

LESSON 1:
**"WHY FOOD STORAGE AND BASIC
EMERGENCY PREPAREDNESS"**

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

FOOD STORAGE made EASY

"WHY FOOD STORAGE AND BASIC EMERGENCY PREPAREDNESS"

DATE:

TIME:

LOCATION:

HOPE TO SEE YOU THERE!

LESSON 1: INVITATIONS

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LESSON 1: WHY FOOD STORAGE AND BASIC EMERGENCY PREPAREDNESS

PURPOSE:

To help class members **Understand Why They Should Have Food Storage**, and **How to Make a Basic Emergency Plan**.

Materials/Handouts:

1. Teacher cheat sheet: "Why Food Storage?"
2. Printable "Visual Aids" for each of the reasons for food storage
3. Teacher cheat sheet: "Food Storage Pep Talk"
3. "Emergency Preparedness Plan" brochure

Note To The Teacher:

1. Remember this is an intimidating subject for people.
2. Have an encouraging tone, people get scared away and do nothing when the focus is fear.
3. Give class members a clear action plan of things they can do to move forward.

Preparation:

1. Study the "Why Food Storage?" teacher cheat sheet.
2. Study the "Food Storage Pep Talk" teacher cheat sheet.
3. Study the "Emergency Preparedness Plan" brochure.
4. Study other sources that may that may enhance your lesson, and additional resources below.
5. Print materials or handouts.
6. Optional: Invite someone who has experienced living off food storage to share their story.
7. Prepare or assign refreshments if desired.

LESSON OUTLINE

Introduce Purpose of Lesson:

To help class members **Understand Why they Should Have Food Storage**, and **How to Make a Basic Emergency Plan**.

SECTION 1: WHY FOOD STORAGE?

Discussion Question:

Why do you think it's important to have a food storage? Let class members offer their answers, thank people for participation.

Teaching Helps:

Go over "Why Food Storage" with the class. Use the teacher cheat sheet to help guide your lesson. This should take up about one third of class time. As you go through each of the reasons for food storage, you can tape up the corresponding "Visual Aid" title sheet you have printed. You may also ask class members if any of these things have ever happened to them. Sharing stories really helps people to put a real life perspective on things. Optional: This is where you can have the person you have invited to share their story of living off their food storage with the class speak.

SECTION 2: FOOD STORAGE PEP TALK

Discussion Question:

Why do you think building a food storage can be so hard? Let class members offer their answers, thank people for participation.

Teaching Helps:

Go over “Food Storage Pep Talk” with the class. Use the teacher cheat sheet to help guide your lesson. This should take up about one third of class time. You'll want to go through these rather quickly as they lend to allowing you to go off topic.

SECTION 3: BASIC EMERGENCY PREPAREDNESS PLAN

Discussion Question:

What kind of natural disasters, or other emergencies are local to you that would require you to use your 72 Hour Kits and Emergency Preparedness Plan? Let class members offer their answers, thank people for participation.

Teaching Helps:

Go over the “Emergency Preparedness Plan” brochure. This section should take up the rest of the class time. Spend time explaining each section of the plan and why they are important. This section is designed to give class members an actionable plan. This section can greatly be elaborated on by studying links in the additional resources section. Pass out a copy of the “Emergency Preparedness Plan” brochure to each class member. Direct class members to fill out their plans as a family.

Optional: Offer some kind of incentive or contest to encourage people to fill out their plans.

CONCLUSION

Encourage Class Members To:

1. Complete “Emergency Preparedness Plan” brochure
2. Share their plans with extended family members

ADDITIONAL RESOURCES

<http://foodstoragemadeeasy.net/site-highlights/why-food-storage/>

<http://foodstoragemadeeasy.net/site-highlights/small-spaces-storage-solutions/>

<http://foodstoragemadeeasy.net/getting-started/>

<http://foodstoragemadeeasy.net/getting-started/family-plan/>

<http://foodstoragemadeeasy.net/getting-started/disasters-kit/>

<http://foodstoragemadeeasy.net/getting-started/evacuation-list/>

<http://foodstoragemadeeasy.net/babystep-checklists/>

TEACHER CHEAT SHEET: "WHY FOOD STORAGE?"

