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# The Pantry Primer: A Prepper's Guide To Whole Food On A Half-Price Budget



## Synopsis

A one-year food supply means freedom. It means that you are less subject to the whims of the economy or personal financial emergencies. You can handle small disasters with aplomb. You aren't reliant on the government if a crisis strikes. You can't be manipulated because your family is hungry. The second edition of The Pantry Primer is nearly triple the size of the original book. It has morphed from a book about our own journey to replenish our pantry after a cross-continental move, to a detailed compendium of all things food storage. Geared towards preppers, it teaches you: Why everyone needs a food supply in their homes How much food you need How your pantry is directly related to your health The components of a perfect pantry Prepping for those with dietary restrictions. A thrifty new way of shopping so you can afford to build your pantry How to store the food you purchase to extend the shelf life for as long as possible A week-by-week plan, complete with shopping lists and menu ideas How to save money by making items most people purchase ready-made at the store Pantry inventory and maintenance Where to store all of that food Bonus: 25 frugal and delicious recipes If you're new at this, you can take the most important step today...the step of getting started. You'll have a year's supply of food in no time at all!

## Book Information

Paperback: 250 pages

Publisher: CreateSpace Independent Publishing Platform; Second edition (May 4, 2015)

Language: English

ISBN-10: 1508952809

ISBN-13: 978-1508952800

Product Dimensions: 6.7 x 0.6 x 9.6 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (36 customer reviews)

Best Sellers Rank: #40,654 in Books (See Top 100 in Books) #44 in Books > Politics & Social Sciences > Social Sciences > Disaster Relief #83 in Books > Reference > Survival & Emergency Preparedness

## Customer Reviews

I have been living a prepared life for several years now and I found information that I could utilize in my lifestyle. This book is great for the beginner and for the seasoned preparer. Daisy has really upped the ante with this book. In this book you will learn how to start a prepared pantry from absolutely nothing. There is a step by step process that is definitely doable and logical. Daisy's

personal story is commendable and shows that you don't have to be rolling in money to build a nutritional and bountiful pantry. On a budget of practically nothing you can accomplish what you might feel would be impossible. Daisy's story is proof, you can do it too. There are tips to follow beginning with virtually nothing and progressing to a more secure life knowing your family is eating well. You will learn how to shop, how to save money, and how to meal plan while you are achieving your desired pantry of plenty. She also gives step-by-step instructions so even if you have never preserved or stored foods you will feel confident in starting your stockpile of healthy foods. In addition to all the information and resources, you will have tried and true recipes to use. This is not a recipe book but it contains just the right amount of recipes to get you prepared to cook great meals at VERY affordable prices. I HIGHLY recommend this book to both novice and seasoned meal gurus.

Just finished reading this book, I highlighted everything I wanted to work on for later. I am just getting started in the prepping world, don't know why I never thought of doing this before. It makes so much sense to have a stockpile of everything that you use on a day to day basis. All of her tips and years of experience makes this a valuable purchase for anyone who wants to start out making their own stockpile. I did have to customize the foods for my own gluten free diet. I found out it's not as hard as I thought to have a food supply that is clean without GMOs, pesticides, and additives. It is affordable if you follow her plan and the foods you would eat every day of the week anyway. It is nice to get everything together in one book instead of spending countless hours on the internet looking all this stuff up. I do use the internet for a lot of my research projects but there are only so many hours in the day you have to get it all done. So this is saving me a lot of time. I purchased The Organic Canner also and can't wait to start on that. I recommend this book for anyone who is a newbie to the world of food preservation and prepping. You won't lend this book out to anyone once you have it.

First, I already bought 2 other books on this subject from and was sorely disappointed. But, I still needed the info so I tried again. BINGO!!!! What a great book! Wonderful back story on the importance of being ready for that unexpected occurrence in your life that would normally wipe out an unprepared family and force you on the dependency rolls. No thanks! I am too proud for that so I will be ready. After all the education up front about calories per person, types of food and how they are stored, etc, Daisy takes you step by step through using your existing budget to create your food storage. This is not a canning book! She is teaching you how much and how to collect food for

storage. Some things, you may already know...being the non-wasteful readers that you probably already are. But, being able to catch the sale cycles was something I did not know. I have never been a couponer, but there are plenty of handy tips on how to get the most bang for your buck for food items. Also, since she is very concerned (as am I) about BIG CORPORATION's processed foods and the non-nutrition they contain, she explains the ins and outs of organic. Super!! highly recommend this book.(and also her website and FB page!)

Pro: loved the book very much. Pan try's like this are for people that have more to do with their life than grocery shop. Eventually getting there. Con: Never, NEVER show the book to friends and family. They kept weaseling me out of mine and I kept having to replace it. I am a terrible soft touch. Lol. I am going to have to replace it once again... Sheesh. Seriously a real how to on getting probably 3 hours a week x52 weeks back when you are done is a wonder. Why didn't we think of this??

Holy cow, I love this book! Everyone needs to be prepared, whether we like to think about it or not, and Daisy will take you from an empty pantry to a year's supply of food for your family. She provides graduated shopping lists, taking you week by week and filling your shelves with the healthiest pantry options you can find. One of the best parts about her recommendations is that she suggests ways for you to avoid harmful chemicals, GMOs, pesticides and nutritionally deficit foods BUT she does so without making us feel guilty for not being able to afford Organic everything. We'd all like to be eating pure food but some of us just can't afford it and so Daisy gives us solid suggestions and alternatives. There are also recipes and food preservation methods covered, plus practical advice on storage and containers. Upbeat, honest and straightforward, this book is a wonderful read for wherever you are on your preparedness journey. I wish I'd had this when I was first married and having kids but I'm so glad I have it now. We've just moved and are struggling with work, new bills and a new area and have been living on our food storage so Daisy's voice has been really comforting and instructive as I read through this book. As she says, "Preparedness is the ultimate form of optimism".\*The author sent me a free digital copy of this book in exchange for an honest review; receiving a free copy in no way influenced my review. These are the actual thoughts that I think.

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