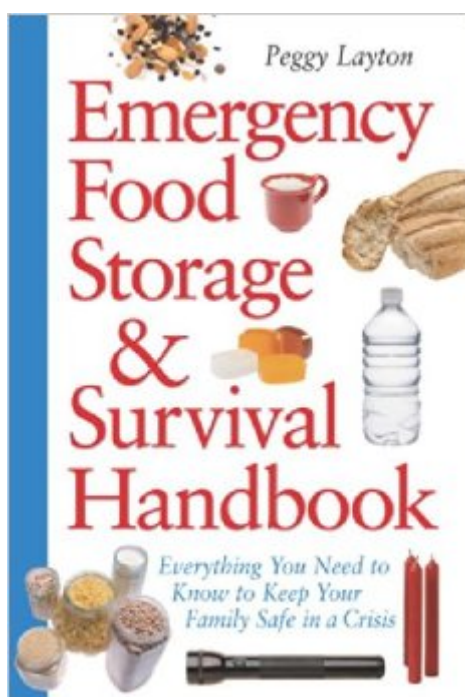


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# Emergency Food Storage & Survival Handbook: Everything You Need To Know To Keep Your Family Safe In A Crisis



## Synopsis

What if your life was disrupted by a natural disaster, food or water supply contamination, or any other type of emergency? Do you have the essentials for you and your family? Do you have a plan in the event that your power, telephone, water and food supply are cut off for an extended amount of time? What if there were no medical or pharmaceutical services available for days, weeks, or months? How prepared are you? With this guide by your side, you and your family will learn how to plan, purchase, and store a three-month supply of all the necessities—food, water, fuel, first-aid supplies, clothing, bedding, and more—simply and economically. In other words, this book may be a lifesaver. Inside you'll find 10 steps to an affordable food storage program plus how to:

- Prepare a home "grocery store" and "pharmacy"
- Use what you store and store what you use
- Store water safely and provide for sanitation needs
- Create a first-aid kit, car kit, and 72-hour emergency kit for the whole family
- And many more invaluable hints and tips!

This clear, concise, step-by-step program is not only affordable and doable, it's essential in these uncertain times. Now, everyone from apartment dwellers to basement owners can store a three-month supply of the essentials, including peace of mind!"

— Joni Hilton, author of *Once-a-Week Cooking Plan* and *Cooking Secrets My Mother Never Taught Me*

## Book Information

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## Customer Reviews

Just like the title says the book is full of hints to store food for a crisis. There are a number of

excellent hints such as storing food that you would normally eat and turning over your stored food through your regular eating habits. The book also mentions having emergency clothing, food and water packed and ready to go because when a crisis occurs there will likely be no time to pack up supplies. You want something you can just grab on the way out the door. Hurricane Katrina is a good example. Having emergency supplies in your car is another excellent idea. Time and again we read about families being stranded without adequate clothing, food and water. Finally, one of the best ideas is to always have a ready store of hundreds of dollars in cash on hand.

This book is good for the basics of food storage and emergency preparedness. Much of the information coincides with information from the LDS church and includes instructions on preparing Long Term Food Storage, First Aid Kits, 72-Hour Kits, and food rotation. Good book for those just starting out in their emergency preparations!

My unit tested the viability of this book, along with numerous others for community orientated survival training. It is beyond hopeless. It offers only a false sense of security before a disaster. You would surely be in serious trouble within days if you follow the tips in this book. Peggy Layton (Author) doesn't even know what she is talking about. This book talks about preparing for an emergency, but offers no information on HOW to properly prepare, store food, or what you will need. HALF the book are COMPLEX RECIPES you ARE NOT going to cook on a fire. If the disaster you face leaves the lights, heat, and transportation infrastructure unaffected, you'll probably still be in trouble with this manual. She doesn't even talk about rotating the water supply, water storage requirements or collection methods. The content is vague and the storage information for food is flat out WRONG. Canned goods can last 50 years, NOT 2 YEARS as the book flatly says. I can leave a steak on my counter top for two years, and with proper prep it would still be good! It all depend on the water content, sugars, preparation, and container used. She actually advises the WRONG FOOD, choosing items with high fructose and large water contents. It is all bad with this one.

I always liked this book, but a question has arisen about the completeness of the protein in dried milk. Seems that in the process of dehydrating the milk, the protein is largely deactivated. So, it would be a mistake to stock up heavily on the four items mentioned but is better to use more of a variety of foods. Another question is about food allergies arising from a daily heavy consumption of wheat. This is one of the most common food allergies but most people eat more of a variety and allergies to one item don't tend to build up, but with that heavy consumption of one food on a daily

basis they could. Another thing to consider is cooking times when fuel might be in short supply or nonexistent. Shortage of food is likely to go hand in hand with fuel shortages. It is better to store many food items that don't have to be well cooked or very thoroughly processed. I suggest people buy this book for the valuable information in it but very carefully think about the drawbacks and drastically alter this plan for themselves. The author does list other items to store and suggests best length of storage....read this section carefully. Learn about basics of good nutrition and walk through a grocery store for ideas of what foods might be stored. You can get your storage items in other places than the grocery store, but it will give you some ideas at least.

Don't bother spending money on this book. I was able to read most of it in 2 hours because there was little of substance there. Common sense and searching the internet will provide you with most of the information found in this book. I was hoping for more specific information on food storage including recommended amounts of basics per person. Instead the author provides blank pages for you to record what your family eats for a week and then tells you to calculate out the ingredients for a year. She also stresses that you put away in storage the typical foods your family eats so they will not get bored with the basics. Now I might have this wrong as I have never had to do this, but wouldn't you and your family switch to an "eat to live" type of mentality if faced with such a severe crisis? My family is not accustomed to eating canned meats and vegetables, powdered milk, eggs and butter but I think we would have to accept it if that is all that would be available to us. I simply got tired of her telling the same things over and over again. I was also looking for ideas on how and where to store all of the supplies suggested. We live in a large house but unless I am willing to put the shelves pictured in the book in my living room, it offered little help. There were plenty of check lists provided and some recipes. But in glancing over the recipes, I noticed one for sweetened condensed milk that didn't specify quantity of sugar when the directions clearly indicated it was to be used. I just do not think this book gave me much new information as a resource tool.

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