



Long Terms Food Storage

LONG TERM FOOD STORAGE AND WHY YOU NEED TO START TODAY

Pandemic Prepsters, Ola Griffin

I help people navigate or start storing food for the long term. That is my daily job. Because of the pandemic, many people found that food was difficult to get in March, April and May 2020. I spoke to many people during that time who needed help getting started. I have had grown men cry on the phone saying they couldn't get food for their families for weeks during the early part of the pandemic here in the United States. I cried with them and helped navigate the long term food storage, and many said they would never be caught without food for their families.

I helped navigate the 'whys, the 'how-tos,' and the 'what-fors.' But let me tell you that these were U.S. states like New York, New Jersey Connecticut and Florida, just to name a few. This was an eye opener for many people throughout the world. As stores were cleared out of products, the need to wait for the items to be restocked ensured some got items and some did not. Early on we all heard of the TP hoarders. The long lines and empty shelves as they were cleaned out within hours of opening. Most places limited the amount of each item people could take home and there are still shortages of items almost a year later.

If you haven't started storing food, please do not wait. No matter the size of your home there are ways to store food that will fit for your needs. I have one lady in Texas who lives in an RV. She is a backpacker and a prepster. Have a small apartment? There is room under your bed if you add risers to lift it and store there. There are places like your entry closet where you can add a bin or two of long term food storage. The upper part of the extra bedroom closet is another place.

The basic food for long term food storage includes rice, beans, oats, corn, wheat, flour, paste, salt, and sugar that you can store long term, and most can be stored for 20+ years.

A short term food storage is a 3 to 6 month pantry. It is also a great way to expand your regular pantry to the next level. Keeping a 6 month supply of your regularly used items by simply keeping a pad of paper by your pantry and every single time you pull something out, write it down. After 2 weeks to a month, add them up and multiply to get a 3 month or 6 month pantry of extra items on hand. Purchase these items when they are on sale and rotate as needed.

Long Term Food Storage *(continued)*

Items include your canned goods: soups, pasta sauce, veggies, fruits, broths, chicken, tuna canned beans, tomato sauces and so forth. Your usual items such as mac n' cheese, quick mashed potatoes, rice-a-roni and such should be added to expand your monthly or bi-monthly pantry to be a 3 or 6 month pantry.

Remember, the seasonings are important. Add chili seasoning packets or taco seasoning to ensure you can open canned beans and make a simple chili dinner for your family. Jars of peanut butter and crackers are great to keep on hand. Use your list to ensure you have those items that you and your family have come to rely on.

Thank you from our family to yours,

Pandemic Preppers