Study this cheat sheet and use it as a guide to your discussion. Choose which portions will be appropriate for your audience. There are many reasons why people decide to build a food storage. There are also a lot of different ways people go about building their food storage based on those reasons why.

REASON 1: DISASTERS

Disasters is one of the main reasons people choose to start a food storage. When thinking about how to deal with different crises that may occur, people are driven to become more prepared. Ask yourself - "If an earthquake hit and we had no power or water for days or weeks, would we have the supplies we needed on hand?" The list of potential "Disasters" is LONG! Here are just a few:

Natural Hazards:

Floods, tornadoes, hurricanes, thunderstorms/lightning, winter storms and extreme cold, extreme heat, earthquakes, volcanoes, landslides and debris flow, tsunamis, fires, wildfires.

Technological Hazards:

Hazardous materials incidents, household chemical emergencies, nuclear power plants.

Terrorism:

Explosions, biological threats, chemical threats, nuclear blast, radiological dispersion devices, homeland security advisory system.

When it comes to disasters, having a plan ahead of time is the most crucial. In times of crisis, people will be frantic. Preparing ahead of time eases some of the stress and shock that come with disasters.

REASON 2: ECONOMIC CRISIS

While natural disasters are what encouraged us to START our food storage, we have to admit – the concept of an economic crisis is what KEEPS us building our food storage. We feel that the likelihood of money being tight is MUCH higher than a power or water outage type disaster. Money being tight could come as a national, local, or personal emergency. You never know what could happen and it's such a blessing to have food stored and a plan in place for a time when you might have to live off of what you have stored.

Short Term Food Storage:

Your short term food storage consists of getting a 3 month supply of foods that you eat on a day to day basis. Once you have this in place you can start to grocery shop from your food storage and only replenish those items when they go on sale and/or you have coupons. This will actually reduce your grocery budget as you will only buy things that are deeply discounted.

Long Term Food Storage:

Your long term food storage consists of getting a year's supply worth of life-sustaining foods that have a long shelf-life. These are items such as wheat, white rice, dried beans, powdered milk, etc. Since the shelf life is so long you can gradually purchase the items when they are on sale and work up to a year's supply. One of the things we strongly believe in is that you should know how to use the foods you are storing. So we have started to learn how to cook a lot of foods from scratch to practice using our food storage and have been pleasantly surprised by the price difference in homemade versus store-bought goods.

REASON 3: HEALTH BENEFITS

Long term food storage items have a lot of health benefits. Learning how to cook with typical long term food storage items can help you live a healthier lifestyle.

Grains:

It's recommended by the USDA that half of our daily grain intake consists of whole grains. Storing and using grains such as wheat is one of the most effective ways of getting whole grains in your diet. You can use whole wheat flour, just like refined white flour in pizza, pancakes, breads, tortillas and all sorts of other things. Here's an example of how much better for you whole grains can be.

When whole wheat is processed into refined white flour, the following nutrients are lost:

- Half of the beneficial unsaturated fatty acids
- Virtually all of the vitamin E
- Fifty percent of the calcium, seventy percent of the phosphorus, eighty percent of the iron, ninety eight percent of the magnesium, fifty to eighty percent of the B vitamins

Legumes:

Legumes are low calorie, low fat, high in protein, high in fiber etc. You can use mashed beans to replace the fat in recipes, ground dried beans to make bean flour for a very low-fat white sauce, or even sprout legumes to provide a healthy vegetable option. Sprouting a seed enhances its already high nutritional value (i.e. Oats when sprouted contain 600% more vitamin C). While legumes are a little more intimidating to get started with, once you start using them and learning more about them you'll find how versatile they can be!

