

BABYSTEP CHECKLISTS

A STEP-BY-STEP GUIDE

CHECKLIST #7

For the past few weeks hopefully you have been becoming more comfortable with using your wheel. Now we are going to give you a new food to try – legumes! Don't worry, legumes is just a fancy word for beans, and also includes lentils, soy beans, split peas, lima beans, and dry soup mixes. For this checklist we are purchasing dried beans.

This week's focus: BabyStep 7

Dried beans are an excellent item for food storage because they are inexpensive, have a long storage life, and can be made into a lot of different recipes. Once you actually learn how to use them you will find ways to use beans, very often in your everyday cooking. In fact, you can even use washed up beans to replace the butter or oil in a lot of recipes. It's best to start out with a few different varieties of beans until you learn that which you really like best. Then you can stock up there on those varieties.

TO PURCHASE:

- Purchase 25 lbs of dried beans (choose a combination of your favorite kinds)
- Purchase 4 lbs of shortening
- Purchase 1 yr of solid dehydrating
- Purchase a few metal boxes of sturdy dehydrated
- Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few metal items
- To buy these products online visit FoodStorageMadeEasy.NET/checklist/products

TO DO:

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-Jodi and Julie

CHECKLISTS INTRODUCTION

These checklists were developed to help spread purchases for your food storage throughout an entire year and contains to-do lists that help you learn about and actually use your food storage. We recommend going through one checklist every two weeks.

Each checklist has three sections. The sections are:

- **TO PURCHASE:** The items you will be purchasing are for one adult for one year. These items can often be found online. For a directory of those items with links to the best places to buy them visit: FoodStorageMadeEasy.NET/checklistproducts This online directory of products is kept updated with new relevant products and sale items.
- **TO DO:** The articles that you will be instructed to read are found in the corresponding sections of the Food Storage Made Easy Encyclopedia, and will be underlined in the bullet points.
- **RECIPES TO TRY:** The recipes you will be trying out can all be found in the Recipe Appendix. If there isn't a recipe to try, this section will not be on the checklist.

Checklist Recommendations Explained

The amounts given in the checklists will buy a one year supply of food for one adult. Please modify how much you purchase to fit your budget, your family size, and your goals. Some people decide their goal for the first year is to accumulate a 3 month supply for their entire family. Remember, it is not recommended to go into debt to build your food storage.

The items assigned to purchase contain foods from the standard (life sustaining) Long Term Calculator, along with a few extra items that would greatly enrich your food storage, give you more variety, and help you avoid diet fatigue. The extra items will be for you to try, and then decide if you would like to store more of them.

Life Sustaining Long Term Calculator Foods:

Grains, Fats and Oils, Legumes, Sugars, Milk, Cooking Essentials

Extra Items to Enrich your Food Storage:

Dairy Powders (Butter and Sour Cream), Egg Powders, Dehydrated Fruits and Vegetables, Freeze-Dried Fruits and Vegetables, Freeze-Dried Meats, Gluten, Freeze-Dried Cheeses, Frozen Fruits and Vegetables

CHECKLIST #1

We are so excited that you have made the commitment to get your food storage in order this year! There are many reasons WHY people build a Food Storage. Whatever your reasons, we are here to help you along the way.

This week's focus: Emergency Preparedness

We recommend people get a basic Emergency Plan in place before they really dive into their food storage program. If you have a 72 hour kit of food, water, and supplies you will be better off in an emergency than 95% of the country. This list may feel daunting, so feel free to spread out the tasks over more than two weeks if you need to.

For this checklist we will be working on the Emergency Preparedness Plan. The tasks will cover the three main areas of our Emergency Preparedness Plan:

- Family Plan
- Disaster Kit (includes 72 hour kits and emergency binder)
- Evacuation List (includes evacuation list, car kit, and computer backup)

TO DO:

- ✓ Read [Why Food Storage](#) and [Eprep Main Page](#) {found in encyclopedia intro}
- ✓ Print out the [Emergency Preparedness Plan](#) and use it as a step-by-step guide to complete the following tasks: {found in eprep section}
 - Fill out the Family Plan section and go over it with your family
 - Inventory and gather supplies you have on hand for your Disaster Kits
 - Follow instructions to create your own Emergency Binder
 - Fill out your Evacuation List in order of priority
 - Inventory and gather supplies you have on hand for your Car Kits
- ✓ Read [Emergency Kits For Babies](#) if applicable {found in eprep section}

TO PURCHASE:

- ✓ Food, water, and cooking tools for 72 Hour Kits
- ✓ Remaining supplies needed for Disaster Kits
- ✓ Supplies needed to create your Emergency Binder
- ✓ Remaining supplies needed for Car Kits
- ✓ Supplies or online services to back-up your computers
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

CHECKLIST #2

For this checklist we will focus on preparing your space to make room for all of the great food storage items you will be buying. It feels so much more doable to get started if you know you have a good location picked out and the shelf space readily available.

This week's focus: BabyStep 1

People often put off starting a food storage because they don't feel like they have enough space to store it all. We have come up with some great tips to help overcome this hurdle. We also have plans available to create your own inexpensive shelves if you don't have the money for a comprehensive can rotation system just yet.

