

The Prudent Pantry

All copies of the original 1999 print run of *The Prudent Pantry: Your Guide to Building a Food Insurance Program* have now been sold. If you want a copy for yourself an occasional book does make an appearance on E-Bay or ABE Books. I am presently at work on doing the research for an updated and revised second edition of *The Prudent Pantry* and will announce when it is ready.



The Prudent Pantry *First Edition* Table of Contents

I. What Is Food Insurance?

- A. Why should anyone want to store food?
- B. Isn't this hoarding?
- C. Where am I going to get the money to buy everything?
- D. Basic rules for filling your Prudent Pantry
 - 1. What are you storing food for?
 - 2. Store what you eat, eat what you store.
 - 3. Rotate, revolve, rotate, turn around, rotate, cycle out.
 - 4. Food storage influences lifestyle.

II. Water, Water Everywhere, But Is There A Drop To Drink?

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- B. Water storage
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 - 2. Non-portable water containers
- C. Finding more water
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 - 2. Long-term water sources
- D. Water treatment
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 - 2. Pathogens
 - 3. Physical treatment
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 - 1. Take your time
- B. Levels of Preparedness
 - 1. Grab it and go! The Immediate Crisis Kit
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- A. The Mormon Four
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- D. The Targeted Plan
 - 1. Creating the plan
 - 2. Quantifying the plan
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 - 4. Purchasing stores
 - 5. Merits and demerits of the Targeted Plan
- E. The Problems of Fresh Foods
- F. Continuing research
- G. The importance of fun foods and variety in your diet

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- B. Vitamins & minerals
 - 1. Vitamin C (ascorbic acid)
 - 2. Vitamin A
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 - 4. Iron
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- A. Environmental storage conditions
- B. "Best Used", "Use By" and other food product dates
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 - 1. Specific product lines
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 - 2. About gluten
 - 3. Grain varieties
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 - 1. Legume varieties
- C. Acquiring grains & legumes: Some considerations
 - 1. Selecting good grains, beans, peas and lentils
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- A. Storing dry foods
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 1. Vacuum Packing Considerations

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C. Dress rehearsals

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Appendix B - How to use the Nutrition Facts label in your food storage planning

Appendix C - Nutritional compositions of some common storage foods

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