Baking Ingredients:

The beauty of these long term food storage items is portion control! When you buy baked goods or processed foods you have no way of controlling how much sugar, preservatives, or salt go in your foods. When you're making your foods from scratch you can control how much, or how little fits your families tastes and lifestyle.

Allergies or Other Dietary Restrictions:

If you or a family member has food allergies or other dietary restrictions, food storage is even more important for you. You have complete control over what goes into your cooking. By making it from scratch you are saving lots of money over specialized foods from the grocery store. And also, in case of a food shortage, you will already have foods on hand that are ok for your family to eat.

REASON 4: EVERYDAY EMERGENCIES

While people generally don't think of starting a food storage to be prepared for "everyday emergencies", it sure is a nice side benefit once you have some food storage accumulated. Here are a few everyday emergencies where food storage comes in handy.

Recipe Ingredients:

Right in the middle of cooking dinner, you run out of one of your necessary ingredients. Instead of having to run to the store for that spice, egg, soup can, etc. ... you run down to your basement instead.

Dinner Emergency:

Do you ever have one of “those days” where all of a sudden it’s 6:00 and you have a hungry family and hadn’t planned anything for dinner? Food storage can help! Look into your three month supply foods and you’ll always have something quick and easy.

Party Foods:

If you get invited somewhere, it’s common to be asked to “bring something”. If your food storage is stocked up, you will always have some kind of item on hand to bring (even desserts!) This will help you from blowing your budget because you had to go get ingredients full price, or last minute to make something special to bring.

Convenience:

Sometimes having that extra 5 minutes of time in dinner preparation can feel like it’s preventing an emergency. Using dehydrated veggies can save tons of time on chopping and are just great for soups, stews, casseroles, etc.

Safety:

Using powdered eggs can prevent a salmonella “emergency”. Use them in your cookies and other batters and you can eat the dough, lick the beaters, etc. and know that you are safe. You also don’t have to be careful about washing your hands after cracking eggs into recipes. Who knew food storage could be so useful?

REASON 5: RELIGIOUS REASONS

If you start researching “Food Storage”, you will most likely discover that it is a very common practice among members of different religions. Even in biblical times, people were counseled to be prepared. Think of the story of Joseph of Egypt who through preparedness was able to withstand seven years of famine. Leaders of different faiths have long counseled members to be prepared for uncertainties.

Not only do some religions counsel their members to be prepared, but they also encourage self-reliance. Through self reliance you gain great strength of character, and are in a better position to be charitable and help others. It’s always comforting to know that you don’t have to count on outside sources to feed, clothe, or shelter your family.

“Many more people could ride out the storm-tossed waves in their economic lives if they had their supply of food and were debt-free. Today we find that many have followed this counsel in reverse: they have at least a year’s supply of debt and are food-free.” President Thomas S. Monson, “That Noble Gift—Love at Home,” Church News, May 12, 2001, 7.

“Everyone who owns a home recognizes the need for fire insurance. We hope and pray that there will never be a fire. Nevertheless, we pay for insurance to cover such a catastrophe, should it occur. We ought to do the same with reference to family welfare.” President Gordon B. Hinckley (1910–2008), “To Men of the Priesthood,” Liahona and Ensign, Nov. 2002, 58.

Whether it be religious based, self-reliance based, or just plain preparedness based, we agree that having a food storage is wise and great counsel.

Reason 1:

Disasters

Reason 2:
economic
CRISIS

Reason 3:
Health
Benefits

Reason 4:

EVERYDAY
EMERGENCIES

Reason 5:
Religious
Reasons

TEACHER CHEAT SHEET: "FOOD STORAGE PEP TALK"

Study this cheat sheet and use it as a guide to your discussion. Choose which portions will be appropriate for your audience. There are many excuses and strategies for building food storages.