TO PURCHASE:

- ✓ Purchase one of these shelf options that meets your storage needs:
 - Inexpensive metal or plastic shelving (i.e. from Walmart)
 - Higher quality metal shelves (Costco sells great ones)
 - Deluxe Can Rotation System (from Shelf Reliance/Thrive Life)
- ✓ Purchase or build rotating racks to keep your smaller cans organized:
 - Build cardboard racks using boxes and glue using our tutorial [{found in BabyStep 1}](#)
 - Purchase cardboard CanOrganizers (cheap and convenient)
 - Purchase plastic CanSolidators (durable and customizable)
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Clean out an area for your food storage, create a space that makes you feel motivated!
- ✓ Before buying your shelf, decide what type of system will work best for your individual needs. Read [BabyStep 1 Main Page](#) [{found in BabyStep 1}](#)
- ✓ As you create your storage space, make sure to consider future needs for growth and how you will store your foods. Read [Can and Bucket Storage](#) [{found in BabyStep 1}](#)
- ✓ For creative space ideas read [Small Space Storage Solutions](#) [{found in BabyStep 1}](#)
- ✓ Build your shelves or cardboard racks using our tutorial depending on which options you chose [{found in BabyStep 1}](#)

CHECKLIST #3

For this checklist we are going to be working on our water storage which is one of the most important aspects of food storage. You can live for weeks without food, but only a few days without water. There are many different recommendations for the amount of water to store. A general guideline to follow is to store 1 gallon per person for 3-14 days for drinking. Three days should be the bare minimum, and plan to store extra for cleaning, cooking, etc.

This week's focus: BabyStep 2

Water is difficult to store in large quantities and yet it is necessary to have access to a lot of it in a true emergency situation. Typically disaster aid organizations are able to make it into affected areas within 3 days, thus the 3 day minimum typically recommended. However, it is always good to have some backup plans in place for how you would deal with an extended water shortage situation. Start with the basics of water storage and move on to the more advanced topics over time.

TO PURCHASE:

- ✓ Purchase or collect water storage containers {information found in BabyStep 2}
 - Used 2 liter pop or juice bottles or store-bought water bottles
 - Small mylar pouches or water cartons
 - 5/6 gallon plastic jugs, water box kits, or waterbricks
 - Water barrels
- ✓ Purchase inexpensive purification/filtration products
 - Bleach or water treatment drops
 - Water filtration bottles or straws
 - SteriPens
- ✓ Purchase some drink mixes to help improve the taste of stored water
 - Kool-Aid, fruit drink mixes, cocoa, tang, etc. are all options

★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Fill your water containers and store them in a couple different areas in your home
 - Don't forget to add some bleach or other purification additive
- ✓ Study up on water storage. Read the following:
 - [BabyStep 2 Main Page](#) {found in BabyStep 2}
 - [Water Storage Containers](#) {found in BabyStep 2}
 - [Water Rotation and Conservation](#) {found in BabyStep 2}
 - [Water Filtration Vs Purification](#) {found in BabyStep 2}

CHECKLIST #4

We are going to be BUSY as we work through this checklist. We will be going into some intense detail on how to plan and purchase your Three Month Food Supply. This may sound intimidating but it is actually fun to do! Once you have your initial plan in place the rest of the process is not difficult at all.

This week's focus: BabyStep 3

Planning your Three Month Supply can feel very daunting, but it is SO important! If you had a tight month financially, wouldn't it be great to know that you could at least cut on grocery costs and still feed your family the foods they are used to? Some people plan for only shelf stable meals (using only pantry items), while others opt to include some freezer foods as well. Determine which type of meals you feel are right for your family and make your plan based off of those meals.

TO PURCHASE:

- ✓ Begin purchasing foods included on your 3 Month Food Supply list once you have your plan of what you would like to purchase
 - Use a service like Deals to Meals to save you money on these purchases
- ★ To learn about coupon services: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Create your three month food supply plan
 - Read [BabyStep 3 Main Page](#) {found in BabyStep 3}
 - Download the [Excel Worksheet](#) {found in BabyStep 3}
 - Read [3 Month Supply Planning](#) {found in BabyStep 3}
 - Read [3 Month Supply Planning: Questions To Ask Yourself](#) {found in BabyStep 3}
 - Print [Menu Plan](#) and [Inventory Sheet](#) {found in BabyStep 3}
 - Place your plan printouts where they will remind you to keep using and rotating your foods on a regular basis
 - Update your inventory sheet of what foods you already have stored
- ✓ Find or develop some shelf stable recipes if you opt to plan this way
 - Our [Recipe Appendix](#) has good shelf stable options {found in Recipe Appendix}
- ✓ Develop a system for purchasing your food items that works for your shopping style
 - Buy a few extras of several items each time you grocery shop
 - Stock up on items when they are on sale
 - Learn more about coupon shopping

CHECKLIST #5

Now that you have your Three Month Supply worksheet filled out we are going to give you a reminder in each checklist to continue to stock up and replenish your supply. This should be incorporated into your normal grocery budget (especially if you are taking advantage of sales and coupons). For this checklist we will be introducing you to the world of long term food storage.

This week's focus: BabyStep 4

Let's talk about long term food storage a little more in depth. For the rest of the checklists we will give you specific purchasing assignments for items which are included in our food storage calculator. The food storage calculator contains life sustaining foods. In addition to the life sustaining foods, we recommend storing some other items that will enrich your food storage as well as some critical non-food items. For a complete outline of what the purchasing assignments are made up of, see the introduction to the checklists. The amounts in the checklists are for 1 adult for 1 year.

