Powdered Eggs: Refrigerate powdered eggs after opening to preserve their yellow color and maintain nutritional value. (my note: use gelatin or chia seed as egg-substitutes)
- Be Careful of Brown Rice: Brown rice has a very short shelf life. Do not store more than a few months' supply, and freeze or refrigerate it if possible. If the rice begins to smell rancid, throw it out. For long-term storage, choose white rice. (my note: you may store brown rice in jars, if sealed with a food saver and soak, rinse, and cook grains that smell rancid before throwing them out)
- Storing in Less than Ideal Environments: In environments that are moist or warm, it is best to store grains in number 10 cans or mylar-lined plastic buckets with oxygen absorber packets to give extra protection against spoilage and infestation.

More Tips

TIP #1: [Plan for three types of storage.](#)

- Long-term, short-term, add-water-only food

TIP #2: Buy freeze dried vs. dehydrated.

TIP #3: Learn how to sprout your grains!

- Sprout grains, legumes, and seeds turn into super foods. When sprouted they are 400% more protein than meat. They then become an extremely sound source of protein, fiber, and vitamin B. The amazing fact is that sprouts are a food -- very easily available to all sections of society, and yet the biggest storehouse of all nutrients. All edible grains, legumes, and seeds can be sprouted. The following are generally used for sprouting:
- Grains: Wheat maize, ragi, barley, bajra.
- Seeds: Alfalfa seeds, sesame seeds, radish seeds, fenugreek seeds, coriander seeds, pumpkin seeds, and muskmelon seeds, groundnut.
- Legumes: Green gram, Bengal gram, chickpea, kidney beans, dried peas.
- Other: Oat groats, buckwheat, quinoas (foods which are lesser known as sprouts, but are at the same time, highly nutritious). They should be sprouted and consumed if readily available.

TIP #4: Save containers for preserving, storing and serving.

- When you need to preserve your food during famine years or during fuel shortages, you will not be able to run to the store for supplies.
- You will also want to break down your bulk storage into smaller containers when you are handing food to others to help.



TIP #5: Grow herbs for medicine.

- Click [here](#) to find "herbs" slide in "Beyond Food Storage" document

TIP #6: Remember food for pets/animals

And More Tips:

- Products with high oil content have a shorter shelf life than other products can be stored in glass jars and vacuum sealed
- Flour and rolled oats and brown rice do not store long- keep the whole grain (wheat, groats, rice)
- If oats or rice smell rancid, soak for 12-24 hours, rinse, and cook as normal
- Take a preparedness class through Tina Forsyth, DSU Community Education, or online (YouTube university!) (Wendy DeWitt)
- Don't put sugar in #10 cans (tastes tinny)
- Don't put oxygen packs in
 - Sugar (unnecessary)
 - Moist or oily foods (nuts, seeds, some whole grains; >10% moisture = botulism risk)

RECIPES

[The Houston Emergency Preparedness Cookbook](#)

[FSRC](#)

[Teresa Lindquist](#)

[The Prepper's Cookbook](#) (amazon)

A Guidebook to Acquiring Food

[A Year Without the Grocery Store](#) (amazon)

- **Print up recipes or purchase a physical copy.** It would be sad to have all your recipes online and then have no internet access!

WATER STORAGE

Store 2 gallons/person/day for 2 weeks (=28 gal/person)

- Minimum is 1/gal/person/day, but we live in a desert and this would be survival only
- Have a *variety* of containers (big & small). Think efficiency, storage and portability.
- Use a potable hose to fill containers. Regular hoses contain chemicals.
- Add colloidal silver (see below) or bleach to containers
- Do not store directly on cement (chemicals can seep into water containers)
- In an emergency, immediately begin filling tubs and sinks.
You can purify later.
- Swimming pools are a great resource, if even to just flush the toilet
(note: it will grow algae quickly if power goes out)
- Rotate water every 6-12 months (if using colloidal silver, 5 yrs?)

