

**LESSON 3:
"BUILDING A FOOD STORAGE
IN 10 BABY STEPS"**

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EVENT FLYER
PASS ALONG INVITATIONS
LESSON PLAN
TEACHER CHEAT SHEETS
VISUAL AIDS
HANDOUT

FOOD STORAGE made EASY

**"BUILDING A FOOD STORAGE IN
10 BABY STEPS"**

DATE:

TIME:

LOCATION:

HOPE TO SEE YOU THERE!

LESSON 3: INVITATIONS

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LESSON 3: BUILDING A FOOD STORAGE IN 10 BABYSTEPS

PURPOSE:

To help class members understand how to **Build a Food Storage in 10 Babysteps**.

Materials/Handouts:

1. Teacher cheat sheet: "10 Babysteps"
2. Printable "Visual Aids" for each of the Babysteps
3. "Building a Food Storage Using 10 Babysteps" handout

Note To The Teacher:

1. Remember this is a general overview of the Babysteps. It's easy to get distracted and spend too much time on one step.
2. If you can get a gauge for what people want to learn about ahead of time, you can choose to focus more time on a specific step.
3. Give class members "Building a Food Storage in 10 Babysteps" handout/worksheet before class starts so they can take notes of things that they want to remember, or to put in their "to-do" list.

Preparation:

1. Study the "10 Babysteps" teacher cheat sheet.
2. Study other sources that may enhance your lesson, and additional resources below.
3. Print materials or handouts.
4. Prepare or assign refreshments if desired.

LESSON OUTLINE

Introduce Purpose of Lesson:

To help class members understand how to **Build a Food Storage in 10 Babysteps**.

SECTION 1: BABYSTEPS 1&2 - SHELVES AND WATER

Discussion Question:

Where do you think you should start with your food storage? Let class members offer their answers, thank people for participation.

Teaching Helps:

Go over Babystep 1 & 2 together. Steps 1 & 2 are the starting points of food storage building. These steps make it possible to feel motivated and assured you're off to a good start. Use the teacher cheat sheet to help guide your lesson. This should take up about twenty percent of the class time. As you go through each of the Babysteps, you can tape up the corresponding "Visual Aid" title sheet you have printed.

SECTION 2: BABYSTEPS 3 & 4 – 3 MONTH SUPPLY AND LONG TERM FOOD PLANNING

Discussion Question:

How do you even know what to buy for a food storage – or how long you should plan for? Let class members offer their answers, thank people for participation.

Teaching Helps:

Go over Babystep 3 & 4 together. Steps 3 & 4 are the planning points of your 3 month supply planning, and your long term planning. Accomplishing these steps give you the basic understandings and road map of where you need to go. Use the teacher cheat sheet to help guide your lesson. This should take up about thirty percent of the class time. As you go through each of the Babysteps, you can tape up the corresponding “Visual Aid” title sheet you have printed.

SECTION 3: BABYSTEPS 5-7 – GRAINS, LEGUMES, AND BAKING INGREDIENTS

Discussion Question:

What foods do you think make up the most basic foods you need to survive? Let class members offer their answers, thank people for participation.

Teaching Helps:

Go over Babystep 5-7 together. Steps 5-7 are the most basic foods for survival. They include grains, legumes, and miscellaneous baking ingredients. These foods, are often intimidating. Use the teacher cheat sheet to help guide your lesson. This should take up about thirty percent of the class time. As you go through each of the Babysteps, you can tape up the corresponding “Visual Aid” title sheet you have printed.

SECTION 4: Babysteps 8-10 – FRUITS/VEGGIES, COMFORT FOODS, AND NON-FOOD ITEMS

Discussion Question:

What are some things you need to store, outside of the most basic foods you need to survive? Let class members offer their answers, thank people for participation.

Teaching Helps:

Go over Babystep 8-10 together. Steps 8-10 are the extras for your food storage. They include fruits and veggies, comfort foods, and non-food items. These items often go overlooked. Use the teacher cheat sheet to help guide your lesson. This should take up about twenty percent of the class time. As you go through each of the Babysteps, you can tape up the corresponding “Visual Aid” title sheet you have printed.