TO PURCHASE:

- ✓ Purchase some food storage cookbooks to start getting ideas on what to cook
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To see book reviews visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Familiarize yourself with your Long Term Food Storage plan and make your goals
 - Read [BabyStep 4 Main Page](#) {found in BabyStep 4}
 - Read [Long Term Storage Planning](#) {found in BabyStep 4}
 - Print [Long Term Storage Calculator](#) {found in BabyStep 4}
- ✓ Print [Food Storage Shelf Life](#) {found in BabyStep 4}
- ✓ Read [Food Storage Myths](#) {found in BabyStep 4}
- ✓ Inventory what foods you already have stored on the [Long Term Storage Calculator](#) {found in BabyStep 4}
- ✓ Before packaging any of your food read [Oxygen Absorbers](#) {found in BabyStep 4}
- ✓ For alternatives to the standard calculator read [Healthy Food Storage](#) {found in BabyStep 4}

CHECKLIST #6

The first long term food storage item we will cover is grains. Wheat is the most commonly stored grain so we'll be learning to use it first. For this checklist we will be learning about, purchasing, and actually cooking with wheat. And of course we are constantly staying on top of building and replenishing our three month food supply.

This week's focus: BabyStep 5 & 10

Here is your introduction to the wonderful world of wheat! Why is wheat such a big staple in the world of food storage? Well, if you store wheat and just a few other basic cooking ingredients you can make a wide variety of foods such as breads, tortillas, wheat grass, pasta, cakes, puddings, cookies, waffles, biscuits, muffins, crackers, and more! Not only that but wheat is inexpensive and healthy, it's definitely the "staff of life".

TO PURCHASE:

- ✓ Purchase 50 lbs of wheat
- ✓ Purchase a 6 month supply of toilet paper
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Read [BabyStep 5 and 10 Main Page](#) for an overview on grains and non-food items {found in [BabyStep 5 & 10](#)}
- ✓ Read [All About Wheat](#) to learn about wheat {found in [BabyStep 5](#)}
- ✓ Read [Food Storage and Allergies](#) and update your calculator to include grains you can tolerate if you are allergic to wheat {found in [BabyStep 4](#)}
- ✓ Read [Using Wheat Without a Wheat Grinder](#) {found in [BabyStep 5](#)}
- ✓ Read [All About Grain Mills](#) and start saving up for a grain mill {found in [BabyStep 5](#)}

RECIPES TO TRY (found in appendix):

- ❖ Whole Wheat Pizza Dough (purchase whole wheat flour if you don't have a mill)
- ❖ Blender Wheat Pancakes (no grinder required)

CHECKLIST #7

For the past two weeks hopefully you have been becoming more comfortable with using your wheat. Now we are going to give you a new food to try ... legumes! Don't worry, legumes is just a fancy word for beans and also includes lentils, soy beans, split peas, lima beans, and dry soup mixes. For this checklist we are purchasing dried beans.

This week's focus: BabyStep 7

Dried beans are an excellent item for food storage because they are inexpensive, have a long storage life, and can be made into a lot of different recipes. Once you actually learn how to use them you will find ways to use beans very often in your every day cooking. In fact, you can even use mashed up beans to replace the butter or oil in a lot of recipes. It's best to start out with a few different varieties of beans until you learn the kinds your family likes best. Then you can stock up more on those varieties.

TO PURCHASE:

- ✓ Purchase 25 lbs of dried beans (choose a combination of your favorite kinds)
- ✓ Purchase 4 lbs of shortening or shortening powder
- ✓ Purchase 1 qt of salad dressing
- ✓ Purchase a few extra boxes of laundry detergent
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Read [BabyStep 6 Main Page](#) {found in BabyStep 6}
- ✓ Read [All About Dried Beans](#) {found in BabyStep 6}
- ✓ Research pressure cookers to determine if you want to buy one

RECIPES TO TRY (found in appendix):

- ❖ Real Chili Beans
- ❖ Cookie Recipe (try a family favorite cookie recipe and replace fat with beans)
- ❖ Salsa Chicken and Black Bean Soup (use regular or instant dry beans)
- ❖ Homemade Hummus (uses garbanzo beans)
- ❖ Homemade Ranch Dressing (if you don't want to store salad dressing)

CHECKLIST #8

For this checklist we are going to be learning details about powdered milk including how much to buy, what kind to buy, and how to use it. We will also focus on purchasing one other Baking Ingredient, some things from your Comfort Foods list, and continuing to build/replenish your Three Month Supply.

This week's focus: BabyStep 7 & 9

Different food calculators will have different recommendations for the amounts to store. Our recommendations are a general guideline, if you have small children or a pregnant/nursing mother in the home you may want to increase the amount you store. It's also important to note that the purchase amounts listed are for NON-INSTANT DRY MILK. If you choose to store Instant Milk instead you will need to double the amount you buy since it is less concentrated than regular dry milk.