EXCUSE: NO SPACE

One of the most common problems people have when tackling the task of building a food storage is lack of space. It's so easy to say, "one day, when I have more – that's when I'll build my food storage". There are a lot of options for you to still store food in small spaces. Here are just a few suggestions:

- You can get wide, shallow plastic bins at most department stores that have wheels on them for rolling under your bed. These are great for storing cans of food since they are about as deep as a can. You can easily pull them out for food rotation purposes as well.
- We converted our coat closet to a little storage room (we kept the coats in our regular closet). We used boards and #10 cans to "build" shelves and it was amazing how much stuff we were able to put in there.
- In one house (we were owners so we could cut into the wall) there was a space under the stairwell and we cut an opening in there and put a door so we could store things there. It was quite small, but functional. We've always looked around at wherever we were living for available space.
- One year when we lived in an apartment my in-laws gave us a big wicker chest for Christmas. We put it in our living room and filled it with cans. We were amazed at how many cans could fit in it. We had a futon in our living room and we hid soda bottles filled with water behind the futon.
- I bought 2 book shelves at a garage sale – asking price \$40 each, bought both for \$25. They have been a great addition for storage! I have the shelves stored in my office, but when you look down the hall from our main living area you don't see them.
- We put short bookshelves in our son's closet and used them for food storage. Since his clothes were small they fit great over the top of the shelves. We also stacked boxes of #10 cans in the ends of the closets. Just make sure the boxes are labeled with what's in them and put the things you will need to get into most often on the top or it can be a real pain to find things.
- I use Turn Table Spice Racks, to keep my spices organized and easy to rotate. It ends up taking less space because I can pile spices all the way to the back but still have access to them. I also put my baking goods in plastic bins so I can easily take out all my ingredients at once when I bake, again it keeps things packed away in tighter spaces and makes cooking more fun.

EXCUSE: NO TIME

Let's be honest - we're all busy! Sometimes it's hard enough just to get dinner on the table, let alone building up a year supply of food while we're at it. Not to mention learning how to actually COOK with those foods too! The best way to overcome a weakness is to try and turn it into a strength. As

you learn more and more about using your food storage, come up with ways to make the most of your time WHILE using your food storage.

Tips and Tricks:

- Learn to use your freezer, make extra of favorite meals and freeze them
- Double and use staple recipes to make multiple items (bread recipes can be used to make bread, breadsticks, cinnamon rolls, pizza dough)
- Pre-package mixes for quick and convenient meals (make mixes for smoothies, breads, cakes, etc)
- Start to gradually learn skills and practice them when you have a chance. At least then you will know what to do if a situation arises where you need to start living off of food storage.

EXCUSE: NO MONEY

One of the things that makes starting a food storage feel like a daunting task is thinking of all of the expenses associated with it: expensive shelves, water storage jugs, FOOD, generators, wheat grinders, dehydrators, and the list goes on and on. We found that by utilizing a system of doing things in BabySteps, and setting aside a small amount of money (\$40-\$50) each month, we were still able to accomplish a lot with our food storage. In fact, we were pleasantly surprised to find that food storage actually started to save us money as we really got into it. There are a lot of ways to save money AND build food storage at the same time.

Tips and Tricks:

- Learn how to coupon or sale shop so that you are only ever buying things at heavily discounted prices
- Use your grains and legumes to cook more meals from scratch for incredible savings compared to pre-packaged foods
- Buy long term food storage foods in small quantities at first to make sure you like it and/or know how to use it before wasting money on pounds and pounds of it
- Ask for food storage items for gifts and/or give each other food items for special events

STRATEGY: JUST DO IT

Isn't it so easy to procrastinate? Especially when it comes to preparedness. It's easy to convince yourself that everything is going to be fine and you'll get to it "when you have a chance". Then one day you realize it's been months or even years between getting anything accomplished. We suggest you decide to make it a priority and JUST DO IT. Even getting something little done will motivate you to do more.

