

Preparing Your Pantry To Survive Disaster Survival And Security

In the event of a natural disaster or other emergency, having a well-stocked pantry can be the difference between survival and starvation. But what should you stock in your pantry? And how much? And how do you keep your food safe and secure?



Preparing Your Pantry To Survive A Disaster (Survival and Security Series Book 3) by Danielle Dixon

★★★★★ 5 out of 5

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Screen Reader	: Supported
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This comprehensive guide will answer all of these questions and more. We'll cover everything from choosing the right foods to storing your food properly to keeping your food safe from pests and spoilage.

Choosing The Right Foods

The first step in preparing your pantry is to choose the right foods. Not all foods are created equal when it comes to emergency preparedness. Some

foods are more nutritious than others, and some foods have a longer shelf life than others.

When choosing foods for your pantry, you'll want to focus on foods that are:

- **Non-perishable:** Foods that will not spoil at room temperature for a long period of time.
- **Nutrient-rich:** Foods that provide essential nutrients, such as protein, carbohydrates, and vitamins.
- **Easy to prepare:** Foods that can be prepared quickly and easily, even without access to cooking facilities.

Some good choices for emergency food include:

- Canned goods (fruits, vegetables, meats, fish)
- Dried goods (rice, pasta, beans, lentils)
- Crackers and bread
- Nuts and seeds
- Trail mix
- Energy bars
- Water

How Much Food To Store

The amount of food you store in your pantry will depend on the size of your family and your individual needs. However, a good rule of thumb is to store enough food to last for at least two weeks.

Here is a general guide to the amount of food you should store per person:

- **Water:** 1 gallon per person per day
- **Food:** 2,000 calories per person per day

Storing Your Food

Once you have chosen the right foods, it is important to store them properly. This will help to keep your food safe and fresh for as long as possible.

Here are some tips for storing food:

- Store food in a cool, dry place.
- Keep food away from direct sunlight.
- Store food in airtight containers.
- Use a first-in, first-out (FIFO) system to rotate your food.

Keeping Your Food Safe From Pests And Spoilage

In addition to storing your food properly, you also need to take steps to keep it safe from pests and spoilage.

Here are some tips for keeping your food safe from pests and spoilage:

- Inspect your food regularly for signs of pests or spoilage.
- Discard any food that shows signs of spoilage, such as mold or bacteria.
- Store food in pest-proof containers.

- Use a pest repellent, such as mothballs or bay leaves.

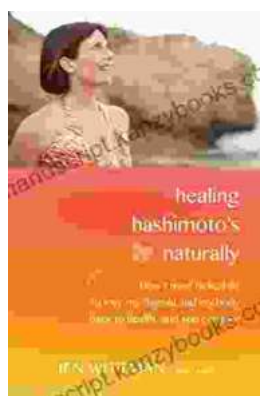
Preparing your pantry for disaster survival and security is an important step in ensuring the safety of your family. By following the tips in this guide, you can create a well-stocked and organized pantry that will provide you with the food you need to survive in the event of an emergency.



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