

RESOURCE GUIDE E-BOOK

Culinary Preparedness Resource Guide

*Featuring Traditional Yellow Curry Chicken and
Strawberry and Blueberry Glaze for Cookies*



Let's Get Prepared:
Cooking with Food Storage
Preparedness Workshop



KAREN



CINDY



LINDA



SANDI

Table of Contents

Introduction: Meeting your Food Storage Specialists	<u>03</u>
Chapter I: The Importance of Food Storage	<u>06</u>
Chapter II: Solutions to Common Food Storage Problems	<u>08</u>
Chapter III: Budgeting for Food Storage	<u>09</u>
Chapter IV: Live Cooking Demonstration Recipes	<u>11</u>
Chapter V: Bonus Long Shelf Life 72 Hour Emergency Kit List	<u>13</u>
Chapter VI: Additional Resources	<u>14</u>
Conclusion: Continuing the Path	<u>16</u>

INTRODUCTION

Hello, Meet Your Food Storage Specialist Team

Introducing Karen



Meet Karen, a devoted food storage specialist, wife, and mother of five boys from the captivating landscapes of Alberta, Canada. Karen's transformative journey into the world of culinary preparedness has deep roots in her upbringing, where the values of food storage and preparation were instilled from an early age. This foundation shaped her passion for thriving in all areas of life, including developing a sustainable food storage.

Since 2016, Karen has evolved into a seasoned culinary preparedness expert, channeling her insights across various platforms dedicated to helping individuals and families thrive in all aspect of their lives. Juggling the responsibilities of a bustling household, she understands the critical importance of not just accumulating provisions but also mastering the art of utilizing food storage effectively.

Explore Karen's [YouTube channel](#), where cooking demos, workshops, and discussion offer a glimpse into her expertise. Engage with a community of like-minded individuals on her [Facebook Page](#), fostering a space for shared insights and discussions. For a deeper dive into her knowledge and personal experiences, delve into her [ThrivingTalk Blog](#), covering topics from food storage strategies to family-friendly recipes.

Join Karen in the exploration of "Let's Get Prepared: Cooking with Food Storage Preparedness Workshop," and embark on a path to confident and delicious preparedness. Also discover Karen's commitment to assisting individuals and families in their culinary preparedness as an [Independent Consultant with Thrive Life](#), as she brings her wealth of experience to guide you across her various platforms focused on a supportive approach to thriving in every area of life, including sustainable food storage.

Introducing Cindy:



Meet Cindy and her husband Dan, who embarked on their food storage journey when they first set up housekeeping. Navigating through the learning curve with some trial and error, they acknowledge that not everything went perfectly at the beginning, with some

lessons being both painful and expensive. However, Cindy is confident that they have finally honed their approach.

Experiencing days of tight budgets, job insecurity, and debt, they turned these challenges into valuable learning opportunities. Dan's return to school with four kids presented a significant challenge, but a robust Food Storage and Home Preparedness Plan provided them with the confidence to overcome whatever life threw their way. This plan not only ensured financial stability but also preserved their independence, nurtured self-reliance, and offered peace of mind during the most difficult times. Cindy is profoundly grateful for the wisdom of having a Food Storage plan, which proved to be an indispensable support during those trying periods.

Raising five children has now transitioned into the joy of being grandparents to nineteen grandchildren—a rewarding phase of their lives. Cindy channels her passion into her blog, [BACKYARD CITY HOMESTEAD](#), where she shares insights on various topics close to her heart. With her elderly mother living with them, Cindy dedicates time to her care while actively volunteering in their community, neighborhood, church, and family. As an [Independent Consultant for Thrive Life](#), Cindy finds fulfillment in assisting many people in kickstarting their food storage journeys, a role she thoroughly enjoys.

Introducing Sandi:



Meet Sandi, a resilient single mom who has navigated the challenges of parenthood for most of her journey. With two adult children and five grandchildren, her family is the heart and soul of her life. As a single mom facing financial constraints, Sandi encountered

significant struggles in providing healthy, nourishing meals for her children when they were little.

Determined to secure a better future for her family, Sandi proactively sought out affordable options. She initiated a home-based business, specializing in helping people with their taxes, to create financial flexibility for the extras she couldn't afford otherwise. This endeavor evolved over time, leading Sandi to explore additional earning streams while judiciously utilizing all available resources to ensure she had what she needed for today, tomorrow, and the years ahead, providing her with the peace of mind that the basics were covered.



At the risk of sounding simplistic, food storage is what continues to save me (on a regular basis), from the continual struggles that life brings.

I can't imagine living without it.

-Sandi G.



Sandi's commitment to learning is unwavering, and she continues to expand her knowledge each day. Armed with a perpetual wish list, she strives to maintain that essential peace of mind while enhancing the lives of herself, her children, and her grandchildren. As a dedicated Thrive Life Independent Consultant, Sandi brings her resilience, resourcefulness, and commitment to a better life to guide others in their journey towards culinary preparedness.

Introducing Linda



Meet Linda, a seasoned preparedness specialist who inherited the art from her parents and has since been refining her family's objectives in this realm.

