

FOOD STORAGE

Simple foods. Simple to use.



Planning for the unexpected is always a good idea. Food storage isn't just for natural disasters. Perhaps the disaster that will challenge your family is illness, unemployment or underemployment, or simply inflation.

By stocking and maintaining a well-rounded supply of food, you can avoid some of the stresses that arise from these situations. You can

also stretch your dollars by buying items in bulk or on sale. Alison's Pantry offers a great selection of products, priced right, to stock your pantry and freezer to help you feel more prepared. Remember, "food storage" isn't just wheat and beans. Below are just a few ideas from the AP catalog for 72-hour kits, a three-month supply, and long-term storage. A pantry stocked for whatever the future holds...that's what I call "comfort food!" —Kim Henke

72-Hour Kits

These are items to be packed in a backpack or storage container to be grabbed at a moment's notice in an emergency situation. They don't require power to prepare, so they are also good for temporary outages. It's suggested that the food in 72-hour kits be replaced every 6 months.

- **Ready-to-Eat Meats:** Canned meats are a good addition but be mindful of making the kits too heavy with canned goods. Beef jerky works well. Old Trapper (#4689, #4699) or Hi-Country Beef Jerky (#1391), which is individually wrapped, are easy to divide into multiple backpacks.
- **Ready-to-Eat Fruits:** Here are a few tasty options from the AP catalog for adding fruit to your kits:

CLIF Fruit Ropes-I love these things! They are the healthy alternative to fruit snacks and fruit roll-ups, and equate to a serving of fruit. They're organic and have no added sugar.

X-Treme Fruit Bites (#2452)-These come in 4 flavors and will last for 24 months.

Mariani Dried Fruit: The AP Catalog has a great selection of dried fruit including cranberries (#4890), cherries (#4810), wild blueberries (#4809) and more. Other ready-to-eat canned fruit is also great to include, but the dried fruits are lighter weight.

- **Nuts:** Nuts are very nutritious and provide protein, vitamins and minerals, antioxidants, omega-3 fatty acids, and energy! Choose your favorites from a great selection in the AP Catalog. Peanut butter and crackers also make great additions to kits.
- **Water / Canned Juices:** Fluids are essential in storage. Juices in several varieties in single-serving sizes are available in the catalog.
- **Comfort Foods:** Don't forget some cookies and candy



3-Month Supply

This should be a well-rounded supply of the foods necessary to make the meals your family regularly enjoys. This supply allows you to wait for the best prices on foods to restock, and is useful for temporary unemployment or unexpected illness.



It is very helpful to plan out a month's worth of favorite family meals and create a list of ingredients for these foods. Then multiply these numbers by 3 and you have a shopping list for a 3 month supply. I incorporate long-term storage items into my 3 month supply as well. Some ideas for ingredients for simple and delicious weekday meals are below.

- **Frozen High-Quality Meats:** The AP catalog offers a variety of restaurant quality meats with bulk savings including steaks, breaded chicken breasts, and ham steaks.
- **Frozen Bakery Products:** Frozen dough for rolls, donuts, and cookies is very handy for lending homemade flavor to dinner meals and school lunches.
- **AP Mixes:** This collection of gourmet mixes for white (# 2091) or wheat (#1964) bread, buttermilk biscuits (#2093), cornbread (#2094), etc. are smart to store since they save a lot of time, only require a few ingredients and offer fresh-baked taste.
- **Dole Frozen Fruits / Flav-R-Pac Vegetables / AP Potatoes:** These items are very versatile and provide a good storage of produce in the freezer so you can complete a meal regardless of the fluctuation of produce prices. The AP potatoes can be used in casseroles, soups, or alone as hash browns. Dole frozen fruits work beautifully in a multitude of recipes including smoothies. They can be used in jams for longer storage.
- **Soup Supreme Soups:** These are great for a fast winter meal.



