

Food Storage for Self-Sufficiency and Survival: The Essential Guide for Family Preparedness
Angela Paskett

This book is an easy read and contains information that I found to be very useful.

Simply to name a few that I can start using today:

How to make your own survival bars, food that will last up to five years on the shelves

- Advice on storing food in the attic (we don't have a basement). Short answer: it is better than nothing, but rotated frequently.
- What to store: the Mormon big four if nothing else. That would be wheat berries, powdered milk, honey and beans. They will last a number of years under the right conditions, and quite a while even under not so good conditions.
- Advice on water: plan on a natural source if you can, use a filter, but a few drops of chlorine bleach will generally do the trick. My note to myself: our groundwater is only about 5 feet down. Keep a shovel on hand and be ready to dig, with bleach to treat it.
- Tips on home canning. I bought a book on home canning, but this advice is better. It tells me how to make and preserve applesauce using the pressure cooker I already have. A project for me and the kids today.

The authors give credit to others for their ideas. The Mormon church is a great source. The single one star review of this book says that the Mormons' freely downloadable preparedness manual tells you everything that is here. No, but it is a wonderful supplement to the information here. The Mormons go into other topics, such as evacuation plans, communications, medical and so on. So – buy one, get one free. Both are useful.

In sum, this is an easy book to read. Well worth the investment.