



# 8 STEPS

## TO BECOMING SELF-RELIANT

120 Northgate Mile  
Idaho Falls, Idaho 83401  
208-524-8300  
[www.thepreparednessstore.com](http://www.thepreparednessstore.com)

**STEP 1:** Is to not just understand the need to acquire a storage program and to become SELF-RELIANT, but to become committed to doing it and set a time frame to work it.

**STEP 2:** Learn what it takes and what you need to become SELF-RELIANT. Learn the basic home storage, 1st Aid and family preparedness, so that you and your family can live 1 year or two with a minimum of outside dependency on others. Doing this will save money, time and effort as you set up a plan of action.

**STEP 3:** Put together a 72 HOUR KIT for your home, car, office and/or school. This is a kit that will provide you with food, water, light, heat and other important items that will help you and your family during and after an emergency.

**STEP 4:** WATER-WATER-WATER. Store 1 gallon of water a day per person for drinking. A week minimum supply is recommended. Learn to purify and filter water and use a solar still.

**STEP 5:** Putting your food storage together.

- A) We recommend a three to six month supply of the foods you are already eating.
- B) A two month supply of ready to eat foods (no water, no cook type-grab & go),
- C) A one year supply of long term storage foods-bulk grains dehydrated or freeze dried foods,

**STEP 6:** Get your supply of non-food items. Remember the need to take care of cooking, heat light, shelter, 1st Aid, tools, communication, sanitation, camping equipment, fuel, clothing, garden supplies, etc.

**STEP 7:** Putting together a library of helpful books is very important) ranging from general repair to survival manuals, gardening. 1st Aid, food storage books, cookbooks and anything that might be helpful under any circumstance and situations you might find yourself in.

**STEP 8:** After you have completed the first 7 steps, you can get the extra items you have become accustomed to in life, which are not essential to survival but would be nice to have. (REMEMBER: They won't be nice to have if you don't have the essentials!)

Not only do you want to set about acquiring and storing these items, but set up a way to use and replenish what you have.

### *REMEMBER:*

Your spiritual preparation might be the greatest asset you acquire!

# Food Storage

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## **Step 5 in 8 steps to becoming Self-Reliant is "putting your food storage together".**

We like a 3 step program for this:

- A. We recommend a three to six month supply of the foods you are already eating.
- B. A month to two month supply of ready to eat foods. (no water-no cook type, grab & go foods)
- C. A one year supply of long term storage foods -bulk grains, dehydrated or freeze dried foods.

Food Storage is one of the most frustrating things you will do or be involved in. Where to start, what to store, how much to store and where to put it are but a few of the concerns you will have.

The following suggestions will help to take some of the frustration and confusion away.

### **A. A three to six month supply of the food you already eat.**

To figure this out, make a list of 7 breakfasts, 7 lunches and 7 dinners you eat most. List all of the ingredients you need for each meal. Once you have done this, simply times the number of items/meals you need. Example:

#### **Breakfast**

2 cups Raisin Bran, 1 cup milk, 8 oz. orange juice, 1 pc. toast, 1 tbsp. jelly This will be eaten once a week, 4 times a month, 24 times in 6 months. So for 6 months, times everything by 24. I will need 48 cups of Raisin Bran, 24 cups milk, 192 oz. (1 gal., 2qts.) of orange juice, 24 slices(2 loaves) of bread and 24 tbsp. (1 1/2 cup) of jelly. This will definitely take some math work. Once you figure this out, keep all your notes. If you add more people, just times it by the amount of people it is for.

#### **Review**

- 1 .Figure out your menu and write down all ingredients.
2. Times out the quantity of ingredients needed. You will need to decide how long you are storing and how often you are eating it.
3. Times by the number of people.

Do this for all seven meals (breakfast, lunch and dinner)

### **B. A two month supply of ready to eat foods.**

(no water, no cook type -grab & go foods)

The idea of this part of your food storage is, if on a moments notice you need to leave your home for an extended period of time, you will not have to go through your cabinets and sort out meals, foods, pots and pans, stove & fuel.

These foods are kept and stored in the same location in boxes so all you need to do is grab 6 or 7 boxes and you would have the emergency food needed. No cooking or mixing required. Open it and eat. If you can heat it, great, but if not, you can still eat it safely. MRE's (Meals Ready to Eat) are perfect for this. They will have a 4-7 year shelf life. They are all pre-cooked and ready to eat. Before buying a lot of these, try them out and see what you and your family like. Canned meats, peanut butter, stew, canned foods all fit into this category as well. Include can openers, utensils, plates, cups and anything you might need to eat what is stored there. Don't forget to put your water there also, in movable containers. (a 60 gallon drum isn't movable -it weighs 528 lbs!)

### **C) One year supply of long term storage foods, bulk grains, dehydrated or freeze-dried foods.**

All of my preparations are based upon planning for the worst possible situation. With food storage, I wanted it easy, simple and the ability to feed many people. We felt soups and stews were going to be the best for lunches and dinners. You can put many different items in them, flavor them many different ways and it only uses one pot. Anything you could grow in a garden, hunt & fish for or scavenge for could be put in the pot. More water and seasoning and it could expand the soup/stew to feed many people. You can use any heat source to cook it.

We use four main items for our fillers: White Rice, Dried Potatoes (diced or sliced), Macaroni (spaghetti, elbow, egg noodles) and Beans. The 10 Bean Mix gives a variety with different nutritional values. We add dehydrated vegetables (carrots, corn, peas, green beans, onions, etc.) and meat or TVP (a meat substitute, chicken, beef, sausage, ham). The key to this will be your seasonings. You can add bouillons, green/red peppers, salt, white cream sauce, tomato powder or any other seasoning you have on hand. The more stored, the better.

For breakfast, I like the idea of boiling water and adding something to make in one pot. Oatmeal, cream of wheat (Germade) 6-way rolled grain, 9-grain cracked cereal all work well. For variety, store some pancake mix. You will also need sweeteners, such as honey or sugar and powdered milk.

We suggest fruits, desserts, drink mixes and kitchen aid items. (baking powder, soda, dehydrated eggs, dehydrated margarine, etc.) Don't forget the basic supply of wheat as well.

Spending a little time figuring out what you want and need is half the battle!  
(Makes a great Family Home Evening idea) The next step is to **JUST DO IT!**  
Knowing what you need and want will not fill your stomach when it's needed!

**"DON'T GIVE UP- THIS WILL BE WORTH YOUR TIME TO DO!"**