Her culinary journey took a magical turn when she mastered the transformation of whole wheat berries into the delicate delight of an angel food cake. However, life's twists and turns revealed that her family's preparedness extended beyond the realm of wholesome bread and celestial desserts. Engaging in emergency preparedness classes and acquiring the skill to craft nutritious and delectable meals from available resources propelled Linda to her current expertise. Notably, chocolate, in all its glorious forms, is an indispensable element in her preparedness plan.

Beyond her role as a co-host in our "Cooking with Food Storage" workshop and e-book, Linda is an Independent Thrive Life Consultant. Her passion lies in sharing her wealth of knowledge and providing access to premium foods with others, making her a valuable resource for those on a journey to enhance their culinary preparedness. With Linda's guidance, discover the art of preparedness, where every meal is a testament to both sustenance and indulgence.

CHAPTER I

The Importance of Food Storage

Why We Prepare

In an ever-changing world, preparation is a cornerstone of resilience and security. We prepare not out of fear but out of wisdom and responsibility. We prepare for the unforeseen challenges that life may throw our way, such as pandemics, food shortages, inflation, conflicts, job loss, and natural disasters. These uncertain events can disrupt our daily lives, and by being prepared, we take control of our future. It's our commitment to safeguard our loved ones and maintain a sense of normalcy in times of crisis. Preparation is a proactive stance, a commitment to self-reliance, and a symbol of our enduring determination to protect our families and ourselves.

Problem:
Why Prepare?

- Pandemic
- Food Shortages
- Inflation
- War
- Job Loss
- Natural Disasters



Problem:
What To Store?

- Water
- Food Storage Basics
- Fruits and Vegetables
- Additional Proteins
- Extras



Why Food Storage is Essential for Preparedness

Food storage lies at the heart of preparedness. It's the cornerstone upon which we build our safety and security. In times of uncertainty, having a well-stocked pantry is akin to having a reliable lifeline. Food storage serves as a buffer against food shortages, providing a dependable source of sustenance when external sources may falter. It empowers us to adapt to the changing economic landscape and ensures that our families never go hungry. Beyond that, food storage fosters peace of mind. It's the assurance that we can face adversity with strength, offering both the physical nourishment and the emotional comfort we need to weather any storm.

The Role of Food Storage in Providing for Your Family

Food storage is not just about accumulating goods; it's about providing for the ones we love. It's a fundamental act of care and responsibility. With a well-thought-out food storage plan, we equip ourselves to be the providers our families depend on during difficult times. It's a symbol of our commitment to those who rely on us, ensuring that they never have to endure hunger or discomfort. Food storage enables us to maintain a sense of normalcy even when life takes unexpected turns. It's the quiet assurance that our families can continue to enjoy their favorite meals and flavors, and that the dinner table remains a place of comfort and togetherness, regardless of external challenges.



Benefits of a Well-Stocked Pantry

A well-stocked pantry offers a myriad of benefits that extend far beyond just preparedness. It's an everyday convenience, reducing the need for frequent trips to the grocery store and saving both time and money. With a diverse selection of ingredients, a well-stocked pantry allows for culinary creativity and versatility, enabling you to whip up delicious meals on the fly. It also contributes to better meal planning and less food wastage. Moreover, it provides a layer of security in our lives, as it ensures that we're never caught off guard by unexpected events. In essence, a well-stocked pantry brings convenience, cost-effectiveness, culinary inspiration, and, most importantly, peace of mind to our everyday lives.



CHAPTER II

Solutions to Common Food Storage Problems

Identifying and addressing common food storage challenges



Food storage often presents common challenges. Deciding what to store and where to put it can be overwhelming, but starting with essentials and creative storage solutions helps. To maintain freshness, learn to rotate your food using a "first in, first out" system. As for affordability, budget wisely, take advantage of discounts, and gradually build your stockpile. By tackling these challenges step by step, you'll achieve peace of mind. – for which there is no substitute.

Tips for extending shelf life



To extend the shelf life of your food storage, several key tips can make a significant difference.

- Quickly replacing lids on your freeze dried food cans minimizes exposure to the moisture in the air. This helps preserve freshness.
- Maintaining a consistent temperature goes a long way to protecting shelf life. The ideal range for most food storage is between 50°F (10°C) and 70°F (21°C).
- Avoid direct light exposure in your storage area to protect stored items, especially those items in jars and bottles.
- Regular rotation, following the "1st in, 1st out" principle, ensures that older items are used before newer ones, preventing waste and maintaining the quality of your supplies.

These practices will help in maximizing the longevity and reliability of your food storage.

Maximizing limited storage space



Maximizing limited storage space is often a top priority in food storage. Implementing clever solutions can make a significant difference. Consider installing rotating shelves, which allow easy access to items in the back, minimizing the risk of forgotten, expired goods. Utilize vertical space with stackable containers, bins, and shelves. Wall-mounted racks and hooks can create extra storage areas in smaller spaces. Be resourceful and think outside the box; sometimes, under-bed storage, closet shelving, or even repurposed furniture can become valuable storage options. By exploring these innovative and space-efficient solutions, you can make the most of limited storage areas and ensure that your food storage remains both accessible and organized.