TO PURCHASE:

- ✓ Purchase 8 lbs of non-instant dry milk (double this amount if storing instant dry milk)
- ✓ Purchase 3 lbs of honey or honey crystals
- ✓ Purchase some of your favorite comfort foods to add to your storage
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Read [BabyStep 7 and 9 Main Page](#) {found in BabyStep 7 & 9}
- ✓ Read [All About Powdered Milk](#) {found in BabyStep 7}
- ✓ Read [All About Honey](#) {found in BabyStep 7}
- ✓ Replace the regular milk in at least ONE of your baking recipes with powdered milk
- ✓ Print out [Food Storage Substitutions Chart](#) {found in BabyStep 7}

RECIPES TO TRY (found in appendix):

- ❁ Honey Whole Wheat Bread (uses powdered milk and honey)
- ❁ Super Cherry Pie (uses sweetened condensed milk made from powdered milk)
- ❁ Hot Fudge Sauce (uses evaporated milk made from powdered milk)

CHECKLIST #9

While wheat is definitely the "staff of life", there are a lot of other grains that can be useful in your long term food storage. White flour is good to include for making things like white sauces, pastries, etc. (and is critical if you don't have a wheat grinder yet). Oats can be used to give variety to your breakfasts, and are a great comfort food.

This week's focus: BabyStep 5

Oats are available in many varieties such as quick rolled oats, regular rolled oats, steel cut oats, and oat groats. Quick oats cook faster but regular oats and steel cut oats retain flavor and nutrition better. Oat groats are the grain that the other varieties are made from, but you must roll, flake, or grind them yourself to make them into a usable oatmeal. We recommend storing one of the varieties besides quick oats as you would want the additional nutrition in a long term emergency situation. If you don't cook with or eat oats very often, try adding them in to meals such as meat loaf, casseroles, and stews. They can be a great filler item to reduce how much meat you use.

TO PURCHASE:

- ✓ Purchase 25 lbs of white flour
- ✓ Purchase 50 lbs of regular rolled oats or other oat options
- ✓ Purchase 1 lb of baking soda
- ✓ Purchase some extra toothbrushes and some spare tubes of toothpaste
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Read [All About Oats](#) {found in BabyStep 5}

RECIPES TO TRY (found in appendix):

- ❖ White Sauce Mac N Cheese (uses white flour and powdered milk for a white sauce)
- ❖ Grandma Lori's Sugar Cookies (uses white flour)
- ❖ Granola Bars (uses oats)
- ❖ Baked Oatmeal (uses oats along with other food storage items)

CHECKLIST #10

We are buying more wheat in this checklist and learning about the basics of bread-making. It's really not as hard as you think! We're going to also be picking up another Baking Ingredient and some Non-Food Items.

This week's focus: BabyStep 5

Food storage calculators include a lot of wheat in them because you can bake bread using wheat and only a few other basic ingredients. Bread will become the staple of your diet in a long term emergency situation where you are living exclusively off of your food storage. Bread-making and cooking with yeast can be very intimidating, but we encourage you to just give it a try. The bread recipe listed below turns out great every time.

TO PURCHASE:

- ✓ Purchase 50 lbs of wheat
- ✓ Purchase 1 can of Vital Wheat Gluten (used in our favorite bread recipe)
- ✓ Purchase 1 lb of yeast
- ✓ Purchase some paper plates and kleenex to help reduce water consumption in an emergency
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Review articles that cover wheat {found in BabyStep 5}
- ✓ Read [All About Yeast And Gluten](#) {found in BabyStep 7}
- ✓ Inventory your Non-Food items {found in BabyStep 10}
- ✓ Learn about Bosch Mixers and Kitchen-Aids as options for making bread

RECIPES TO TRY (found in appendix):

- ❖ Best Whole Wheat Bread Recipe (our favorite recipe by far)

CHECKLIST #11

This checklist is all about sugar! This may seem like a lot of sugar to store, but remember that in an emergency situation you will be making all of your foods from scratch and will be limited in what kind of sweeteners and flavorings you can use.

This week's focus: BabyStep 7

White granulated sugar doesn't spoil so it is a perfect food storage item. If it gets damp it will likely cake up or get lumpy. If it does, it can simply be pulverized again until it regains its granulated texture. Since sugar has such a long shelf life, you don't have to worry about rotating it if you don't care to use a lot of refined sugars in your everyday cooking. Simply store the recommended amount and know that you are covered if you need to use it eventually. You can also replace some of the sugar recommendation with honey or other sweeteners if you prefer them.

TO PURCHASE:

- ✓ Purchase 40 lbs of white sugar
- ✓ Purchase 1 lb of molasses
- ✓ Purchase one extra of the cleaners you use most often (all-purpose, Windex, etc.)
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Read [All About Baking](#) and [All About Honey](#) if you are substituting some of your sugar for honey {found in BabyStep 7}

RECIPES TO TRY (found in appendix):

- ❖ Cookie Clay Dough
- ❖ Chocolate Cake
- ❖ Brown Sugar (uses white sugar and molasses to make brown sugar)

CHECKLIST #12

We are back to the grains category again but this time we are buying one that you might not normally think of for food storage -- PASTA! Pasta is cheap, easy, versatile, and best of all delicious!

This week's focus: BabyStep 5

Pasta is a great food storage item because a lot of pasta meals can be made completely with shelf stable ingredients. Pasta can be a really convenient grain to have on hand because it takes very little preparation compared to baked goods like bread, tortillas, etc. Remember if your storage is being used in time of natural disaster, pasta can use up a lot of water. If you are more interested in making healthy delicious whole wheat pasta you can store extra ingredients for that and less of the commercially bought pastas.

