

Setting Up A Prepper Pantry

Quick Guide





What Is A Prepper Pantry And Why Should You Consider Starting One?

Prepper pantries are the backbone of the prepper life. It is essentially just like your normal pantry, but more well thought out and made to last. It is the place where you store all the food you need in the event of a disaster that may keep you from being able to live normally. These foods would be shelf-stable for long periods of time; like dry rice and beans, canned goods, dehydrated or freeze-dried foods, etc. Having all of these types of foods stored up can help you through several different types of emergencies.

Easy Ways to Start Your Pantry

NUMBER ONE: START SMALL

Do not try to buy out the whole canned goods aisle at once. Instead, buy a few extra cans of what you would normally buy. Grab a few gallons of water to store. Just getting a few extra things every time you shop can really add up. Just make sure you have enough space to store the extras you get.

NUMBER TWO: CHOOSE THE RIGHT SPACE

A prepper pantry should be in a cool, dry area. Avoid garages and attics, since these places can get really humid and hot as temperatures fluctuate outside. You should also choose a place that has plenty of room for shelving, and is safe from vermin or pests that can destroy your stock.

NUMBER THREE: EXPERIMENT

Try out some easy recipes with shelf stable foods you have not tried yet. If you find yourself in a position to need your prepper pantry, you will be glad to have a bit of variety in your diet. Try new things, and add extras to your pantry as you discover things you and your family enjoy.

NUMBER FOUR: REMEMBER THE BASICS

Water, rice, pasta, beans, peanut butter, canned fruits and veggies, vitamins, and supplements can seem like no-brainers. However, sometimes the most basic supplies can be forgotten because they are so obvious. You will want to be sure you have plenty of foods with lots of protein and nutritional value. Empty calories have no place in a prepper pantry.

NUMBER FIVE: DIY SHELF STABLE FOODS

Pickling and drying out foods is actually a very easy process thanks to modern technology and appliances. One of the best parts about this is that you can preserve your favorite things all by yourself! With a little bit of practice and the right tools, you can preserve meats, fruits, and vegetables for your daily AND prepper pantry.



What to Add to your Prepper Pantry

Notes

- Rice
- Dried Beans
- Pasta
- Flour
- Sugar and Spices
- Canned Goods (fruits, veggies, meats, etc.)
- Peanut Butter
- Nuts and Seeds
- Granola/Oats
- Energy/Protein Bars
- Dried Fruits and Veggies
- Pickled Products
- Water (for drinking & bathing)
- Toilet Paper
- Cooking Supplies
- Power Sources/Chargers
- Medical Supplies/Medications
- First Aid Kit
- Books/Boardgames/Cards
- Basic Tools



A prepper pantry only has three necessary qualifications: cool, dry, and pest proof. The rest is up to you as you find different possibilities to have one in.



Short and Long-Time Food Storage Options and Considerations

Storing all the things you need for your prepper pantry is something you never want to skimp on. Proper storage of your supplies is what makes them able to last as long as they need to.

FREEZER VERSUS PANTRY

A pantry is needed no matter what. It is something that stays stable whether you have power or not. All that you need for a quality pantry is for it to be a cool, dry place where pests cannot access.

A freezer is a wonderful asset, but you will need a way to keep it running no matter what... This can be an expensive investment not everyone is willing or capable of making. However, if you can do it, a deep freezer can help you keep fresh meats, nuts, seeds, cheeses, and much more on hand for emergencies.

WHAT CONTAINERS ARE BEST?

BPA free airtight plastic containers with locking seals are great for storing things like rice, pasta, beans, flour, sugar, and more. Almost any dry, shelf stable product can be stored in these types of containers. Assorted sizes also make it easy to store the exact amount you want/need of each thing. You can also utilize small oxygen and/or moisture absorbers to make extra sure these foods stay fresh.

KNOW WHEN TO ROTATE

Depending on what you have filled your prepper pantry with, not everything will stay unspoiled for an indefinite amount of time. This is why knowing how to rotate supplies out is important. FIFO is a good rule of thumb for this process; it stands for "first in, first out."

LONG TERM STORAGE SOLUTIONS

If you only want to stock things that will last indefinitely, make sure you have enough space for them. These items are usually in bulk and come in pre-sealed containers. These foods can be stored for years at a time, and tend to be the bottom of the barrel as far as taste goes.



Final Thoughts...

Building up a prepper pantry is not something that happens overnight. It is a long term investment in both money and time. It takes a lot of planning and thinking ahead, so it is important to have a plan to grow it over time.