CONCLUSION

Encourage Class Members To:

1. Keep their “Building a Food Storage Using 10 Babysteps” handout/worksheet, and work on their “to-do” list.
2. Find a “Food Storage Friend” to help conquer overwhelming tasks

ADDITIONAL RESOURCES

<http://foodstoragemadeeasy.net/babysteps/>

TEACHER CHEAT SHEET: "10 BABY STEPS"

Study this cheat sheet and use it as a guide to your discussion. Choose which portions will be appropriate for your audience. There is a lot of content in this sheet cheat, be sure to time your lesson well, and leave out portions that aren't relevant.

STEP 1: SHELVES

The reason we recommend starting with shelves is because it's so much more exciting to have a designated space to put your food once you've purchased it. You would be surprised how much more motivated you will be to purchase food for your food storage once you have a place for it. Determine the amount you feel comfortable spending and what will suit your needs best.

Shelving Options:

- Try making some rotating racks out of cardboard
- Premade cardboard shelves are also available to purchase
- Find plans online for wooden shelves that can be customized
- Inexpensive metal or plastic shelving for lighter foods
- Higher quality metal shelves for heavier items that could bow or collapse cheaper shelves
- Deluxe can rotation shelves are very convenient for easily rotating through foods

More Information

- Start with one set of shelves and add more as your food storage grows
- Adjustable shelf heights help you store different types and sizes of foods and cans
- Don't let small spaces intimidate you – it can be done if you decide to commit yourself

STEP 2: WATER STORAGE

Water is extremely important for survival in times where water is contaminated or service is disrupted. You can go a few days or weeks even without food, but your body NEEDS water. Once you store a few containers of water, you'll be surprised how relieved you will feel. Most sources recommend storing 1 gallon of water per person, PER day, for 3-14 days for drinking water. Store extra water for hygiene, pets, and cooking purposes.

More Information

- Store water in "FOOD GRADE" or PETE containers (don't use milk jugs, soda bottles are ok)
- Another option for storing water is to use mylar bags stored in cardboard boxes
- Store water away from too much light or heat in clean and sanitized containers
- Do not use containers previously used to store non-food products for drinking/cooking water
- Store water in multiple sizes of containers to suit different emergency needs
- Do not store water containers directly on concrete. Place on cardboard or wood pallets
- Non-chlorinated water (most municipal water is chlorinated) should be treated with unscented liquid household chlorine bleach (5 to 6% sodium hypochlorite)
- Boiling is the safest way to purify water, but you can use liquid bleach to kill microorganisms
- Rotate your water storage at least once every year unless you use mylar bags

STEP 3: 3 MONTH SUPPLY

Building a 3 month supply of foods you regularly eat can help you save money by buying foods only when they are on sale, and can be a lifesaver in times of economic hardship. Getting your head around this daunting task can be quite the challenge. Going about planning, buying, and rotating your 3 month supply is a whole lesson in and of itself.

STEP 4: LONG TERM EDUCATION

Before delving in and purchasing all the typical grains and legumes known as the standard “food storage foods”, we recommend getting to know them a little better. We found learning the uses and benefits of these items before buying them in bulk was a good way to ease into it. This step really focuses on educating yourself, thinking about what meals you might cook with long term food storage items, and gathering recipes and learning cooking techniques.

More Information:

- Determine the quantities you will need by using a Long Term Food Storage Calculator
- Start small, work on a full 3 month supply, then move on to 6 months, then a full year
- Use food storage recipe books and websites to learn how to use your long term food storage
- Help your family become accustomed to eating your Long Term Food Storage. This will ease the transition in case of an emergency
- Talk to your friends and family members about how they use their food storage

STEP 5: GRAINS

Grains are the staple foods of Long Term Food Storage and are what we end up storing the most of. With a long shelf life, great health benefits, and tons of versatility in what you can cook with them, they are the ultimate food storage food. There are a wide variety of grains you can use and store to give your diet some great variety. Test out different grains in small portions, then decide which ones you like and store more of those ones. If you have wheat allergies you will definitely need to consider alternatives for your storage.

More Information:

- It is recommended that half your daily grain intake be WHOLE grains due to the high nutritional value and protein levels (examples: whole wheat, oats, brown rice, etc.)
- Accumulate recipes that include grains. Using your grains will help you rotate through them and get your family used to eating them.
- Don't let the thought of wheat scare you. Grinding wheat is easy.
- It is recommended that one adult stores roughly 300 lbs of grains per year to sustain life. This measurement can be made up of a variety of grains.