TO PURCHASE:

- ✓ Purchase 50 lbs of pasta
- ✓ Purchase 8 lbs of salt
- ✓ Purchase a few extra bottles of shampoo and conditioner
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Educate yourself about pasta. Read [BabyStep 5 Main Page](#) {found in BabyStep 7}

RECIPES TO TRY (found in appendix):

- ❖ Beach Street Lemon Chicken Linguine (uses pasta)
- ❖ Meatballs Tetrizzini (uses pasta and can use freeze-dried ground beef)
- ❖ Homemade Pasta (see if you would rather store items to make your own)

CHECKLIST #13

This checklist is going to cover two food groups that aren't on traditional food storage calculators but can really add a lot of variety and/or nutrients to your food storage. We'll be learning more about freeze-dried cheese as well as adding fruits and vegetables to your storage.

This week's focus: BabyStep 7 & 8

Freeze-dried cheese is a food people don't often think of storing. However, we always say that if we could just eat pizza in an emergency, life would be ok. This seems silly but there is some truth to it. If you can make foods that your family is used to, they will handle a disaster situation much better. Freeze-dried cheese can be tricky to use so we recommend practicing with it a few times if you are planning to keep it in your storage.

Fruits and vegetables can be some of the most fun food storage items when you really get into planting a garden, canning, and dehydrating your own foods. If that thought overwhelms you, never fear ... we are starting simple! You'll notice that in the summer-time lots of produce is available at great prices from farmer's markets and little neighborhood fruit stands. It's a great idea to stock up whenever fruit is on sale and freeze it in individual serving baggies. If that seems like too much work, you can just buy a few bags of frozen produce in order to always have some on hand.

TO PURCHASE:

- ✓ Purchase 1-2 pantry-sized cans of freeze-dried cheese to try
- ✓ Purchase 3-4 bags of frozen fruit (or buy some fresh fruit and freeze it)
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Read [All About Freeze-Dried Cheese](#) {found in BabyStep 7}
- ✓ Read [BabyStep 8 Main Page](#). Educate yourself on how to incorporate fruits and vegetables into your food storage. {found in BabyStep 8}

RECIPES TO TRY (found in appendix):

- ❖ Cheesy Ritzy Potatoes (works well with freeze-dried cheese)
- ❖ Whole Wheat Pizza Dough (try it with freeze dried cheese)
- ❖ Homemade Smoothies (use some of your frozen fruit)

CHECKLIST #14

For this checklist we are going to work on some housekeeping items to make sure you are on track with your food storage goals. By now you should have your Emergency Preparedness Plan completed including your disaster kit, car kit, and 72 hour food kits. You should have some shelves set up and a water supply. Your three month supply should be growing. You have bought some basic long term food supply items, along with some extras. Now is also a good time to start thinking about how you will cook your foods if you don't have access to electricity in an emergency.

This week's focus: Maintenance & Education

Today's lesson is a reminder for you that food storage is going to be a constant part of your life. Disaster kits need to be updated as children grow. 72 hour kit food needs to be swapped out regularly. Water containers needs to be emptied and refilled once a year. We always need to be learning more and refining our plans. It's also a great idea to practice your powerless cooking NOW to really get the hang of it ... BEFORE you are in an emergency situation.

TO PURCHASE:

- ✓ Purchase a new shelf for more of your long term food storage
- ✓ Purchase a powerless cooking stove or appliance
- ✓ Purchase the grain mill you have been saving up for if you haven't already
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Go through your Emergency Preparedness Plan with your family. Swap out old clothes and food. {found in ePrep section}
- ✓ Educate yourself on more Emergency Prep topics by reading the following:
 - [Last Minute Ways To Prepare](#) {found in ePrep section}
 - [Emergency Heat Sources](#) {found in ePrep section}
 - [Emergency Sanitation Kits](#) {found in ePrep section}
 - [Planning Your Future](#) {found in ePrep section}
 - [Powerless Cooking](#) {found in ePrep section}
 - [Emergency Cooking Fuels](#) {found in ePrep section}

CHECKLIST #15

We're adding to our legumes this checklist, but we are going to teach you some fun new ways to use them! Make sure to add some white beans such as lima beans to your storage and you can make a great bean flour that can be used for lots of things.

This week's focus: BabyStep 6

We already talked about how mashed beans can replace the oil or butter in a lot of recipes to reduce the fat/calories and increase the fiber and protein. Another surprising thing you can do with beans is to grind white beans into a flour which can be used to make a healthy, delicious white sauce or any condensed cream soup by just adding a few simple ingredients. Any recipe that calls for white sauce (butter, flour, liquid) or cream of chicken/mushroom/celery soup can easily be made healthier and lower fat by replacing it with bean flour.

TO PURCHASE:

- ✓ Purchase 25 lbs of dried beans (make sure to include some white beans to grind)
- ✓ Purchase 2 qts of mayonnaise
- ✓ Purchase a few extra sticks of deodorant for each family member
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Read [All About Beans](#) {found in BabyStep 6}
- ✓ Practice grinding beans and using them as a replacement in your recipes

RECIPES TO TRY (found in appendix):

- ❖ White Sauce Mac N Cheese (uses the legume substitutions version)
- ❖ Cream of Chicken Soup (uses bean flour)
- ❖ Creamy Potato Soup (uses bean flour)
- ❖ Enchilada Pie (full of food storage substitutions)

CHECKLIST #16

We're going to do something a little non-traditional in this checklist. Traditional food storage calculators do not have you store powdered eggs. However, we have found that there are a LOT of great foods we could make if we simply added that one ingredient to our food storage. We have added some powdered eggs into our plan so that you can have more variety in your cooking.