Water Storage Containers

250 gallon drum

- Efficient use of space



50 gallon drum

- Be sure to have a metal bucket tool on hand to open the lid, as well as a pump to siphon water



5 gallon portable containers

- Great for transporting
- Use to put out campfires



Storage boxes w/ mylar inner bags



Gallon jugs of water

- Find sturdier plastic.
- The milk carton-type will deteriorate quickly
- Never use old milk cartons to store water due to the fat content that you cannot get out of the jugs.
- Recycle fruit juice bottles
- Store water in unused glass bottles

Cases of water bottles

- Rotate regularly



On-it's-side container

- Wendy Dewitt



Water Purification

- [Safe water in emergencies document](#)
- [CDC guidelines](#)
- [No Fear Preps](#) link

Sun oven

- Pasteurizes water! (doesn't get to 212 degrees, but close to it)
- Great way to efficiently clean water
- Heating water from 200 degrees to 212 degrees (required for full purification) takes a lot of energy, so pasteurizing in a sun oven is a great alternative

Boil

- Clarify first

Bleach

Iodine

Colloidal silver

- Add this to stored water
 - 1/3 C per 50 gallon container
 - 1 full bottle (16 oz) per 260 gal tank
- Water can last for up to 5 years? (ask YFSM)
- Add more every ? years

Tablets

Filters (see below)

Water Filters

Berkey water filter (or off-brand)

- Gold standard for filters
- Different sizes
- It can filter pond water! (still strain it first, though)



NASA filtration

- Fast filtration
- Cheaper than Berkey, but doesn't look nice for countertop (no stainless steel casing)

Backpacking filter

- Mini-Sawyer—great for 72 hour kits
- Life straw ([amazon link](#))
- Pur tap (costco)



Water Storage Supplies

Emergency water siphon pump

- To get water out of containers (might want 2)



Potable hose



Water Tips - Church Website

Drinking Water

- If water comes from a good pretreated source, then no additional purification is needed; otherwise, pretreat water before use.
- Store water in a sturdy, leak-proof, breakage resistant container.
- Consider using plastic bottles commonly used for juices and soda.
- Keep water containers away from heat sources and direct sunlight.

FUEL

Solar

Solar oven

- As I said before, this is a must - especially in St. George!
- No need to store fuel, it's cost-free after you purchase it, smoke-free, and easy to use!
- It can also pasteurize water, sanitize dishes, dry firewood, etc
- All-American sun oven brand is what I have

Solar panels on roof

- Need batteries to be off-grid

Portable solar generator



Solar landscaping/path lights

- Great for inside lights at night



Stoves

- Titanium Tent Stove
- Wood stove
- Butane stove
- Candles
- Sterno can fuel
- Paraffin stove

Other Fuel Options

- Generator (propane or gasoline)
- Propane Storage (grill, volcano grill, small generator)
- Mr Buddy Heater & Propane Bottles
- [No Fear Preps Link](#)

CLOTHING

- Think 1 year ahead (especially for the oldest child who doesn't have hand-me-downs)
- Work clothes
 - Sturdy pants, overalls, shirts, socks, boots
 - Work gloves
 - Work hat
- Shoes
- Socks
- Underwear/garments
- Warm clothing/boots
- Hats
- Extra clothing can be used in 72 hour kits (instead of DI)

FINAL THOUGHTS

What Would I Not Want To Go 1 Year Without?

- As you are going about your day, think:
If I couldn't go to the store for 1 year, what would I miss most?
- Buy these items (a few extras or in bulk) when they are on sale.
- Food storage examples: nutella, salsa, cold cereal, chocolate chips,
- Other examples: metamucil, solar shower, TP, wet wipes (have you tried camping without these?), antiseptic wipes, dishwashing liquid, laundry detergent,... (see the "Beyond" link at the end of this document for more information)

Physical Copies

Think: ***What if I didn't have access to the internet?***

- Recipes
- Preparedness books (food, water, fuel, medical, hygiene, self-defense)
- Conference Issues of Liahona/Ensign
- Photos (picture of each person in case someone is lost, make photo books)
- Contact info (phone numbers, addresses)
- [Buckets/Bins list](#)
 - Print this up and store it near bins and buckets in case you need to leave your home quickly for an extended period of time
 - Your brain will not be working at maximum capacity during a stressful situation, so having a list at hand is useful
 - Also have a list of what to bring in addition to your 72-hour kit should you have time to grab more items (See "Beyond" link at end of this document for more on 72-hour kits)

Think About This

- If you knew something was going to happen NEXT week (COVID-21, economic breakdown, wildfire, earthquake, flood, or other disaster) and all stores would be closed, what would you do THIS week?
- Write down your thoughts and this is the start of your list :)
- Don't panic and go out and buy everything at once. Use this list to plan out a logical approach, using your food storage budget and living within your means.

Be Prayerful - Ask and Ye SHALL Receive!

- Don't get overwhelmed - that is not how the Lord or the Spirit works
- Do a little something each day - set a timer
- OR dive in and get it done now, if you feel inspired and have the means
- Drops of Rain (tool I was taught in a class)
 - Create a note in your phone/journal for something specific you need help with (i.e. how to create a storage of food)
 - Write down ideas as they come
 - Act on them
 - Return and report what you have done in your note or to someone else
- You will be blessed for your efforts!

