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# 1 Month of Food Storage

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On A Budget



Grid Down Consulting

# ARE YOU PREPARED TO STAY HOME FOR A MONTH OR TWO WITHOUT GOING TO THE GROCERY STORE?

THE COVID-19 PANDEMIC HAS MADE MANY PEOPLE THINK ABOUT HOW MUCH FOOD THEY KEEP IN THEIR HOUSE AND HOW OFTEN THEY NEED TO GO GROCERY SHOPPING.

IN FACT, MANY FAMILIES COULD NOT EVEN GO A WEEK WITHOUT GOING TO THE GROCERY STORE!



Some who thought they were prepared found that they were missing some staple ingredients and still had to supplement their pantries. Others calculated on their current living situations with kids in school and parents working only to find out that when everyone was home, they went through their supplies faster than anticipated.

"BUT YOU ARE NOT ALONE. I HAVE SEEN THAT EVEN PEOPLE WHO SPEND THOUSANDS OF DOLLARS DEVELOPING A RETREAT TEND TO UNDERESTIMATE THE NUMBER OF CALORIES NEEDED BY EACH PERSON FOR AN EXTENDED PERIOD OF TIME."

So how do you know how much food you need?

And how can you get started without spending thousands of dollars?

**That's why we are here:**

To help you think through what your specific family needs for the next pandemic, start your food storage prep, and save you money in the process.

# GETTING STARTED: BUY WHAT YOU EAT

## Step 1:

**Make a list of all the meals you eat on a REGULAR basis.**

Most families have a rotation of family favorites that adhere to any dietary restrictions you have.

## Step 3:

**Estimate how often you eat all those meals.**

This should be calculated for both monthly and yearly.

## Step 5:

**Create a spreadsheet for the shelf life and calories of every item.**

It helps you see exactly how many calories each person in your family needs. *\*Download my spreadsheet by joining me on Patrean.*

## Step 7:

**Create a storage system where you pull items from the front and add them to the back.**

This rotation will ensure you eat the ingredients before they expire.

## Step 2:

**Write out all the ingredients for each meal.**

This will become your grocery list and how you start building your pantry.

## Step 4:

**Review the average expiration date for each product.**

Knowing the storage life of each product will help you estimate how many you need of each product without food spoiling.

## Step 6:

**Review your grocery ads for sales on ingredients you need.**

When products are on sale, stock up with extra to start your pantry.

Tip: Buy a label maker and post expiration dates on each ingredient to make it easier to see when products expire.

# How It Works

Don't rely on grocery shelves to be full the next time a pandemic happens.

IF YOU WAIT UNTIL AN EMERGENCY HAPPENS, YOU WILL BE AT THE MERCY OF LIMITED PRODUCTS, FOOD SUPPLY SHORTAGES, AND PRICE INCREASES, WHICH WILL COST YOU MORE MONEY IN THE END.

**The goal is to buy food that your family loves when it's on sale.**

**IF YOU PURCHASE ALL OF YOUR GROCERIES AT FULL PRICE, YOU WILL SPEND A LOT MORE MONEY THAN IF YOU BUY THE INGREDIENTS WHEN THEY ARE ON SALE.**

**KNOWING THAT MANY CANNED AND BOXED FOOD ITEMS HAVE A STORAGE LIFE OF 1-2 YEARS GIVES YOU THE OPPORTUNITY TO PLAN AHEAD.**

## **Example:**

If your child loves spaghettiO's and they eat 1 can every other week, your child eats 25 cans per year. At \$1 per can, that will cost you \$25 for the year on your grocery bill. If the store has a 50% off sale on spaghettiO's, then you would spend \$12.50 to buy them up front for the whole year.

Even if you live paycheck to paycheck, this method for food storage will not cost you an extra dime! In fact, if done correctly, it could save you money on your grocery bill.

# Example: Hollerman's 10-Minute Stroganoff

Our family eats Venison Stroganoff once per month or approximately 12 times per year. Here's how many ingredients we would need on our spreadsheet:

<u>Ingredients</u>	<u>Calories</u>	<u>Shelf-Life</u>	<u>Stock up</u>	<u>Calories</u>
1 -12oz bag of Egg Noodles	1260	3-yr	36	45,360
1.5 lb- Venison/Beef Stew Meat	865	4-yr	48	41,520
1- Can Cream of Mushroom Soup	250	2-yr	24	6,000
1- Can Cream of Chicken Soup	325	2-yr	24	7,800
1- 12oz Can of Evaporated Milk	480	1-yr	12	5,760
1- Stick of Butter	820	1-yr	12	9,840
Totals	4,000			116,280

## Recipe

Set water to boil for egg noodles. Slowly melt the stick of butter in a 12" frying pan (deep), brown the cubed venison (or beef) add garlic, salt, and pepper to taste. Add egg noodles to boiling water. Add the 10 oz cans of mushroom soup and chicken soup along with the evaporated milk to meat. Bring to Simmer on Med-Lo, stirring occasionally. Drain egg noodles and add to pan.

Just stocking up on the ingredients for Hollerman's 10-Minute Stroganoff meal means you now have 116,280 total calories stored up for a rainy day. If the average family of four with two small children needs around 6,000 calories a day, **this single meal would sustain your family for almost 20 days!** Imagine if you did this with all your meals, snacks, and other pantry staples?



**Consider The Cost:**  
If you purchased the Mountain House Beef Stroganoff in the #10 can off their website, you'd have to purchase more than 41 cans (28,000 calories per can) to equal the same calories above. At \$39.99 per can on the MH website, you saved yourself \$1,639.59 in food storage.

# BE PREPARED THE NEXT TIME AN EMERGENCY HAPPENS

While this is not for a long-term grid down scenario, it is important to be prepared for pandemics and natural disaster situations where you need to stay home for at least a month at a time.

This method will also have limitations on fresh fruits and vegetables; however, you can freeze your produce or preserve them for future use.

**TIP: WHEN DETERMINING YOUR FOOD STORAGE LOCATION, MAKE SURE IT'S IN A TEMPERATURE CONTROLLED AREA TO REDUCE SPOILAGE.**

Having some milk substitutes on your shelf is perfect for getting some extra calories.

**Check out Elmhurst for more details.**

## Want more resources?

Learn more about the threat of physical, EMP, and Cyber attacks here.

**PREPARE FOR THE WORST, HOPE FOR THE BEST,  
AND LET GOD DO THE REST.**