This week's focus: BabyStep 7

Beyond the benefits of storing powdered eggs for an emergency, there are some great benefits to using them in your everyday cooking. First, powdered eggs are not RAW, so if you love to eat cookie dough but are worried about salmonella, you will LOVE using powdered eggs. Second, powdered eggs are great to have on hand for those days you go to cook dinner and realize you are out of eggs and you need them for a recipe. We love using food storage for even those small "emergencies". Finally, powdered eggs can be used to make a lot of your own pre-made mixes instead of having to add regular eggs in later.

TO PURCHASE:

- ✓ Purchase 2 lbs of whole powdered eggs (or other powdered egg varieties)
- ✓ Purchase 1 lb of flavored gelatin
- ✓ Purchase a few extra bottles of dish soap
- ✓ Purchase some extra containers of dish detergent
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Read [All About Powdered Eggs](#) {found in BabyStep 7}

RECIPES TO TRY (found in appendix):

- ❖ Blender Wheat Pancakes (uses powdered eggs)
- ❖ Homemade Egg McMuffins (uses powdered egg whites)
- ❖ Buttermilk Cornbread (uses powdered eggs)
- ❖ Homemade Mayonnaise (uses powdered eggs)
- ❖ Patriotic Jello (uses gelatin)

CHECKLIST #17

For this checklist we are purchasing some more wheat and giving you new ideas on how to use it. We are also starting on one of Jodi's favorite activities ... GARDENING! Learning to grow a few foods, even just in the kitchen, can be a big help in times of emergency.

This week's focus: BabyStep 5 & 8

Gardening can be overwhelming. The best way to start gardening is to try growing a few simple herbs on your window sill that you can start using in your cooking. This will give you the confidence you need to move on to new things. Most vegetables can be grown in large pots either on your deck/patio or even inside if you have the space in your kitchen. Some easy ones to try are lettuce and tomatoes. Once you are able to do that, you may want to consider building some garden boxes in your yard and expanding your gardening horizons to include enough veggies to eat all summer, as well as enough to can, freeze, and dehydrate for your long term food storage.

TO PURCHASE:

- ✓ Purchase 50 lbs of wheat
- ✓ Purchase that wheat grinder you have been saving up for!
- ✓ Purchase some gardening seeds for items you can grow in your kitchen or patio
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Review articles that cover wheat {found in BabyStep 5}
- ✓ Read All About Square Foot Gardening and How To Build A Vinyl Square Foot Garden Box if you plan on building your own boxes. {found in BabyStep 8}
- ✓ Start some herbs or smaller vegetables growing in your kitchen

RECIPES TO TRY (found in appendix):

- ❁ Whole Wheat Tortillas (use 100% whole wheat, or half white and half wheat)
- ❁ Enchilada Pie (uses the tortillas you made)

CHECKLIST #18

We're moving on to storing two new grains in this checklist. Rice is a staple food for families in many societies as it is inexpensive, has a long storage life, and is very versatile. Barley is also a great grain with long shelf life and many uses.

This week's focus: BabyStep 5

White rice has a shelf life of up to 30 years if stored properly. This makes it an ideal food storage food. Brown rice has a much shorter shelf life (6 months to a year). If your family prefers brown rice, we suggest storing only enough brown rice that your family will normally eat in 6 months. The rest of the recommended amount should be stored in white rice. Barley can be used in many soups or stews and it can be ground into a flour and added to baked goods.

TO PURCHASE:

- ✓ Purchase 40 lbs of rice
- ✓ Purchase 10 lbs of barley
- ✓ Purchase 1/2 gallon of vinegar
- ✓ Purchase some extras of the body wash or soap that your family uses
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Read [All About Rice](#) and [All About Barley](#) {found in BabyStep 5}
- ✓ Research rice cookers and electric pressure cookers and save up for one if desired
- ✓ Try using vinegar in some of your cleaning chores

RECIPES TO TRY (found in appendix):

- ❖ Chow Mein Casserole (uses rice, white or brown)
- ❖ Homemade Rice-A-Roni
- ❖ Rice Pudding
- ❖ Chicken Barley Chili
- ❖ Wonderflour (uses rice and barley, can be used instead of white flour)

CHECKLIST #19

This checklist is going to cover buying some of the food storage "powders" as well as teach you about canning. If you are planning to incorporate fruits and vegetables into your year supply, canning is a great way to do it.

This week's focus: BabyStep 7 & 8

If there were an emergency situation where you had to eat out of your food storage, your diet would be boring if you stuck with the basic food storage recommendations. Adding in powders such as sour cream and butter can help add variety to your meals.

Storing fruits and vegetables is another way to decrease diet fatigue and add nutrition in an emergency. We've already discussed storing some frozen produce, but having canned items is also a great addition. You can purchase store-bought cans of most produce items but they retain less nutrients, cost more, and have a lot more preservatives added in. Home canning is a great way to get a lot of food stockpiled at once, and it's actually pretty fun to do it!

TO PURCHASE:

- ✓ Purchase 1-2 pantry-sized cans of dairy powders to try
- ✓ Purchase 3 lbs of brown sugar
- ✓ Purchase some canning supplies such as a canner, tongs, jars, lids, etc.
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Read All About Powdered Butter and All About Powdered Sour Cream {found in BabyStep 7}
- ✓ Read All About Canning {found in BabyStep 8}
- ✓ Try a canning project. A good place to start is applesauce, peaches, or tomatoes.

