



Top Ten Food Storage Myths

#10: The Government Will Give Me Food in an Emergency.

Actually, the government usually doesn't get aid to disaster-stricken areas for about three days, and even then, they can't feed everyone. Besides, there doesn't have to be a catastrophic disaster for you to need your food storage. Power outages that last for a couple weeks due to storms are not uncommon. In similar non-catastrophic emergencies, the government might not step in with aid at all. It's important to be self-reliant and not have your life depend on aid from the government, neighbors, family, or friends. Taking the responsibility for yourself and your own family will always prove the safest option.

#9: I'll Never Be in a Disaster Where I Need Food Storage.

Actually, the vast majority of Americans commonly find themselves in a situation where food storage would be helpful, if not vital. You may not have a devastating earthquake in your home town, but you could very likely lose your job. Having food storage would free up what money you have to spend on vital bills like your mortgage or rent instead of food. Again, there doesn't have to be a catastrophic disaster for you to need your food storage. Sometimes it's just common changes in life, like injuries, job loss, or financial troubles.

#8: Food Storage Tastes Disgusting.

Actually, modern improvements in food storage preparation and preservation have drastically improved the quality and taste of food storage. As a result, new food storage products taste delicious. You don't have to eat chalky calorie bars day after day. You can have things like beef stroganoff, lasagna, & chicken teriyaki that you and your kids will love

#7: Food Storage is a Pain to Rotate.

Actually, with properly packaged freeze-dried food which has only recently seen widespread commercial use, the shelf-life of food storage is more than 30 years and counting. That means for some of us, our food storage could last longer than us!

#6: To Live Off Food Storage I Have to Do Things Like Grind Wheat and Bake My Own Bread.

Actually, modern freeze-dried food is incredibly simple to prepare. Just add hot water and wait 2-5 minutes and your meal is ready. No cooking and virtually no preparation or clean up. You can prepare it in the same dishes you are eating from.

#5: Only Fanatics and Doomsdayers Get Food Storage.

Actually, more and more regular normal people are realizing the wisdom in storing some food for a rainy day. So it's not just crazy people that are getting food storage, it's smart people too that are just trying to be cautious and prudent.

#4: I Don't Have Room For Food Storage.

Actually, there are all sorts of little nooks and crannies in your home where you could store food and not even notice it was there. Under your bed, for example. You might have to get a little creative, and it might not be all in the same place, but everyone has enough room for at least a couple weeks supply of food. Even if it is under your bathroom sink.

#3: You're Better Off Saving Money than Stockpiling Food Storage.

Actually, when it comes down to it, food is much more valuable than money. Most likely what you would be doing with your money in an emergency situation is buying food anyway, but often food is not available or accessible. Also, many times when power outages occur or there is damage to other critical infrastructure, your money that is stored in the bank is not accessible either. So if you're going to buy food with your money in case of an emergency, why not just buy it now?

#2: I Can Just Use the Food in My Fridge or Cupboards For Food Storage.

Actually, one of the most likely things to be unavailable in an emergency situation is electricity. If the electricity is gone the food in your fridge will go bad and most of the food in your cupboard will require electricity to prepare and cook. Having extra food in your cupboards is always a good thing, but food designed for use in an emergency will be so much more usable and beneficial.

#1: Food Storage is Way Too Expensive and I Can't Afford It.

Actually, when you look at how long modern food storage lasts you could have a year supply of food for as little as \$100 a year. Also, when it comes down to it, it's all a matter of priorities. When, not if, you have an emergency, would you rather have a television that is a few inches bigger, or a stomach that is a few meals fuller?