STEP 6: LEGUMES

Legumes can feel intimidating if you aren't used to using them in your daily cooking. The great thing about them is they are cheap, healthy and store for a long time. They also help to provide some variety in a diet heavily consisting of grains. Start this step slowly and allow yourself some time to try things out and eventually you'll grow to love this step.

More Information:

- Beans, peas and lentils are the richest source of vegetable protein and are a good source of both soluble and insoluble dietary fiber

- Utilizing dried beans and soaking them overnight is the best way to get the true bean flavor and a smooth texture
- When legumes are eaten with grains, nuts or seeds, a complete protein can be formed which can suitably replace meat, fish, poultry, eggs or dairy
- Legumes aren't just used for soups. Some other uses are as follows: Grind into bean flour for healthy white sauces; Mash up cooked beans to replace butter/oil in recipes; Grow into sprouts for a fresh "vegetable"
- One easy way to start using dried beans is to use them in place of canned beans in your normal recipes
- Generally, legumes will keep indefinitely when stored in a cool, dry place.
- It is recommended that one adult stores roughly 60 lbs of legumes/ year to sustain life

STEP 7: BAKING INGREDIENTS

The ingredients in Step 7 are all the necessary fats, oils, sugars, milk, and miscellaneous ingredients that you need to store in order to put food storage meals and recipes together. These items have various shelf lives, so it's good to plan accordingly and make sure to rotate through foods with shorter shelf lives to avoid wasting them. There are many variations in these items that you can use to fit your families' tastes and preferences.

More Information:

- Purchasing these items when on sale, then rotating through your stored supplies can save you time and money
- Finding ways to use these ingredients in your everyday cooking by learning how to make things from scratch will give you more confidence in your ability to use your grains and legumes
- It is recommended that one adult stores roughly 30 lbs of fats, 60 lbs of sugars and 75 lbs of milk per year to sustain life. Other items such as yeast, baking powder, baking soda, and salt are highly recommend to include as well

STEP 8: FRUITS AND VEGETABLES

Fruits and vegetables are a welcome addition to any food storage program for the health benefits, variety, and to help you save money. Since fruits and vegetables are perishable, they can be tricky foods to store for long terms. Depending on your style, here are different options for obtaining and preserving your produce:

Growing Your Own:

- It is highly recommended that you grow some of your own foods. This can range from just planting some tomatoes in a container, to a full-fledged small farm-type situation
- Square foot gardening allows you to grow a lot of vegetables in a small space
- If you have space, and don't mind the mess, fruit trees and vines can be a great cost-savings
- Learning how to garden (even if you don't produce bulk amounts of produce) is an invaluable skill if you are interested in learning to be more self-reliant

Dehydrated:

- Dehydrated fruit makes a great snack with things like banana chips, dried apples, etc.
- Dehydrated vegetables are wonderful additions to soups/stews. Items such as dehydrated onions can save you time in your everyday cooking
- You can purchase cans of dehydrated foods or even learn to dehydrate them yourself

Canned/Bottled:

- You can bottle a wide variety of things such as salsa, pie fillings, applesauce, juice, spaghetti sauce, almost any fruit or vegetable, pickles, all sorts of jams and jellies, etc
- If you can get fresh fruits/vegetables for free or at a significant discount, then canning them yourself can save you a LOT of money over cans from the store
- Home-bottled foods have less preservatives, taste better, and you can adjust the amounts of sugar and flavorings you use to fit your family's preferences
- Bottling can be a fun bonding experience with friends/family and also it is a great way to build up your whole year supply of items all at one time

Frozen:

- If you have an extra freezer then frozen fruits and vegetables are another great option. If there is a water shortage then you don't want to have all your foods be dehydrated
- Freezing produce takes less time than bottling, and can often be done using no preservatives
- If you don't have home-grown foods, you can purchase fresh produce in bulk or on sale to freeze. Or simply buy bags of frozen fruits and vegetables and try to use sales and coupons
- Freeze foods on a cookie sheet and then move them into plastic bags to avoid clumping

STEP 9: COMFORT FOODS

Comfort foods can help ease your stress during rough times. While not considered "life sustaining" foods, they can be considered "sanity-sustaining" foods. This is especially important if you have young children. A few normal foods or delicious snacks now and then can really help a difficult situation. Try a new thing each week or month to build up your stores of ideas for comfort food items with longer shelf lives or that can be made using food storage.