RECIPES TO TRY (found in appendix):

- ❖ Sugar Bars (uses brown sugar)
- ❖ Poppyseed Chicken (uses powdered sour cream and powdered butter)

CHECKLIST #20

For this checklist we are going to give you some great new non-wheat recipes to keep your family from getting too tired of wheat if you are eating purely out of food storage. Cornmeal is a fantastic food to store but a lot of people don't know how to use it. We're going to remedy that in this checklist.

This week's focus: BabyStep 5

Cornmeal is ground similarly to flour. Store-bought cornmeal has the husk and germ of the kernel almost completely removed and therefore has a very long shelf life. If you want a healthier version, you can grind your own corn kernels to make cornmeal. It's best to grind it right before use to avoid losing nutrients and keep it from going rancid. Cornmeal or corn kernels are a welcome addition to food storage to help avoid diet fatigue. We've had fun coming up with lots of different uses for cornmeal and have included some of the recipes for you to try below.

TO PURCHASE:

- ✓ Purchase 25 lbs of cornmeal (or store corn kernels if you have a wheat grinder)
- ✓ Purchase 1 lb of baking powder
- ✓ Purchase a few extra razors and bottles of shaving cream for each family member
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Read [All About Cornmeal/Popcorn](#) {found in BabyStep 5}

RECIPES TO TRY (found in appendix):

- ❖ Corncakes
- ❖ Corn Dog Muffins
- ❖ Buttermilk Cornbread

CHECKLIST #21

We will be collecting the last of our powdered milk for this checklist and we'll also be talking about dehydrated and freeze-dried fruits and vegetables. Adding fruits and vegetables to your storage is a great way to add variety and nutrition to your diet .

This week's focus: BabyStep 7

Let's talk about the benefits of dehydrated or freeze-dried foods. Not only are they great for an emergency, but they are convenient in everyday cooking. Throw dehydrated onions or celery into a soup and cut back on prep time. Freeze-dried fruits can help you make a dessert, shake, or side-dish in a pinch. The easiest way to get started is to buy a few #10 cans and test them out. Add to your storage little by little.

TO PURCHASE:

- ✓ Purchase 8 lbs of non-instant dry milk (double this amount if storing instant dry milk)
- ✓ Purchase 3 lbs of corn syrup and 3 lbs of jam, any flavor
- ✓ Purchase a few #10 cans of dehydrated or freeze-dried fruits and vegetables
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Read [All About Food Dehydration](#) {found in BabyStep 8}
- ✓ Read [All About Freeze Drying](#) {found in BabyStep 8}
- ✓ Research more about food dehydrators and start saving up for one if you want one
- ✓ Review [All About Powdered Milk](#)
- ✓ Print [Food Storage Substitutions Chart](#) {found in BabyStep 7}

RECIPES TO TRY (found in appendix):

- ❖ Blackberry Pie (uses freeze dried berries)
- ❖ Tortellini Chicken Soup (uses freeze dried celery and dehydrated onions)
- ❖ Buttermilk Cornbread (uses buttermilk made from powdered milk)
- ❖ Best Rice Krispie Squares (uses corn syrup)
- ❖ Worms and Dirt Pudding Treat (uses powdered milk)

CHECKLIST #22

We are going to purchase some more legumes for this checklist, but this time we are getting lentils and some dry soup mix. Dry soup mixes are things like onion soup, chicken or beef bouillon, 12 bean soup mix, etc. Basically any kind of flavoring that would help make a delicious soup/stew with your beans.

This week's focus: BabyStep 7

What is a lentil and how do you use it? A lentil is the round flat seed of a lentil plant. Lentils are often cooked like peas, added to soups and stews, or even eaten plain. You can also grind them into meal, or sprout them to make a nice leafy sprout to add to salads or as filler for meats and casseroles. Lentil sprouts taste similar to fresh peas. Lentils are VERY healthy as they are high in fiber, can help reduce cholesterol, and give you more energy. What better food could you ask for in an emergency situation? Don't be afraid to give them a try!

TO PURCHASE:

- ✓ Purchase 5 lbs of lentils
- ✓ Purchase 2 lbs of dry soup mix (or bouillons to flavor soups)
- ✓ Purchase 2 gallons of vegetable oil
- ✓ Purchase a few extra packages of diapers (or any other non-food item)
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Read [All About Other Legumes](#) {found in BabyStep 6}
- ✓ Read [All About Sprouting](#) and give sprouting a try {found in BabyStep 6}
- ✓ Read [15 Ways To Use Sprouts](#) {found in BabyStep 8}

RECIPES TO TRY (found in appendix):

- ❖ Greek Lentil Soup
- ❖ Curried Lentils and Rice
- ❖ Ezekiel Bread (uses lentils and other grains and legumes)

CHECKLIST #23

This week we are covering two more areas that are not on traditional food storage calculators. We will learn about adding meats into your food storage plan and we also will be purchasing spices. It would not be fun to end up in an emergency situation and be stuck cooking bland meals without any of your normal flavorings.

This week's focus: BabyStep 6 & 9

Most long term food storage plans account for our protein needs through legumes. We recommend storing legumes and getting used to using them. It's also nice to have some meats in your storage. You can store canned (or home-canned) meats, frozen meats, dehydrated meats, or freeze-dried meats. If you want long shelf life then freeze-dried is best, however it is great to have other options as well.