RESOURCES

Websites

- [Provident Living](#) website
- [Michael & Amanda Cox Preparedness Website](#) website
- [No Fear Preps Prepper Manual](#) (Inventory sheet & Free download)
- **Wendy DeWitt** (Search her on YouTube - not the pianist!)

Books

- [Emergency Preparedness](#) by Evan Gabrielsen
- [The Prepper's Water Survival Guide](#) by Daisy Luther

Must Haves

1. Year supply of food
2. 2-week supply of water (1-2 gal/ person/ day)
3. Indoor butane stove and/ or sun oven
4. Berkey/off brand water filter or NASA water filter
5. [Everything under the sun booklet](#) (free download)
6. Physical copies of things
7. A rocket stove/Kelly Kettle (or at least info on how to build one)

Must Dos

1. Set a monthly budget for food storage
2. Watch [Sensible Food Storage](#) (YouTube link)
3. Remember, your #1 resource is your community, so be a good neighbor and take care of each other!

Photos

Click [here](#) for ideas

*I can do all things through
Christ
which strengtheneth me.*

--Philippians 4:13

BEYOND

(Click [here](#) for *Emergency Preparedness* document)

Temporal Preparedness Resources

What can I do to prepare?

Preparing for emergencies or difficult situations can help us stay safe and feel more secure. Additionally, being prepared allows us to provide for our own needs, our family's needs, and the needs of others when a disaster or unexpected event occurs. Following the guidelines below will help you get started.

Spiritual Foundations of Temporal Preparedness

We have been instructed “Organize yourselves; prepare every needful thing; and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God” (Doctrine and Covenants 88:119). Following this counsel will allow us to better provide for our own needs and for the needs of others should challenges occur.

Bishop W. Christopher Waddell taught, “In an ever-changing world, we must prepare for uncertainties. Even with better days ahead, we know that the temporal peaks and valleys of mortality will continue. As we seek to become temporally prepared, we can face the trials of life with increased confidence [and] peace in our hearts” (“[There Was Bread](#),” October 2020 general conference).

In Wisdom and Order

Be wise and plan within your means for both immediate and future needs. You will be blessed as you gradually build up storage and savings to prepare for life's challenges.

Small and Simple Means

By “small and simple things are great things brought to pass.” ([Alma 37:6](#)). As you take small and simple steps to prepare physically, emotionally, and financially, you can have faith that the Lord will magnify your consistent efforts.

Peace to Your Mind

When you prepare prior to an emergency, you will have greater peace of mind. Because you are prepared, you will have more choices available to you as you work to adapt to changing circumstances. As we strive to follow the Lord's counsel to prepare, we are entitled to the protection and peace that comes from obedience.

As the Brother of Jared prepared his family to enter the barges and cross the sea, he thought carefully about what they would need—light, air, food, and so on. After asking the Lord for guidance and working together to prepare for the likely hardships on their journey, the Brother of Jared and his companions “got aboard of their vessels or barges, and set forth into the sea, commending themselves unto the Lord their God” ([Ether 6:4](#)).

Strategies for Help

1. Tips for Making an Emergency Plan
2. Tips for Being Financially Prepared
3. Tips for Food Storage and Production
4. Tips for Emotional Preparedness
5. Other Helps

Tips for Making an Emergency Plan

Thinking about emergency situations can feel frightening and overwhelming, but we are promised “If ye are prepared, ye shall not fear” (Doctrine and Covenants 38:30). Preparing for emergencies can help us feel more secure and can help us stay safe when a disaster or unexpected event occurs.

Preparation is necessary in many areas, including financial, home storage and food production, emotional preparedness, and emergency planning. If we have these plans in place, we can be prepared when challenges occur.

Planning for Challenges

When planning for disasters, it's helpful to:

- Consider the disruptions possible in your area.
- Make plans for the disruptions that may happen to you.
- Make a communication and reunification plan.
- Think about your family's special needs.
- Update your plans on a regular basis.

To learn how to plan for disruptions in your area, see the [Personal and Family Emergency Preparedness Planning Guide](#). In the guide, you can find activities and charts to help you make plans.

Emergency Kit Basics

An emergency kit can help you be prepared if you need to leave your home for a brief period. Think through these needs as you put together a portable supply kit:

- Shelter
- Food and water
- Medical supplies
- Light
- Communication
- Critical documents
- Cash
- Change of clothing
- Entertainment/comfort items (games, balls, puzzles, coloring books and crayons, books.)
- Other needs unique to your situation

Once you have created your emergency kit, be sure to check it regularly. Children grow out of clothes, food expires, and plans change. See the [Temporal Preparedness Guides for Your Area](#) for more specifics.

