**Physical Preparation for Crisis, Part IIb: Food**

Steps to Prepare and Actualize Your Action Plan

**I Step 1: Decide how many/for how long**: How many people will you be storing provisions for (family, neighbors, church members, etc.) How long do you want your supplies to last?

1. How many people will be supported?
   1. Family \_\_\_\_\_\_\_\_\_\_
   2. Neighbors \_\_\_\_\_\_\_\_\_\_
   3. Church members \_\_\_\_\_\_\_\_\_\_
   4. Others \_\_\_\_\_\_\_\_\_\_

TOTAL \_\_\_\_\_\_\_\_\_\_

1. How many months will provisions need to last? \_\_\_\_\_\_\_\_\_\_\_\_

**II Step 2: Decide where you will store your provisions**: Prepare and configure space where you will be able to store your provisions. The location should ideally be 70 degrees or below, have low humidity, and have as little light exposure as possible. Some examples are garages, under stairwells, etc.

1. The location of my provisions will be: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**III Step 3: Decide how you will configure your storage space:** Will you need to place supplemental shelving? Will you need to add lights, etc.?

1. How I will configure my storage space:

**IV Step 4: Go through the basic food planning chart to determine the amount of food you will need to store.** (See Accompanying Handout)

1. Calculate for 1 year then convert to the amount of time you have decided upon (i.e., weeks, months, etc.)

**V Step 6: Begin to systematically accumulate your provisions.** Determine the makeup of the items you will store (i.e., canned, freeze dried, vacuum packed, air dried, etc.)

1. Buy a few extra items to place in your storage area every time you do your regular shopping.
2. Purchase items when they are on sale.
3. Purchase items from stores such as Big Lots, Dollar General, etc.
4. Order freeze dried foods as you are able.
5. Be aware of the expiration dates as you purchase your items.

**VI Step 7: Develop a simple inventory control system whereby you stock your food, use your food, and replenish it**. The motto is: ***STORE WHAT YOU EAT, EAT WHAT YOU STORE, USE IT OR LOSE IT!!***

1. Write expiration dates on every item you store.
2. Systematically utilize the most outdated items first and then replenish them with new ones.
3. Make the system as simple as possible!!

**VIII Step 8: Make a simple progress chart to chart your progress as you move forward with your plan**. (See Accompanying Handout)

**IX Step 9: *Rejoice* in progress made!!**