

# Staying Calm in Times of Crisis



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# Introduction

## Session 1

- There are a lot of things to consider when preparing. Time, money, space, taste, etc.
- Please don't let this overwhelm you. Take what you can use and leave the rest of it!



# Long Term Food Storage

- Foods that when stored properly will last 20-30 years.
- Typically grains like wheat, corn, barley, oats and legumes like pinto beans and white beans.
- Other long term items would be sugar, salt, honey, and coconut oil.
- These items you can store and pretty much forget about them.



# The Provident Prepper

<https://youtu.be/eQ2vAdyREU4?t=132>



# Getting Started

**BYU = 1 Year 1 Person**



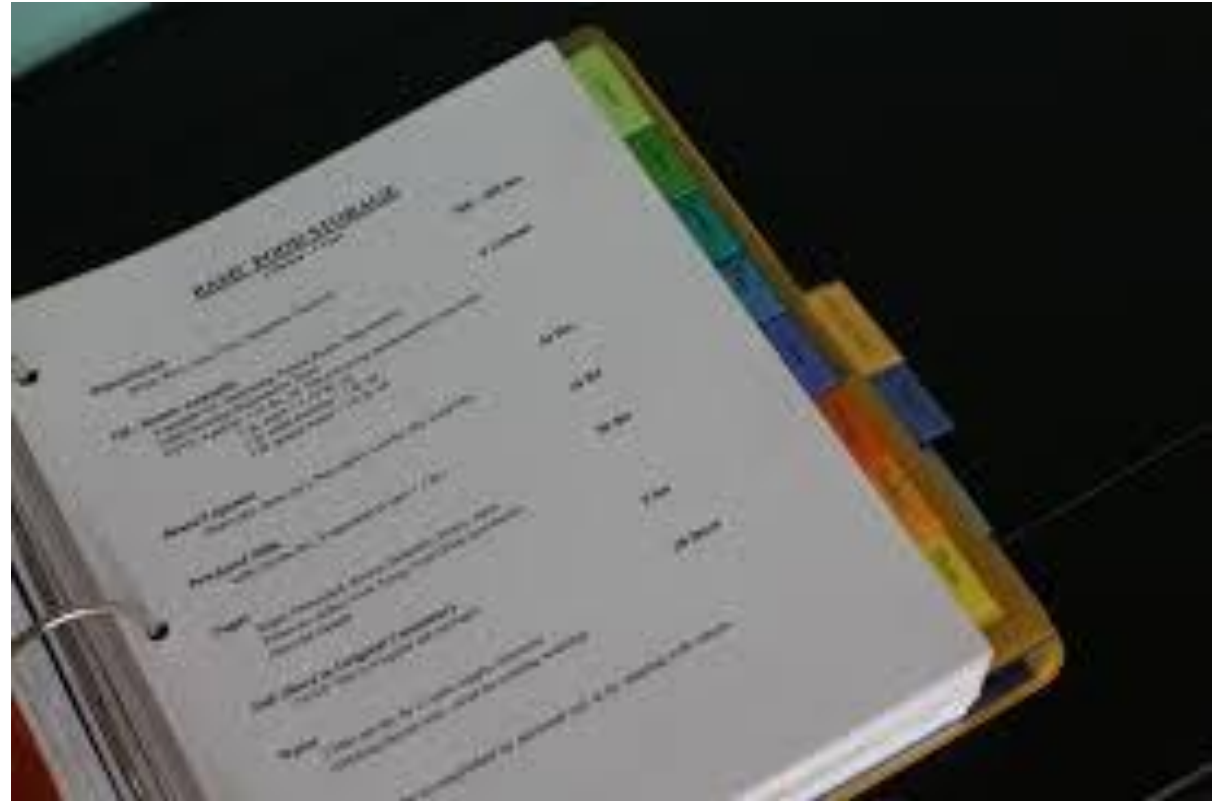
- 132 lbs of wheat - 24 cans
- 65 lbs white rice - 12 cans
- 29 lbs rolled oats - 12 cans
- 21 lbs pasta - 6 cans
- 62 lbs legumes - 12 cans
- 49 lbs dry milk (15 year shelf life) - 12 cans
- 70 lbs sugar - 12 cans
- 6 lbs dried apple slices - 6 cans
- 22 lbs potato flakes - 12 cans
- 8 lbs dried carrots - 3 cans
- 2 lbs dried onions - 1 can
- 8 lbs salt
- 1 lb baking soda
- 4 lbs baking powder
- 365 Vitamin C tablets (90 mg)

THE PROVIDENT PREPPER



# Step 1

- Planning.
  - Get your numbers.
  - How many people?
  - How many pounds/person.
  - How many meals?
  - How much in the budget?
  - What is your timeframe?



# 7 Breakfast Ideas

- Oatmeal or steel cut w/fruit and nuts
- Cream of Wheat (grind your wheat) w/fruit and nuts
- Eggs and toast w/fruit
- Pancakes w/peanut butter and syrup.
- Protein smoothie
- French Toast w/fruit
- Rice or bread pudding



# 7 Lunch Ideas

1. Spaghetti
2. Tacos and Bean Burritos
3. Peanut Butter/Jelly Sandwiches
4. Tomato Soup & Grilled Cheese
5. Chili and Cornbread
6. Chicken Noodle Soup & Crackers
7. Rice/bean bowls





# 7 Dinners

8. Tuna Casserole

9. Potato Salad & Chicken Salad  
Sandwiches

10. Meat, mashed potatoes, gravy

11. Bowties and Broccoli casserole

12. Taco Soup, Onion Soup, Stew,

13. Beans & Cornbread

14. Top Ramen Noodles with Fried  
Veggies



# # How to Get Healthy Food Quick!

- Sprout seeds! Soak them in water for 24-72 hours and eat the crunchy, leafy, tasty sprouts!
- Sprouts have more protein and essential enzymes than meat.
- Sprouts help immune system, heart disease, stomach acid.
- Faster than waiting on a garden.



# Water Storage Ideas

- 1 week
- 3 days
- Emergency Trips



# 1 Week of Water

- The common advice is for the blue water barrels.
- The barrels need a hand pump.
- The barrels are impossible to move when full.
- The barrels do need the water rotated yearly.
- Once the water is being used, it will need to be cleansed or purified.



# Other long term (1 Week) Suggestions



# 3 Days of Water Storage Ideas

- Again, white buckets and office cooler bottles can be used.
- Several cases of water bottles can be stored up.
- Fill up all bathtubs if you know a calamity is coming including all ice chests and water coolers.
- Adequate water purifier for all methods!



# Emergency Trips Water Storage

- Grab 5 gallon water buckets or water coolers or cases of water bottles.
- Store away from the home for quick and easy retrieval.
- Put your Berkey and/or Life Straw in your Emergency Evacuation Bin!



You Got This!