- [Life Help](#)
- [Tips for Being Financially Prepared](#)

Tips for Food Storage and Production

We've been taught to organize ourselves and “prepare every needful thing” ([Doctrine and Covenants 109:8](#)). You can prepare for hard times with a supply of food and other necessities to help you get through any unexpected challenging times.

Part of becoming like the Savior includes experiencing hardships during this life. Learning some basic skills can help us prepare to face challenges and disappointments with resilience. Learn how to gain these skills.

Across the world, we each live in different situations. We may not all be able to buy or store the same amount of food. Make goals for your own situation to help you be as prepared as possible.

Read the suggestions below to figure out what you should store and how to get started.

What to Store

As you think about what you need to store, consider basic items (hygiene supplies, medication, important documents, clothing, and so on), water, and food that you may need to sustain yourself and your family for short-term and long-term periods. Learn about what to store for your area's specific needs in the [Temporal Preparedness Guide for Your Area](#).

Basics of Home Storage

You may find yourself needing your short-term or long-term food supply when you face unemployment, a community disaster, or a pandemic when the supply chain is disrupted.

- Build a **short-term supply** of food that is part of your normal, daily diet and that is reasonable for your circumstances. One way to do this is to purchase a few extra items each week to build a short-term supply of food.
 - Cook with this food in your normal routine so that you use it before it loses significant quality. (Note: Most food is still good beyond the “Best If Used By” date. A non-perishable packaged food is not likely to become unsafe, but the quality will degrade over time. Pay attention to this as you cycle through supplies.)
 - Replenish whatever you use in your normal grocery shopping trips.
- Store **drinking water** for circumstances in which the water supply may be polluted or disrupted. 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 and soda. Keep water containers away from heat sources and direct sunlight.
- Then build your **longer-term supply** by gradually building a supply of food that will last a long time and that you can use to stay alive.

See a list of specific food items to store long- and short-term in the [Temporal Preparedness Guides for Your Area](#).

Production

- If it makes sense where you live, consider planting a garden as a supplement to your food storage (learn more about how to start by reading the “Gardening” Gospel Topics page).
- If you don't have much space for food storage, or you are prohibited by law from storing large amounts of food, just store as much as your circumstances allow. You can consult the Temporal Preparedness Guides for Your Area for ideas.

Tips for Being Financially Prepared

Making good decisions with your money helps you have confidence and be prepared for life's ups and downs. Heavenly Father has given us everything, including our money, and He can help us use it wisely. Read on for some general tips on how to manage your finances:

Part of becoming like the Savior includes experiencing hardships during this life. Learning some basic skills can help us prepare to face challenges and disappointments with resilience. Learn how to gain these skills.

- **Pay tithing and fast offerings first.** The Lord has promised to open the windows of heaven and pour out great blessings upon those who pay tithes and offerings faithfully (see [Isaiah 58:6-12](#); [Malachi 3:10](#)). Paying tithing and fast offerings also allows us to live the second great commandment to love our neighbor by ministering to temporal needs (see [Matthew 22:37-39](#)).
- **Make a budget.** A budget is simply a plan for how you will use your money. Begin with your income, and then build a plan for where your money goes, like donations, savings, food, housing, transportation, etc. Consider using the resources below and the budgeting activity in the [Personal Finances for Self-Reliance](#) workbook.
- **Once you have a budget, adhere to it.** It can be hard to stick to your budget, and it is okay if things don't go perfectly. Learn from those moments and ask Heavenly Father to help you.
- **Spend less money than you make.** This is key to financial stability. It may mean that you need to look at your expenses and decide where you should spend less. It could also mean that you need to look at ways to increase your income.
- **Avoid debt.** With just a few exceptions, like buying a modest home or investing in education, you should avoid debt. If you are in debt, try to pay it off as quickly as possible, and consider using the resources below to help.
- **Save and budget for unexpected expenses.** Plan to have a few months of money set aside in case of an emergency, or if you lose your job or livelihood. Planning for the unexpected can help you feel less panicked when tough financial situations arise.
- **Save for the future.** Set financial goals that you would like to achieve, like buying a home, planning for a life event, or other possibilities.
- **Seek education.** Consider certifications, trainings, and trade school, college, or university degrees that might enrich your mind and help you make a living. President Thomas S. Monson reminded us of the blessings of receiving an education: "Your talents will expand as you study and learn. You will be able to better assist your families in their learning, and you will have peace of mind in knowing that you have prepared yourself for the eventualities that you may encounter in life" ("Three Goals to Guide You," *Ensign* or *Liahona*, Nov. 2007, 119).