More Ideas:

Home-made popcorn in a pot, Mashed potatoes with instant potatoes and GRAVY, Hard Candy, Chocolate, Pudding (made using dry milk), Granola bars, Fruit snacks for children, Chicken noodle soup in a can (for if you get sick), Kool-aid, Condiments (ketchup, mustard, bbq sauce, salsa, pickles - store a spare or two of each), Spices (inventory what spices you use and store an extra one or two of each), No-bake cookies ingredients, Rice Krispie Treats, Macaroni & cheese dinners, Chocolate and butterscotch baking chips for homemade cookies or snacking, Peppermint tea bags

STEP 10: NON-FOOD ITEMS

Store a year's supply of all household items that you normally buy at the grocery store. Build up your supply by buying these items in large quantities when they are on sale, then only replace your supplies when they go on sale again. Make sure you store the things particular to your own family's needs. Don't be afraid to use creative storage ideas for these items. A huge supply of toilet paper could go in a garage, attic, etc.

More Ideas:

- Personal Hygiene: Toothpaste/Toothbrushes, Shampoo/Conditioner, Deodorant, Facewash, Bodywash, Soap, Shaving/Aftershave
- Paper Products: Toilet Paper, Paper Towels, Feminine Products, Diapers/Wet Wipes, Kleenex, Paper Plates, Plastic Utensils, Napkins
- Cleaning Products: Laundry Detergent, Dishwasher Detergent, Bleach, All-Purpose Cleaner
- First Aid Items: First Aid Kits, Hand Sanitizer, Face Masks, Prescription Meds, Cold Medicine
- Miscellaneous Items: Light Bulbs, Board Games/Cards, Candles/Kerosene Lamp, Pet Products

step 1:

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step 2:

water

step 3:

3 month
SUPPLY

step 4:

long term
education

Step 5:

GRAINS

step 6:

legumes

step 7:

Baking

ingredients

step 8:

FRUITS and
VEGGIES

step 9:

COMFORT
FOODS

step 10:

non-food
items



“Building a food storage using 10 Babysteps”

<http://FoodStorageMadeEasy.NET>

Building up a food storage supply can feel like a daunting task. We split the process up into ten simple BabySteps which will hopefully make the task feel less overwhelming.

Getting Started:

Put together Disaster Kits (including 72 hour kit food kits) for your whole family, and have an emergency plan in place.

Step 1: Shelves and Storage

Determine which type of shelf system you want to use and purchase one shelf to get started. Build your own, buy plastic or metal shelves, or splurge and buy a fancy can rotation system.

Step 2: Water

Store a 2 week's supply of water (1 gallon per person per day). Buy 55 gallon barrels, get several 5-6 gallon jugs, or fill up empty soda/juice bottles. Make sure it is food grade plastic, and milk jugs don't count!

Step 3: 3 Month Supply

Purchase a three month supply of foods you normally eat. Come up with meal plans for the 90 days, or buy extras of things you use a lot.

Step 4: Long Term Storage Education

Educate yourself on long term food storage and determine the types of foods, recipes, etc. you want to eat. Use an online tool or spreadsheet to figure out the actual amounts of each food to purchase.

Step 5: Grains

Purchase your grains and learn how to use them: wheat, corn, barley, rice, pasta, etc.

Step 6: Legumes

Purchase your legumes and learn how to use them: dried beans, bean soup mixes, lentils, soy beans, etc.

Step 7: Baking Ingredients

Purchase items necessary for baking such as oil, sugar, powdered milk, salt, etc.

Step 8: Fruits and Vegetables

Purchase or preserve fruits and vegetables to supplement your core foods.

Step 9: Comfort Foods

Purchase any comfort foods that would be pleasant to have should you be forced to live off your food storage for a long time. This could be things such as hot chocolate, pickles, jell-o, salsa, spices, etc.

Step 10: Non-Food Items

Purchase non-food item necessities such as toothpaste, deodorant, female products, diapers, etc. Also, paper products such as paper plates, plastic utensils, etc. are helpful to avoid wasting precious water by washing dishes in an emergency situation.

Beyond the BabySteps:

Once you have finished these steps you can move on to the more complex survival issues such as heat and cooking sources, long term water solutions, growing and canning your own foods, etc.

Follow along with us as we learn, experiment, and make food storage easy and fun!

 Jodi & Julie