

## Why is a year supply of food important?

The prophets have said:

(Taken from the website [www.lds.org](http://www.lds.org) under Provident Living and then Quotes and Talks from church leaders)

From President Thomas S. Monson, First Counselor, we hear: "Many more people could ride out the storm-tossed waves in their economic lives if they had their year's supply of food . . . and were debt-free. Today we find that many have followed this counsel in reverse: they have at least a year's supply of debt and are food-free."<sup>15</sup>

From President Gordon B. Hinckley, the Lord's prophet, we hear: "The best place to have some food set aside is within our homes. . . . "We can begin ever so modestly. We can begin with a one week's food supply and gradually build it to a month, and then to three months. . . . **I fear that so many feel that a long-term food supply is so far beyond their reach that they make no effort at all.**"

President Spencer W. Kimball said, "The Lord will not translate one's good hopes and desires and intentions into works. Each of us must do that for himself. Acquire and store a reserve of food and supplies that will sustain life. Obtain clothing and build a savings account on a sensible, well-planned basis that can serve well in times of emergency. As long as I can remember, we have been taught to prepare for the future and to obtain a year's supply of necessities. I would guess that the years of plenty have almost universally caused us to set aside this counsel. **I believe the time to disregard this counsel is over.** With events in the world today, it must be considered with all seriousness

Remember these words from Paul: "If any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse than an infidel." –President Hinckley

*The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah.*

## How do we begin to get a year supply of food?

**"Begin in a small way, . . . and gradually build toward a reasonable objective."**<sup>16</sup> Inspired preparation rests on the foundation of faith in Jesus Christ, **obedience**, and a provident lifestyle. Members should not go to extremes, but they should begin." –President Hinckley

- **Obtain at least a two week supply of water for each member of your family.** Have water in all sorts of containers. An inexpensive idea is to put water in emptied, clear, plastic 2 liter pop bottles. Small water bottles are convenient incase you need to take them and go. Fifty gallon drums are good for drinking water and/or cleaning water. It is essential to have enough water—a person can only survive a few days without water. Look on the church's website for information and safety tips for storing water. You need at least one gallon of water per person per day.
- **Put together a 72 hour kit** of water, food, clothing and essentials for each person in your family. Make it portable in case you need to leave your home in a disaster. **Tips:** Buy 72 hr. backpacks at the D.I. for really inexpensive, get backpacks with handles and wheels for the children to carry themselves, put children's 72 hr. backpacks under their beds for quick access, and put together a small car emergency kit. Put water and some basic essentials in a backpack in your car incase an emergency happens, and you (and your children) need to walk to somewhere safe. Items that might be important include water, snack food (granola bars, suck on candy, dried fruit or jerky etc.), a flashlight, poncho/umbrella, and a sweater or jacket in case of cold weather.

- **Make a list of the food items your family eats most often.** (i.e.- macaroni & cheese, chili, tuna (mayo), peanut butter & jam, pasta & spaghetti sauce, etc.) Start building your food storage around those items. Start by getting a three month supply of these commonly eaten foods. One thing to remember is to buy all the components of each meal you eat on a regular basis. For example, oatmeal for breakfast wouldn't be good without brown sugar, raisins, cinnamon & milk (powdered milk). Keep in mind that in a disaster, you won't be able to run to the store to buy the "extras" for meals. You will need all items on hand to put together meals for your family. Once you have created a supply of these items, you can begin accumulating more long term food items. These items include grains, legumes, sugar, vegetables, fruit, salt, oil and powdered milk (among many others).
- **How to store your food?** The main concern is keeping insects and rodents out of your food. There are a few ways to store paper packaged food items. The first is to dry pack items at the cannery. Another is to put food items in plastic containers (Rubbermaid totes, empty plastic buckets, large plastic garbage cans etc. ) Anything will work as long as it can be shut out from surrounding bugs and damp air. Keep food in a cool place—like a cold storage room under the porch.
- **Keep track and rotate your food items.** Use the worksheet provided, or your own system, to keep track of how much of each item you have, and to properly rotate your food. **Tip:** When you buy the food, put the month and date you purchased it on the container with a permanent marker. This way, you will know which items to use first. Put the newer food on the back of the shelf and move the older items forward. Keep a running total of each item so that at any moment you can look at your food storage sheet and see what you are running low on. (Creating a shelving system makes storing food easier to organize and rotate. This can be done inexpensively with cheap metal shelves, store bought food storage racks, or homemade wood shelves. You will feel so good when you begin to see your own "store" growing in the basement.)
- **When items are on sale—STOCK UP!** It may seem like you are spending a lot of money at once, but you will actually save money in the long run. If you buy a year supply of items, you will not need to run to the store and buy it when it's not on sale. Think **BIG**—for example, a year supply of sugar for one adult is 100 lbs., times that by 3-4 people in your family & that's 300/400 lbs. of sugar. Even if you don't use it all in one year, don't worry---sugar will last **30** + years. That's why it is so important to buy items when they are at their cheapest price. Watch the ads and compare prices. Doing this will save time and money!
- With a little faith, effort, and time, you will feel the peace that comes by knowing you are prepared for whatever comes your family's way. Starting is the hardest part. Once you begin and gain a testimony of the importance of food storage, you will begin to find it a rewarding hobby and understand what President Hinckley meant when he said:

"The feeling of **peace** and the desire to be faithful to the commandment given by the Lord through the modern prophet helps us feel the Holy Spirit, . . . to not be afraid, and to see that the signs of the time for the Second Coming of the Lord is a blessing and not something to fear. We rejoice in it. . . . It gives us the motivation to be faithful and endure to the end and to be saved and obtain eternal life."<sup>20</sup>