

containers of bulk foods, like sugar, flour, beans, rice, wheat, and oatmeal. Your refrigerator is also part of your pantry.

A food storage room is like a mini grocery store in your home and is located in a basement or may be an extension of a large pantry or closet near your kitchen. (A garage is not a good place to store food because temperatures and humidity fluctuate.) This is where you keep food packaged in buckets and #10 cans for long-term storage. It may contain cases of canned food, bottles of home-canned foods, and extra cartons, cans, and bottles of food purchased on sale. When food in the pantry is used, it is replaced with food from the storage room. A freezer is also part of the food storage no matter where it is located.

## PERSONALLY SPEAKING



My pantry is my go-to cupboard when I am preparing meals. It contains the foods I regularly use. I keep flour and sugar in storage buckets with gamma seals. My beans, oatmeal, and grains are stored in airtight OXO POP containers, and I also have a big container of our favorite homemade granola. I keep smaller items in small storage containers for easy access. My pantry also contains canned goods as well as crackers, chips, cereals, snacks, and cooking ingredients.

My food storage room is where I keep a good backup supply of things like pasta, canned beans, vegetables, tomato products, tuna fish, canned chicken, soup base, brown sugar, peanut butter, chocolate chips, and condiments. I replenish my pantry from the storage room, and I replenish the storage room when items go on sale at my local grocery store. I keep boxes of home-canned foods and canning supplies on the lower shelves. This is also where my long-term food storage is stored in #10 cans and poly buckets. The meats, fruits, vegetables, and convenience foods in my freezer are also part of this storage.

## Commercial Food Storage Packages

Some people like the convenience of purchasing prepackaged commercial food storage. They are offered in one-month, three-month, six-month and twelve-month modules. It might seem like a good idea to save time and effort to go with something already put together. For more detailed information about the usefulness of commercial food storage packages, see the section on dehydrated and freeze-dried foods in chapter 14.

As a review, there are three main objections to commercial packages. First, they are expensive. Second, they often do not live up to their claims of furnishing a delicious and

### QUICK CHECK

#### Evaluating a Commercial Package

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| ✓ Does a daily menu consist of at least 2,600 calories?     | ✓ Does it have enough variety?                  |
| ✓ Is it balanced nutritionally?                             | ✓ Does it include seasonings and leavenings?    |
| ✓ Does it include fruits and vegetables?                    | ✓ Are you able to personalize the plan?         |
| ✓ Are there at least 40-60 grams of protein per day?        | ✓ Are you able to sample all items in the unit? |
| ✓ Are there sufficient oils?                                | ✓ Does everyone in your family like the food?   |
| ✓ Does it contain REAL meat, cheese, vegetables, and fruit? | ✓ Is the higher cost worth the convenience?     |