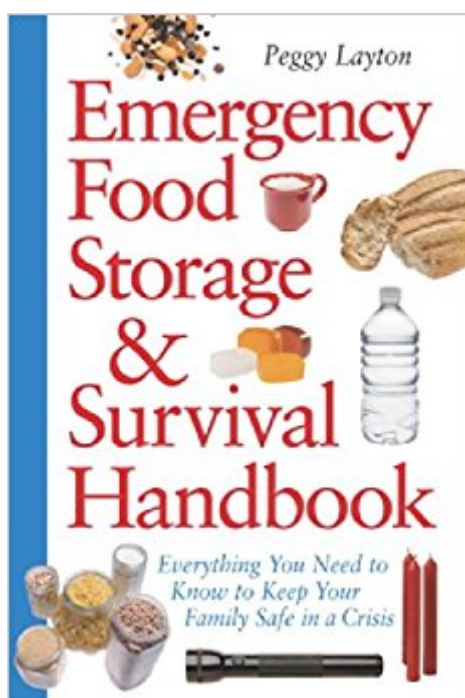


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# Emergency Food Storage & Survival Handbook: Everything You Need To Know To Keep Your Family Safe In A Crisis



## 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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Always Be PreparedWhat 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

Peggy Layton, a home economist, holds a bachelor's degree in home economics education from Brigham Young University, with a minor in food science and nutrition. Peggy and her husband, Scott, have seven children. With nine people to feed, Peggy writes about food storage and preparedness from a hands-on point of view. She writes and speaks frequently on bulk food preparation and emergency preparedness and has traveled extensively lecturing at preparedness expos throughout the United States. The author of a series of books on food storage and cooking, Peggy is also a food storage consultant and has helped many people put together food storage programs for their families. She is dedicated to bringing you accurate information as well as quality, tested recipes. Peggy and her family live in Manti, Utah, a rural town of 2,500 people, where they are prepared for any disaster. "Peggy lives what she preaches!

This provides a good general overview for preparedness beginners from a author who knows her subject. More than 50 pages of recipes using storage food items are included. One minor complaint - I could have done without the 70+ pages inventory forms and largely blank list pages -- would have preferred a website address where I could have printed off those forms if I wanted them.

My church teaches emergency preparedness, and also we are in an earthquake zone. This book helps me to know what I need to get in what order, as well as how to be prepared to help ourselves

and our neighbors with emergency survival.

The book is a good starting guide but with a clearly American bias. All measurements are imperial, so you will have to do your own conversions if you want metric. The other major downfall I can see is that Layton fails to mention that storing all your emergency items in one area is like putting all your eggs in one basket. Should that area of your home be damaged by a disaster, you are left high and dry. I strongly suggest storing a range of items in different areas of your home and outside the house if possible. Good planning guides and references to websites at the back of the book. If by "survival" you take it to mean hard core prepping, then you will be disappointed. This book covers no methods of self defence. It does however contain some very good advice and I would recommend it as a part of a survival library.

This book is fabulous and practical for a family who wants to both learn how to store food for emergencies and how to cook more economically while maintaining nutrition and taste. There is a wonderful section with recipes on how to use dehydrated food to make soups and casseroles. I purchased the \$49 vegetable sampler pack from Hamrnonny House Foods through .com and tried Layton's recipe for Chicken Noodle soup. It went in the pot in less than 5 minutes, cooked in 25, and was fabulous! My kids loved and ate it up. It was made with all dehydrated foods so I can see myself having all the ingredients on hand for any quick meal I need, even in a power outage or other emergency situations. This book has opened a whole new world for me--the use of dehydrated vegetables! Layton will remind you of all the things you will want to store for emergencies. She focuses on water storage and purification, simple gardening, stock-piling food and other supplies, and best of all, how to effectively use your storage in everyday life so that nothing goes to waste and so that emergency situations aren't so painful. The best part of the book, in my opinion is the recipes. They make up half the book. They are easy, economical and so far, very tasty! I would say her methods are good for any family even if you are not anticipating emergencies. A great book for beginner economists.

I haven't finished the book in it's entirety just yet, but what I have read so far is fantastic. It's got very simple, easy to understand instructions and guidelines on storing food and emergency supplies. The book has within it bindings several tables and charts on how to calculate how much supplies you will need for the span of 1 month, 3 months, 6 months and a year or more. Right down to the exact ingredient you may need for a specific meal. There is even a section on how to help budget

yourself to gain the funding to be able to prep and not throw yourself into debt. This section also comes with a table to help layout your monthly expenses. It's a great buy!

This is a MUST read. With all the storms and people without food and water sometimes for days it's important to know how to prepare and PROPERLY store your food for emergencies.

Great advice to preparing for country life without electricity.

handy

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