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How to Stockpile Food by Richard Harper

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Whether or not or not you consider that there's a nationwide emergency right around the corner, every household should have some food stockpiled. Heck, even Uncle Sam says it is greatest to have at least seventy two hours price of food and water available! However many households barely get by week to week and believe they do not have the cash to stockpile further food. This is just a few tips I've use to purchase extra meals and put it back in case of an emergency. By the way, I've been in a position to put back nearly a years price of meals on a price range, so I do know you can do it additionally!

For starters, buy only groceries that you will use. If your beloved ones hates canned Tuna, then do not buy instances of Tuna simply because they're on sale! I hear about lots of people buying unique foods or unusual sounding freeze dried food they've by no means eaten just because it was on sale. Buy solely what your family will eat.

Subsequent up, make certain what you buy has a very lengthy shelf life. When I say lengthy shelf life, I imply a 12 months or longer. I purchase a entire lot of canned items in addition to food in jars. Some of this food will have a shelf life of a quantity of years.

Store at member shops like Sam's and Costco. If it's vital to buy into them, then do it. It will be value it. These stores are a families finest good friend after they're trying to stockpile food. You ought to purchase food in bulk and simply put it again while you get home. You'll save some large cash this fashion, particularly for those who're careful.

After I began stockpiling meals, I budgeted $15 per grocery journey to purchase meals that had a long shelf life. You can begin with much less or more, it's up to you. What's essential is that you just start! You may find that you simply start slicing out on the food you actually do not need and begin buying food to stockpile.

Additionally, and that is actually my secret for stockpiling plenty of food quick, develop into a sale watcher and coupon clipper. If your family loves black eyed peas and you see that a store has them on sale for 30 cents a can, then buy 10 dollars value of them! The identical goes for different foods. I watch the sales papers for sales on meat like roast. I then make jerky out of this meat, vacuum pack it and freeze it. It'll stay good for a really, very long time this way.

Certain, these are easy suggestions, but they work. Get used to budgeting a few dollars every week and solely shopping for sale objects and you will be shocked at how fast your stockpile grows!

Sam is your Common Joe. He believes in preparing for the extra severe and blogs about being prepared and being self reliant. His philosophy is that you only have your self to rely on in an emergency. That is why he's so adamant about emergency preparedness and storing up food. You may read his different work on his Survival, Emergency Preparedness and Self Reliant blog.

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