Long-term Storage



Grains: **Hard White Wheat (#2248), Hard Red Wheat (#2249), Oats (#1067), Cornmeal (#1637), etc.** These products, available in 25-50 lb. bulk packaging, are a real bargain and the foundation of food storage. Use wheat flour, oats, or other grains in your cooking. They add much more flavor and nutrition to your recipes. If this is new for your family, start slow. Begin by swapping out part of the white flour in recipes for whole wheat flour and work up to using more. Flour made from hard white wheat is mild-tasting and the change is rarely noticed. Cooked wheat can be added to ground beef to stretch a recipe for tacos. The wheat takes on the taco flavoring, and generally goes without detection, while making the meal healthier. The standard storage suggestion is a combination of grains totaling 300-400 lbs. per person / per year. This number can include rice, flour, and pasta as well, so mix it up.

Pasta: I love that AP offers pasta by the case, especially whole wheat pasta. I store whole wheat pasta in half-gallon glass jars with vacuum sealed lids, and rotate it more quickly. White pasta will store up to 30 years in airtight containers in a cool, dry room. Twenty-five pounds of pasta per person / per year is recommended.

Yeast: **SAF Instant (#2446) or Red Star Active Dry Yeast (#2400).** Yeast is essential for making your own bread, and it stores long-term in the refrigerator or freezer.

Milk Products: The suggested storage amount for milk products is 60-75 lbs. per person/ per year and can include evaporated and sweetened condensed milk. AP offers **Nonfat Dry Milk (#1108 and #1109), Morning Moo's Milk (#1121 and #1122 for chocolate)** that is more drinkable but is actually not a milk product, and even **Buttermilk Powder (#1105).** Powdered milk can be used in baking and smoothies, or mixed half-and-half with liquid milk to stretch it. It can also be mixed in different strengths to make sweetened condensed milk or evaporated milk. However, it really shines in "Magic Mix," a basic recipe that can be used to make white sauces and cream soups for pennies.

Powdered Eggs (#1111): Never run out of eggs again! Eggs are an essential ingredient in a well-rounded food storage. They provide the least expensive source of high quality protein. To store eggs long-term, they need to be in powdered form. Stored in a cool room of your home, powdered eggs in unopened cans will store for up to 7 years. Even after they are opened, they will last for 12 months on your pantry shelf. Powdered eggs are easy to use. Just add the powder with your dry ingredients and the required water with the liquid ingredients. You'll find yourself *using* these, instead of just *storing* them. Powdered eggs are also great for making homemade mixes, and for camping...no more cracked eggs in the cooler.

Dehydrated / Freeze-Dried Fruits & Vegetables: This produce retains considerably more nutrients than its canned counterparts and lends variety to food storage. The products taste good right out of the can, but are very convenient to reconstitute and use in baked goods, soups and casseroles. Dehydrated produce saves you the time of washing, peeling, and dicing vegetables. They are prepped and ready for your recipes. Very convenient! A few items that I use in my cooking on a regular basis are:

- **Chopped Onions (# 2303):** I use these in soups, sauces, and slow-cooker meals.
- **Dried Red & Green Bell Peppers (#2682, #2683):** I use these on homemade pizzas, in chili, baked beans, etc.
- **Apple Slices (#1960):** I use these in oatmeal, quick breads, apple syrup / sauce for pancakes, and cobblers.

Bulk Spices-Spices are an important part of long-term storage because they bring variety to basic foods. For example, white rice can be Spanish Rice (#2105) or Rice Pudding (#3626) depending on how it is flavored. AP spices are fresh and fragrant, and extremely economical. The packages can be divided into a shaker for current use, and a vacuum-sealed pint jar for storage. I love the selection and the larger package sizes available from AP. Since my family loves to cook, I often divide the spices and give some as gifts (which are always well-received!)

Dole Frozen Fruit: Obviously, frozen foods aren't typically considered long-term food storage, but I include them here because they are delicious and convenient for canning your own jams, jellies and syrups for home storage. I especially love the Raspberry Crumbles (#2632), because they don't even need chopping when I use them for homemade jam.