Tips for Emotional Preparedness

Distressing challenges and losses typically impact us physically, emotionally, socially, mentally, and spiritually. President Nelson expressed this concern about our preparedness: “I urge you to take steps to be temporally prepared. But I am even more concerned about your spiritual and emotional preparation” (“[Embrace the Future With Faith](#),” general conference, October 2020).

It is important to prepare emotionally for all of life’s challenges, including emergency situations (natural disasters, pandemics, political turbulence, etc.) and personal crises (job loss, death of a loved one, etc.). The following tips can help you prepare emotionally to face life challenges.

Learn calming skills.

A critical incident or disaster may provoke overwhelming feelings of fear, anger, sadness, worry, and anxiety. Learn strategies for calming yourself during difficult times. You might:

- Create an emotional first-aid kit to use when you are feeling strong emotions. This kit may include personal health reminders, photos, comforting objects, materials (blankets, cloths), music, books, journals, or other supportive items that fit your needs. You may also consider recommendations from this [Feelings First Aid Kit](#).
- Practice a variety of healthy coping strategies to soothe emotional distress (see [Facing Challenges: A Self-Help Guide](#) for suggested strategies). Practicing skills to calm these emotions now can help you be prepared.

Keep in mind that some resources used for coping may not be available during an emergency. If medications are currently being used for mental or emotional health, talk with your doctor about ways to access them during an emergency.

Build relationships.

Healthy interpersonal connections are vital for emotional well-being. Reach out and connect with others. You can start by strengthening marriage and family relationships (see [Strengthening Marriages and Families](#)). When connections with family or loved ones are not possible, reach out to those who are nearby such as neighbors, work colleagues, faith groups, peers, and communities.

Make plans around safety and communication.

In an emergency, it is common to feel worried about the safety of those you love. Create an emergency communication plan with loved ones, and determine how you will reach each other in a disaster. At times, emergencies or disasters separate friends and family from each other. Consider creating a reunification plan. Refer to the Communication and Gathering Plan Activity in your [Area Temporal Preparedness Guide](#). This can help ease concerns about the safety of loved ones and facilitate supportive connections.

Identify trusted sources.

Identify trusted sources of information and plan to limit news and social media communications that are distressing or unreliable (see [General Handbook: Serving in the Church of Jesus Christ of Latter-day Saints 38.8.40](#)). Safe, supportive, and reliable information is essential when you are experiencing a personal, family, or community crisis.

Identify your strengths and how you can help.

Identify your skills and strengths. You can prepare to contribute during an emergency and to assist with recovery. You can also prepare to minister to others during a crisis (see [Mosiah 18:9](#) and [Discussion Guide: How Can I Minister to Others During a Crisis?](#)). Even if you feel vulnerable or overwhelmed, you can use your talents and strengths to help.

Remember to find hope.

Nurture realistic optimism and hope. Elder Jeffrey R. Holland taught that, “Because the Restoration reaffirmed the foundational truth that God does work in this world, we can hope, we should hope, even when facing the most insurmountable odds” (“[A Perfect Brightness of Hope](#),” general conference, April 2020).

You can prepare by establishing a personal life purpose, learning to find meaning in adversity, strengthening moral and spiritual beliefs, learning how to tolerate uncertainties, expanding your vision to include an eternal perspective, and striving to express gratitude for the blessings and resources you have (see [Hope – Church of Jesus Christ of Latter-day Saints](#) and [President Russell M. Nelson - The Healing Power of Gratitude](#)). When heavy adversity hits, it is common for some to feel that their world is falling apart. Prepare now by strengthening your hope.

Additional Resources

Church of Jesus Christ of Latter-day Saints

[Local Area Preparedness Guides](#) (excellent resource-start here)

[Personal and Family Emergency Preparedness Planning Guide](#)

[Emotional Resilience Group](#)

[Facing Challenges: A Self-Help Guide](#)

Other

Little Valley Stake Website www.lvsaints.com/preparedness

Shannon's Food Storage [Google Doc](#)

Shannon's Emergency Preparedness [Google Doc](#)

[Home Storage Center](#) (across freeway from mall - look for white silos)

Your Family Still Matters [175 W 900 S #14, St George, UT | 435.628.7042 | yfsmstore@gmail.com | Mon-Sat 10am-6pm](#)