

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?

- A. How much water do I need?
- B. Water storage
 - 1. Portable water storage containers
 - 2. Non-portable water containers
- C. Finding more water
 - 1. Short-term expedient sources
 - 2. Long-term water sources
- D. Water treatment
 - 1. Contaminants
 - 2. Pathogens
 - 3. Physical treatment
 - 4. Chemical treatment
- E. Suggested water related books

III. Do I Need All This Stuff For A Hurricane?

- A. Food storage program creation checklist
 - 1. Take your time
- B. Levels of Preparedness
 - 1. Grab it and go! The Immediate Crisis Kit
 - 2. We're in this for the long haul

IV. Do Cheese Puffs Count? Planning Your Prudent Pantry

- A. The Mormon Four
- B. The Mormon Seven or Kearny Plan
- C. The Buddy System
- D. The Targeted Plan
 - 1. Creating the plan
 - 2. Quantifying the plan
 - 3. Caloric intake
 - 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

V. Critical nutrition: Nutrients Commonly Lacking In Storage Foods and Where To Find Them.

- A. First things first
 - 1. Water & salt
 - 2. Calories
 - 3. Protein
- B. Vitamins & minerals
 - 1. Vitamin C (ascorbic acid)
 - 2. Vitamin A
 - 3. Vitamin D
 - 4. Iron
 - 5. Calcium
- C. Sprouting seeds

VI. What Goes Around Comes Around. Shelf lives.

- A. Environmental storage conditions
- B. "Best Used", "Use By" and other food product dates
- C. Closed dating codes by manufacturer
 - 1. Specific product lines
- D. Shelf lives of some common foods

VII. A Cornucopia of Storable Foods.

- A. The grains
 - 1. Flours & meals vs. whole grains.
 - 2. About gluten
 - 3. Grain varieties
- B. Beans, peas & lentils
 - 1. Legume varieties
- C. Acquiring grains & legumes: Some considerations
 - 1. Selecting good grains, beans, peas and lentils
- D. Dairy products
 - 1. Milk
 - 2. Cheese
 - 3. Butter
- E. Vegetables, fruits and meats.

1. Fruits & vegetables
2. Meats
- F. Sugar, honey and other sweeteners
 1. Granulated sugars
 2. Honey
 3. Cane syrups
 4. Corn syrup
 5. Maple syrup
- G. Fats and oils
- H. Cooking staples
 1. Baking powder
 2. Baking soda
 3. Herbs and spices
 4. Salt
 5. Vinegar
 6. Yeast
- I. Infant formula
 1. Use forms of infant formula
 2. Choosing a specific formula
 3. Spitting up
 4. Expedient formulas
- J. Mail ordering storage foods - what you should know.

VIII. Safe Deposit: Storage Methods and Techniques.

- A. Storing dry foods
 1. Grains and legumes
 2. Dry milks & eggs
 3. Granulated sugars & salts
 4. Dry meats, fruits & vegetables
 5. Other dry foods
- B. Storing liquid foods
 1. Oils and fats
 2. Honey & syrups
 3. Other liquids
- C. Bagged & jugged - storage containers
 1. Food grade packaging: What is it?
 2. Forms of packaging materials
 3. Recycled packaging
 4. Mylar & polyethylene bags
- D. Under pressure! - gas purging and fumigation
 1. Using dry ice for fumigation or purging
 2. Compressed gasses
- E. The breath of life - oxygen absorbers
 1. Handling oxygen absorbers
 2. Using oxygen absorbers
- F. Gasping for air - vacuum packing.
 1. Vacuum Packing Considerations

- G. The cold shoulder - freeze treating
- H. Dryly speaking - moisture & desiccants
 - 1. Food moisture content
 - 2. The significance of air humidity
 - 3. Desiccants in food storage
- I. The gritty truth about diatomaceous earth
- J. Rust never sleeps - storing canned goods

IX. Where Am I Going To Put It All?

- A. Putting it away
 - 1. Storage space considerations
 - 2. Inventory & tracking systems

X. Just Say NO to Rot! - Spoilage and How to Prevent It.

- A. Insect infestations
 - 1. Dealing with insect infestations
- B. Rodent infestations
 - 1. Commensal rodents
 - 2. Non-commensal rodents
 - 3. Cleaning up rodent infested areas
- C. Fungal spoilage in foods
 - 1. Fungi in dry foods
 - 2. Fungi in high moisture foods
 - 3. Mold growth in kitchen and storage areas
- D. Bacterial Spoilage
 - 1. Botulism: Catastrophe in a small package
 - 2. Bacterial spoilage in food handling and fresh foods

XI. The Tool Department. Important Equipment for the Prudent Pantry

- A. Grain mills
 - 1. Basic mill types
 - 2. Grain mill models
 - 3. Mill use basics
- B. Food dehydrators
 - 1. Selected food dehydrators

XII. I Gotta Go! Expedient Sanitation For When The Lights Go Out.

- A. Human waste disposal
 - 1. Makeshift toilets
 - 2. Somewhat longer term solutions
 - 3. True long term solutions
 - 4. For those connected to municipal sewage systems
- B. Garbage disposal
- C. Non-sewage liquid wastes
- D. Personal hygiene
 - 1. Bathing
 - 2. Clothes washing
 - 3. Dish washing
- E. Insect and rodent control
- F. Community sanitation

XIII. Information Please! - Resources

A. Books

1. Food storage/preservation/production
2. Specific foods
3. General foods
4. Food science & nutrition
5. Cooking methods
6. Water & sanitation
7. General survival books
8. Medical

B. Bulletins & Pamphlets

C. Electronic

XIV. Putting It All Together. The Dress Rehearsal.

A. At home

1. Vital and important equipment
2. Consumable supplies

B. Away from home

C. Dress rehearsals

D. A final note.

Appendix A - RDA table

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

Appendix C - Nutritional compositions of some common storage foods

Appendix D - Emergency water & sanitation community service hand-out pages