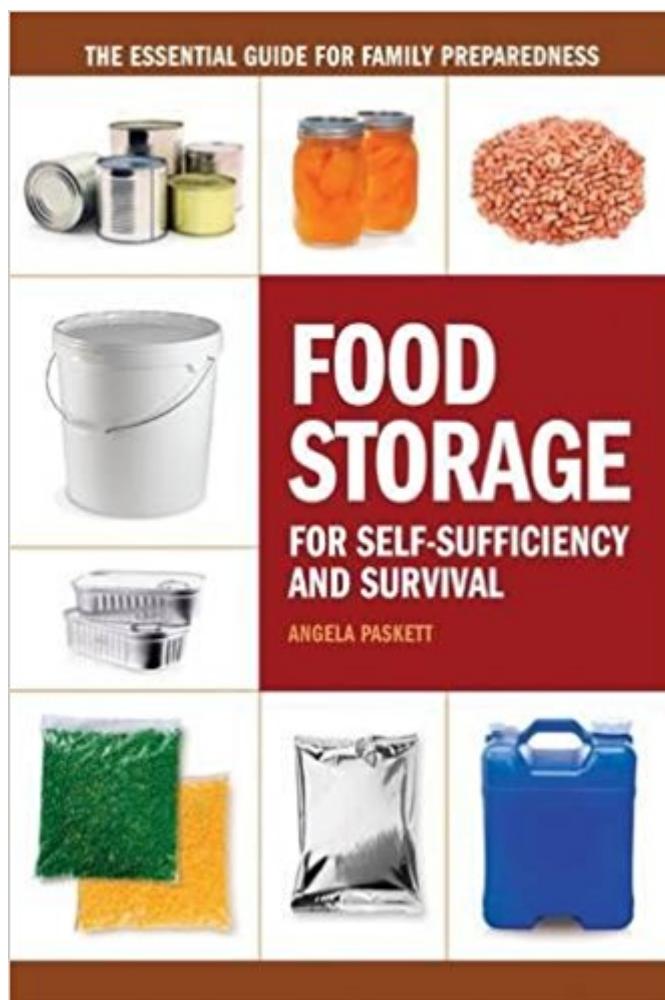


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# Food Storage For Self-Sufficiency And Survival: The Essential Guide For Family Preparedness



## Synopsis

Be Well Prepared and Well Fed! With all the uncertainty in the world today, there is peace in preparing. In an emergency, you don't want to depend on a grocery store or government agency to feed your family. Storing food assures your family's self-sufficiency year-round and benefits your budget when you plan correctly. This in-depth, nuts-and-bolts guide to storing food teaches you a variety of food storage methods that you can customize to meet your family's unique circumstances including family size, tastes, ages, health concerns, income, and living conditions. This is not a generic manual on stocking dehydrated meals that have ten-year shelf lives. It's the guide to storing foods your family loves so you can eat well no matter what challenges life throws at you. Inside you'll find: Food-storage options for 72-hour emergency kits, short-term emergencies and long-term survival. Food-storage planning methods that incorporate the foods and meals your family loves. Tips for how to maintain balance and variety in your food storage. Budget-friendly ways to purchase food for storage. Easy and practical ideas for cooking with food in storage so nothing expires or goes to waste. Organization and storage methods for easy food store maintenance. Water storage and purification methods. Canning, freezing and dehydrating methods to preserve food you produce at home. Storing food gives you the freedom to stretch your income in tight-budget months, pack quick meals for short-notice trips, and create healthy meals without constantly going to the grocery store. Plus your stored food is available if you do experience an emergency power outage, natural disaster, long-term illness or job loss. Let this guide help you start building your self-sufficiency and food storage today.

## Book Information

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## Customer Reviews

Angela Paskett writes the food blog Food Storage and Survival, [foodstorageandsurvival.com](http://foodstorageandsurvival.com), and hosts the weekly Food Storage and Survival Radio Show focusing on family preparedness. She has been actively storing and eating food with her family for over fifteen years. She teaches workshops on family preparedness and storing and preserving food to anyone who will listen, including preparedness fairs, civic groups, churches, and online. Angela is a member of the Church of Jesus Christ of Latter-Day Saints and lives in rural Utah with her husband, four children, an animal menagerie, garden, and food storage.

Being a prepper/survivalist, someone that is prepared for things to come, I am always looking for more information to help me accomplish the daily tasks that I set before myself. Food Storage is one of the main tasks that I strive for and am constantly trying to improve on any of my methods. Recently, I was in touch with Angela Paskett and briefly discussed her new book, "Food Storage for Self-Sufficiency and Survival". While I had read many books on the subject of food storage from great minds like Peggy Layton, the word "Survival" caught me a little off guard and I had to investigate what Angela had to say on the subject. I'm glad I did. One of the key things she did within the pages of the book is break down the time factor and told you how to prepare for it. For instance, Chapter 1 starts with 72 hour food storage and the following two chapters carry on with 2-3 month and 3+ months of storing your food. This allows the reader to go straight to the immediate goal. Even if I wanted to just start with 2-3 months of storage, I would urge the reader to glean the knowledge from the earlier chapter as well. While the rest of the book leads the readers from Storing Water to Preserving, Packaging, Buying, Maintaining, Organizing, and Using the food, she also discusses long term Sustainable Food options. Remember the title has the words "Self-Sufficiency" in it. It even mentions a little known fact that was introduced with Ruth in Biblical days, called gleaning. Gleaning is picking up the harvest that is left after the machines have gone through a field and using it as your food source. Clear and concise methods of food preparation and storage are provided within the pages. However, she does not stop at there. She gives the reader worksheets galore and discusses them in some detail. Additionally, she points us to a website where we can download the worksheets should we want to store them electronically. I want to circle back to what I mentioned earlier and that is survival. Angela Paskett has done a wonderful job of integrating survival tips and tricks within the sections and chapters of her book. The thing that impressed me

the most is I had never seen a book on Food Storage where a description and the how-to of creating a Dakota Fire Pit. Of course it is shown in survival manuals and I know how to make one, as well as being a fan of it, but this was in a book on food storage. Way to go Angela!

this book makes food storage/preparation very simple & manageable. we can never be 'too' prepared - not always for the end of the world, but economic downturn, weather - i recently was 'stuck' in my house with pneumonia - couldn't go shopping - so good to have lots of stuff stored up. I checked out from library first to see if worth it - definitely is!

This is a really good basic instructional book. Well thought out, well laid out, up to date, with all sorts of clever stuff inside. It is easy to read but remains high quality for information levels. Whether you are just starting up or have been doing this sort of stuff for a while, it has essential information anyone could use more of--a lot of which keeps you from having to dig out multiple books to find. This would be a smart gift for anyone into self-sufficiency.

This is a wonderful book on becoming self-sufficient and building your food storage. Practical advice with a lot of great information.

Great information, including recipes, storage methods, canning techniques, menu planning, how much to store, longevity, etc. This is the "how-to" book that we should all be looking at. Definitely deserves a place on the SHTF shelf, but it's more than that: This is a book you can use virtually every day as you prep and store food for short-term (72-hour bug-out/get home) and longer scenarios. Highly recommended!

good to have on hand

Excellently written. Explains ideas fully.

This is a great book for preppers or just great info about keeping food stored long term. It really should be in every kitchen.

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