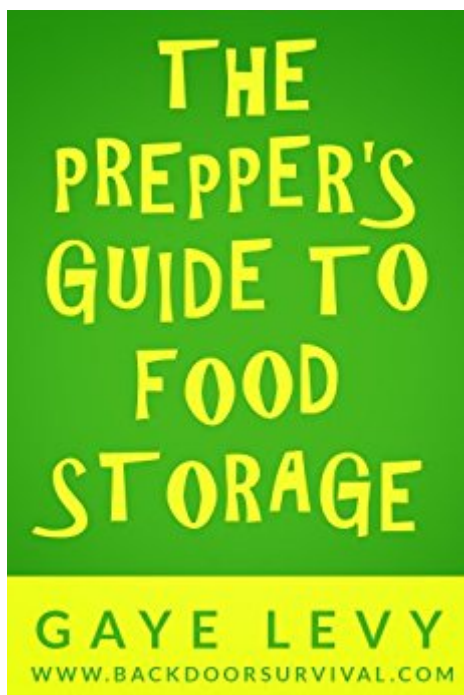


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# Prepper's Guide To Food Storage



## Synopsis

The Prepper's Guide to Food Storage: A Practical Guide to Storing Food For the Long Term

When most people start thinking about family preparedness, they focus on food. Not shelter, gear, sanitation, power, self-defense or the myriad of other concerns that need to be addressed following an emergency or disaster situation. Quite simply, food is the number one concern people have second only to their concern for having an adequate supply of water.

The Prepper's Guide to Food Storage is a book about food: What to store, how to store it and best practices. It is a roadmap for showing ordinary citizens that long-term food storage is not something that will overwhelm or burden the family budget. This book is based upon the author's own tried and true personal experience as someone who has learned to live the preparedness lifestyle by approaching emergency preparedness and planning in a systematic, step-by-step manner. This book will cover:

- Store What You Eat and Eat What you Store
- 20 Items to Kick Start Your Food Storage Pantry
- Tips for Building an Emergency Food Supply
- Common Food Storage Mistakes
- Moving Beyond Pre-packaged Foods

and much, much more!

Whether you simply want to prepare for natural disasters or whether you believe the world is headed toward a major food crisis, this book is for you. It covers basic tips and techniques you can use to stock your food storage pantry so that you can be assured that your family will have food to eat, no matter what.

## Book Information

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## Customer Reviews

Short and succinct guide to emergency food storage - good beginners guide with suggested quantities. I would have added several other items or categories - such as some form of powdered eggs, for example. Also, his list is biased toward the idea of shorter-term storage and rotating stock rather than looking to 25-30 year long term storage. However, it is a good place to start if you are not ready to (or not wanting to) invest thousands of dollars in the large commercial packages of dozens of bins or #10 cans. In my view, a blend of what is found in this guide with some judiciously selected additions will get you to your goal at an affordable price.

I liked it. I live in south Florida and her ideas for foods to store were a great base line to help my family prepare for the next time we are without power for several weeks. Pretty good "Readers's Digest" summary. The author gave a pretty decent and affordable list of short term preparedness foods, as well as packaging ideas for longer term storage.

Gaye Levy's straightforward way of writing is so appreciated by me. All of the wealth of information that she has about prepping (for any disaster not just zombies!) is amazing. This book lives on my Kindle and I refer back to it several times a year. Thank you Gaye!

Although I have read many books about food storage , I enjoyed your book. It was not overwhelming and I could relate to the subject . I would enjoy a booklet that would be more cookbook form, from the food you store, some people understand the need to store food but to be able to cook that food could mean that you would survive, not everyone knows how to cook,ever now and then out come across many young people who do not have a clue. Thanks again for a great read and importance of food storage..

is very informative on the things you will need and the things you should probably skip

This is the 1st book any Prepper should read when it comes to food. Straightforward and solid advice. This is easily one of my favorite books on prepping. Follow these guidelines and your pantry

will be in great shape when SHTF.

I don't prep because of major disasters, but for times when I can't get out easily. I am disabled and the winters are awful for me. Having meat, fruit and vegetables, along with a store of powders, grains, etc. mean that I don't have to worry in any storm, no matter how bad. And, in the event of a real disaster, I am a step ahead.

It was interesting but missing some vital info. Like "the list" it's for how many? for how long.? I also thought it would have a secondary list for those of us who do know what to do with some "basic " Ingredients. I realize it is a starter book, but ...I bought it for \$3.99 I'm sorry I didn't wait for a sale!

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