Tips and Tricks:

- Make a list of goals you want to attain and order them in terms of priority
- Set a calendar reminder on your phone or computer to do one food storage goal a week or month and go down your list –regardless of whether you "feel like it" or not
- Find someone to be accountable to and keep each other on track
- Reward yourself for accomplishing goals with predetermined awards

STRATEGY: RECOMMIT

Just because you are highly motivated for awhile, then fall of the food storage bandwagon doesn't mean you can't get back on – it's never too late to just jump back in where you left off. There are a lot of ways you can recommit yourself and start to make progress again.

Tips and Tricks:

- Go to food storage classes or seminars, you'd be surprised at how motivated you feel afterwards, not to mention you learn a lot of useful things
- Subscribe to RSS feeds on blogs or join Facebook fan pages and groups so you get reminders and great food storage information that help you get back on track
- Take a few minutes to wander through some emergency preparedness stores (or even just browse online stores) to give you some ideas of new products and foods to try
- Learn something new. Try out gardening, sprouting, or dehydrating. Learn to make homemade tortillas or homemade bread. Learning a new skill or trick can be fun and make you want to learn and do even more with your food storage

STRATEGY: IT'S OK TO FAIL

There's something about being afraid of failure that keeps people from trying new things. Decide ahead of time, when trying out new recipes that it may just take 2-3 times before you perfect it and accept that its okay! There are a lot of ideas to help you get over your worries about failure.

Tips and Tricks:

- Never try a new food, cooking technique, or recipe on dinner guests – this will save you some heartache and anxiety
- Try food storage items in your regular recipes one at a time so you can isolate the variables in case it doesn't turn out the right way
- Gradually incorporate more and more of your food storage foods into your regular diet. If you are worried what people will think, just don't tell them. They wont notice and may even like the food better!

STRATEGY: INVOLVE KIDS

A lot of times people think they can't cook or try new things with kids around because they'll just get in the way. While this is probably a little bit true, we've found that if you involve your kids it actually can be a fun activity. When the kids are involved they tend to take ownership in the food and seem to enjoy it more. Your kids can also help you stay on track if they get used to eating the new foods you are trying and encourage you to keep cooking them. There are a lot of ways you can involve kids.

Tips and Tricks:

- Have children measure out ingredients
- Get children involved in your garden (kids LOVE to pick vegetables)
- If you don't have kids, borrow some nieces, nephews, grandchildren – they'll love you for it
- Explain to the kids how nutritious the food is when you're using items from scratch
- Teach the kids where food comes from, how you can use it in other recipes etc. Let them experiment with growing sprouts, it will be a fun and delicious activity

STRATEGY: GET A FOOD STORAGE FRIEND

Doing hard things is so much more fun if you have a friend to do them with. You'd be surprised how much easier it is to laugh at yourself when you have someone with you who is experiencing the same fears and anxieties over "food storage" foods.

Tips and Tricks:

- Get a friend to try new recipes with (cook them together or swap successful ones)
- Have a circle of friends or network that tell each other when certain foods are on sale, you can even form bulk purchasing groups
- Friends help motivate and remind you to keep working on your food storage – it's so much easier to be productive when you are accountable to someone

STRATEGY: BE ORGANIZED

Regardless of how you go about building a food storage, whether it be all at once, in Babysteps, or any other way, try your best to have a plan. Being organized with a game plan really helps make the journey much more fun and less intimidating.

Emergency Preparedness Plan

At FoodStorageMadeEasy.NET we believe being prepared for a natural disaster type of emergency is the first step to building a Food Storage. We have broken up the Emergency Preparedness Plan into 3 basic steps:

family plan



Includes a list of topics to discuss with your family, emergency protocol to follow, contact info, meeting locations and education.

An emergency is no time to figure out what you should be doing. Make it a habit of reminding young children of your plans and protocols.

Disasters Kit



Includes a list of items for your disasters kit along with options for you to get a 72-hour food kit put together.

These items may be for you to use at home, or for you to take with you in case of an evacuation type scenario.

evacuation list



Includes measures to take when evacuating your home including a list of important things to grab and instructions to build a car kit.