There are many reasons that you should store extra spices as part of your food storage program. First off, don't you hate it when you run out of a spice JUST as you are cooking dinner? Wouldn't it be great to know you have an extra bottle in the basement? Also, spices quite often go on sale or have coupons available for brand name products. If you can stock up at lower prices you save a lot of money.

TO PURCHASE:

- ✓ Purchase 1-2 pantry-sized cans of freeze-dried meat to test out
- ✓ Purchase a few extra bottles of spare spices
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Read All About Meats and Using Freeze-Dried Meats {found in BabyStep 6}
- ✓ Read All About Spices And Condiments {found in BabyStep 9}
- ✓ Document which spices you use regularly and make a plan for storing extra

RECIPES TO TRY (found in appendix):

- ❖ Tortellini Chicken Soup (uses freeze-dried chicken)
- ❖ Pizza Casserole (uses freeze-dried sausage crumbles)
- ❖ Mexican Casserole (uses freeze-dried ground beef)

CHECKLIST #24

This is our final checklist to work on legumes. Can you believe we are almost done? The final legume we'll be storing is split peas. If you don't care for split peas you are always free to replace them with a different legume. However, once you try a few recipes using them you may decide you like them!

This week's focus: BabyStep 6

Split peas are the dried, peeled, and split seeds of *Pisum sativum* (peas). They come in yellow and green varieties. They have been mechanically split so that they will cook faster. They are a great source of protein and have a long shelf life so they are a good way to get some variety in your legume storage. Split peas are most often used in soups and stews to add texture and nutrition.

TO PURCHASE:

- ✓ Purchase 5 lbs of split peas
- ✓ Purchase 4 lbs of peanut butter
- ✓ Purchase a 6 month supply of toilet paper
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Read All About Other Legumes {found in BabyStep 6}

RECIPES TO TRY (found in appendix):

- ❖ Pea Soup
- ❖ 12 Bean Soup (includes split peas)
- ❖ Peanut Butter Bread
- ❖ Best Rice Krispie Squares (uses peanut butter)
- ❖ No Bake Peanut Butter Energy Bites

CHECKLIST #25

For this checklist we will be buying the last of our wheat, another sugar item, and also covering an aspect of Comfort Foods that we haven't talked about yet - condiments. This will also be the last time we remind you to continue to build and replenish your Three Month Supply. Hopefully by now it is a habit ingrained in all of us and we naturally do it in our normal grocery shopping.

This week's focus: BabyStep 5 & 9

Condiments are similar to spices in that there are a lot of reasons why it makes a lot of sense to store extras. First of all, don't you hate when you make a delicious steak dinner, just to find out you are out of A1 sauce? It is great to know that you always have at least one spare bottle on hand of all condiments. Also, things like ketchup and mustard come on sale and/or have coupons every now and then. Wouldn't you like to buy your mustard during a sale, instead of paying full price when you are desperate and have none left? Finally, in an emergency situation, condiments can add a lot of flavor and "comfort" to the foods that you will be living off of.

TO PURCHASE:

- ✓ Purchase 50 lbs of wheat
- ✓ Purchase 6 lbs of fruit flavored drink (helps stored water taste better)
- ✓ Purchase at least one spare of each of your condiments
- ✓ Purchase something from your 3 month supply list, remember to update your list
 - Stock up on sale items, buy some things in bulk, or pick up a few extras items
- ★ To buy these products online visit: FoodStorageMadeEasy.NET/checklistproducts

TO DO:

- ✓ Review articles that cover wheat {found in BabyStep 5}
- ✓ Practice substituting fresh ground wheat flour for white flour in your regular baking
- ✓ Read [All About Spices And Condiments](#) {found in BabyStep 9}

RECIPES TO TRY (found in appendix):

- ❖ Whole Wheat Pumpkin Cake (no one will know you put whole wheat in it)

CHECKLIST #26

By the end of this checklist we will have completed all of the BabySteps. In this checklist we are going to be tying up loose ends by storing medicines and first aid items as well as taking care of any needs for our pets. We will be taking care of some housekeeping items such as water rotation and disaster kit evaluation. We will also give you some ideas on where to go from here as you continue on your food storage journey.

This week's focus: Revision

One of the worst parts of natural disasters is that oftentimes medical attention is hard to come by. It is always a good idea to have basic first aid supplies on hand, as well as a comfortable knowledge of how to use them. This can come in handy in everyday emergency situations as well. Medicines have limited shelf life but there are some great alternatives that are very useful in your food storage such as essential oils and other natural remedies.

Pets are always an important part of any family's emergency preparedness plans. We wanted to make sure human needs were addressed first but didn't want you to finish your preparedness program without accounting for your pets as well. Determine how much food would be necessary for their year supply and add that in to your storage.

TO PURCHASE:

- ✓ Purchase a basic first aid kit and any additional useful medical supplies
- ✓ Purchase extra medicines or essential oils to help with minor ailments
- ✓ Purchase food and supplies necessary for your pets as desired

TO DO:

- ✓ Read Basic CPR and First Aid Tips {found in BabyStep 10}
- ✓ Re-evaluate your Emergency Preparedness Plan and remind young children of the plans {found in eprep section}
- ✓ Go through your Disaster Kit and swap out children's outgrown or seasonal clothing
- ✓ Eat the contents from your 72 Hour Kits and replace them with fresh foods
- ✓ Empty your water containers and refill with fresh water
- ✓ Remember to keep on working on your food storage, as it's a continual process