

Written by Travis Gorniky

Here are some thoughts on food storage from my experiences:

First, resources for prepackaged food storage:

Emergency Essentials: <http://www.beprepared.com>

Rainy Day Foods: <http://www.rainydayfoods.com>

Thrive Foods: <http://www.thrivelife.com/home>

I always wait for sales to come up and have got some of the best prices at Rainy Day Foods, but Emergency Essentials has big sales on Mountain House freeze dried foods once or twice a year (up to 50% off retail). This is ideal for very long term storage of meats and fruits, because you can get them freeze dried of very good quality. Thrive has some good monthly specials as well. Shop around between the three to really stretch your emergency food budget.

Second, the best (and cheapest) way to obtain a healthy food storage for grains and legumes is to buy them in bulk from distributors like Azure Standard (there are a few drop off points in the area... I believe the Country Store in Malo is one, but there are others).

<https://www.azurestandard.com/>

You buy them in 50lb bags and then store them inside mylar bags within a 5 gallon food grade bucket. These buckets can be bought (expensive) or usually obtained for free or very cheap from bakeries and other restaurants in larger towns/cities.

The mylar bags can be bought from places like Amazon, but are a lot cheaper buying directly from the manufacturer, like here:

Sorbent Systems: <http://sorbentsystems.com/index.html>

The main process, once you have the grains, buckets, mylar bags & oxygen absorbers (also from Sorbent Systems), is this...

- 1) clean the 5 gallon buckets (use a few drops of bleach with water to sanitize if necessary then dry out)
- 2) put mylar bag into the 5 gallon bucket and fill with the grains/legumes
- 3) throw in an oxygen absorber on top of the food
- 4) seal the mylar bag with an iron on a low heat setting
- 5) Cap the bucket with the lid

If done properly (and there are tons of YouTube videos that show this in detail) this will allow you to store food for 30+ years! Just make sure to keep the food in a relatively cool, dark location.

It is even more ideal if you have a seal-a-meal with a tube attachment for mason jars. You just put the tube in the mylar bag, seal up to the tube with an iron, suck out the air with the seal-a-meal, pull the tube out and quickly seal the small canal where the tube was with the iron.

If you do go the bulk grain route, you will need a good quality, durable grain mill to turn the grains into useable food. This will be a bit expensive. There are cheap ones in the \$80+ price range, but if you want something that will last many, many years, you are going to have to invest a few hundred dollars into something like this:

<http://countrylivinggrainmills.com/>

or

<http://www.thewondermill.com/>

These mills can be worth their weight in GOLD in an emergency, and you can easily get replacement parts (because the grinding heads do wear out). The Country Living mill (\$400 or so) is bigger and can process more at once (how long do you really want to be sitting there grinding wheat vs actually cooking) but is twice as expensive as the Wondermill Jr (\$200 or so). These will both produce fine wheat flour, perfect for making breads, muffins, etc. The cheaper \$80 mills typically produce much coarser flours.

Store bought oatmeal can \*never\* compare to freshly rolled oat groats. It is so delicious! This will require a Oat roller though. I cannot recall where I got mine many years ago, but they are far cheaper than a quality grain mill. It is very similar to this one:

[http://www.thewholetruth.org/Res\\_Oat.asp](http://www.thewholetruth.org/Res_Oat.asp)

Another option I have used is the LDS Bishops Storehouse. This is open to both LDS members and non-members and there is a Storehouse in Spokane at:

LDS Bishops Storehouse

9423 East 4th Avenue SPOKANE, WASHINGTON

509-928-1035

The Storehouse has a couple of options available. You can just order everything ready to go at the Storehouse itself, or over the internet at

[http://store.lds.org/webapp/wcs/stores/servlet/Category3\\_715839595\\_10557\\_307445734561670\\_6237\\_-1\\_N\\_image\\_0](http://store.lds.org/webapp/wcs/stores/servlet/Category3_715839595_10557_307445734561670_6237_-1_N_image_0)

Or you can go to the Storehouse yourself, and they will set up you up to use one of their canning lines and you just pick what food you want to can (in #10 cans) and do it all yourself for cheaper. Take the family and make it a group project....it really is quite fun. Note that they are closed on Sundays and Mondays last I checked.

There is a lot of info out there on food storage, especially on philosophy (like rotation and eating what you store to prevent food shock when there IS an emergency). Just a little internet & YouTube searching will turn up volumes.

Of course, I think most of us know that canning your own freshly grown vegetables and fruits is also cheap, but this also takes a lot of work (but this can be a blessing in that it will prepare you for a long term disaster). Canned foods can't be stored for as long as sealed, freeze dried foods or grains, but I believe that they will last a few years. I confess I do not have much experience with canning, so it would be best to ask others on this topic.

Or just post questions on this page....I am sure there are others with some great information & knowledge on the subject.

The important thing is **GET SOME FOOD STORAGE!** Make it a goal to get a whole year for your entire family. But, most of us will have to start smaller.... set shorter term goals of 1 week, then work towards a month, then 6 months, then a year! You never know when a natural disaster or even a personal financial disaster will necessitate relying on this type of insurance.