You never know when you may be stranded on the road, so make sure to keep your car prepared for emergencies.

FOOD STORAGE made EASY

Food Storage Made Easy is a blog written by two young moms attempting to get a year's supply of food storage put together. As Jodi and Julie started the process they realized there was SO much to learn. They decided to start a blog to keep track of their research, break it into BabySteps and hopefully help others as well.

10 Babysteps

1. storage/shelves
2. water
3. 3 month supply
4. long term planning
5. grains
6. legumes
7. baking ingredients
8. fruits and veggies
9. comfort foods
10. non-food items

FoodStorageMadeEasy.NET

Visit Julie and Jodi
<http://FoodStorageMadeEasy.Net>
Email
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FOOD STORAGE made EASY

EMERGENCY PREPAREDNESS PLAN



**Building YOUR FOOD STORAGE
Using 10 BABYSTEPS**

FoodStorageMadeEasy.NET



family plan

Make a family plan in case there is an emergency.

- discuss how to respond to the dangers of fire, severe weather, earthquakes, and other emergencies
- find the safe spots in your home
- discuss what to do about power outages and injuries
- draw a floor plan of your home and mark two escape routes
- post emergency phone numbers
- teach children how and when to call 911, police, and fire, and important phone numbers
- pick one out-of-state and one local friend/family member to call in a disaster
- teach children the phone numbers
- pick two reunion locations, one near your home, and one farther away in case you cannot return
- take a basic first aid and CPR class

Out-of-State-Contact: Emergency Numbers:

Name: Police:
 City: Fire:
 Telephone: Hospital:

Local Contact: Family Physicians:

Name: Name:
 Telephone: Telephone:

Nearest Relative: Telephone:

Name:
 City:
 Telephone:

Reunion Locations:

Right outside home:
 Address:

Work Numbers: Away from home:

Mother: Address:
 Father: Route to take:



disaster kit

Most sources suggest storing supplies to have on hand in the event of an emergency. The following is a list of the most common items:

- supply of water (one gallon per person per day)
- first aid kit and prescription medications
- extra pair of glasses
- credit cards and cash (in small bills)
- change of clothes and sturdy shoes
- battery powered radio, and extra batteries
- blankets/sleeping bags, rain poncho, body warmer
- list of emergency plan contact info
- booster cables, car shovel, rope
- N95 dust mask, working gloves
- flashlight with batteries
- wind/waterproof matches, and candle
- personal hygiene products
- games, books, hard candy, toys
- tire repair kit & pump, duct tape, Swiss army knife
- important documents (see site for a full list)
- 72 hour kit of food

Breakfasts:

Granola bars
 Fruit cups
 Cold cereal/dry milk
 Instant Oatmeal

Lunches/Dinners:

Beef Jerky/Beef sticks
 Protein Bars
 Cheese & Crackers
 Pop-Top Soups
 Lipton Noodle Soups
 Banie Weenies
 Vienna Sausage
 Pop-Top Stew/Pastas
 Chili

Snacks:

Hard candy
 Trail Mix
 Raisins
 Fruit Roll-Ups
 Crackers

*don't forget utensils, containers, heating sources, disposable dishes, and baby items



evacuation list

In the event you need to evacuate your home, it is recommended you take the following measures, have a car kit, a grab list of things to take in case your house is destroyed.

- listen to a battery powered radio for the location of emergency shelters
- make arrangements for pets
- wear protective clothing and sturdy shoes
- take your disaster supplies kit
- lock your house
- use travel routes specified by local officials
- shut off water, gas, and electricity (if needed)
- let others know when you left/where you're going

Car Kit:

- 72 hour kit food and water
- Cash (small bills and include some change)
- Diapers/Wipes if you have kids
- Emergency blankets/hand warmers
- Jumper cables
- Car shovel/pick
- Pocket knife, first aid kit, radio
- Package of batteries (for flashlight and radio)
- Toilet paper roll
- Spare clothes for small children
- Coffee can heater

Grab List:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____