CHAPTER III

Budgeting for Food Storage when the Budget is small

by Sandi Giesler

What is your biggest fear or reason for not having a food storage?

These are the worries I most often hear . .

- *I don't know where to start*
- *I can't afford it*
- *I have no space to store*
- *I don't know how to use the stored items to create real meals*
- *I don't think my family will eat that food*

I've been a single mom for most of my parenting years. I have two adult children and five grandchildren. They are my life.

As a single mom with limited means, I struggled tremendously with providing healthy, nourishing meals for my children on the limited income I earned when they were little.

I wanted better for my family and I searched out ways that I could afford better options.

Over 25 years ago, I started my home based business of helping people with their taxes, to allow for the extras that I could not afford otherwise.

Budgeting . . . cont'd

Slow and Steady wins the race.



Over time that transitioned into other earning streams and I utilize all my resources to ensure I have what I need for today, tomorrow and next year with the peace of mind that I have the basics covered.

Food storage rules I live by:

1. Never, EVER buy food storage with money I do not have! (don't go into debt for it)
 2. Set a monthly budget and stay within it if you don't have one yet START now!
 3. Shop the Sales but only purchase what you use - don't add in exotic or one-of meal add-ons to start off with.
- Consider making a multi-family purchasing group so that you can buy in bulk and each family gets a share of the discounted product.
4. Make your money work for you - I purchase on a credit card that gets paid off each month but I earn air miles on my purchases or scene points that I can redeem for other items my family can use during the year.

WARNING: This only works if you are IN CONTROL of yourself and DON'T GIVE IN TO THE TEMPTATION to overspend.

5. Only store what you eat. When you do otherwise, it is wasted money that you could have used to buy something more useful.

6. Eat what you store. You need to be rotating your stock and have confidence that every item is usable to you and your family. Space is at a premium when you are building a 6 month to 1 year food storage - don't waste that space on something you won't be using.

Make sure your food storage takes many different forms - a single form (ie freezer), may not be that convenient and long lasting if you lost power for a few days.

7. Be patient, and long sighted. This is a long term goal. You will never reach it if you give up. Dedicating a portion of your budget to Food Storage is moving forward constantly. Use it and rotate it so that it becomes 'groceries'.

When you have extra money—devote it to Food Storage. Those bulk purchases are a GOD-send.

Make it a lifestyle.

It is my choice to have a food storage - with all that goes into that choice. With it, comes PEACE OF MIND in a troubling world where nothing is certain. It is worth it to me. In the end, my food storage isn't quite where I'd like it to be, but I am content with my continued progress.

[Read Full Article HERE](#)



CHAPTER IV

Live Cooking Demonstration Recipes



Traditional Yellow Curry Chicken

This recipe features freeze dried chicken, onions, chilies, bell peppers, peas, zucchini, green onions, as well as other spices.

[Recipe Here](#) 



Fruit Glaze For Cookies

This recipe features freeze dried strawberries & blueberries. It also uses powdered sugar, vanilla, and milk or water. Click the button below for the recipe.

[Recipe Here](#) 



Taco Soup — Meal In A Jar

This recipe features freeze dried ground beef, chopped onions, bell peppers, green chili peppers, sweet corn, tomato dices, as well as tomato powder, instant black beans,

[Recipe Here](#) 



Chicken Pot Pie Soup — Meal In A Jar

This recipe features freeze dried chicken, chopped onions, potato dices, green peas, dehydrated carrots, Veloute, butter powder, and instant milk. Click the button below for the recipe.

[Recipe Here](#) 



Pasta E. Fagioli Soup

This recipe features freeze dried ground beef, onions, celery, tomatoes. It also uses dehydrated carrots, instant black and red beans, beef bouillon, tomato sauce powder, pasta and spices.

[Recipe Here](#)



Corn Chowder with Sausage

This recipe features freeze dried ground beef, onions, celery, tomatoes. It also uses dehydrated carrots, instant black and red beans, beef bouillon, tomato sauce powder, pasta and spices.

[Recipe Here](#)



Whole Wheat Carrot Muffins

This recipe features dehydrated carrots, whole wheat flour, scrambled egg mix, instant milk, nuts, and basic pantry items.

[Recipe Here](#)



Condensed Milk

This recipe features Instant Milk from Thrive Life and only needs 1 1/4c water.

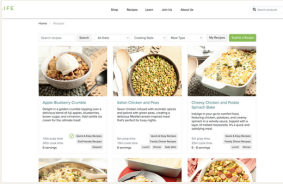
[Recipe Here](#)





Accessing More Food Storage Recipes

Exciting news! We're thrilled to announce that you now have access to hundreds of free food storage recipes that will elevate your culinary preparedness. These recipes cover a wide range of ingredients and meal options, ensuring you'll never run out of creative ideas for your stored pantry items. Simply click the link below to explore this treasure trove of delicious possibilities and unlock a world of culinary adventure. Prepare to be inspired and delighted by the variety and versatility of food storage cuisine!



[Recipe Collection Here](#)

CHAPTER V

Bonus Long Shelf Life 72 Hour Emergency Kit List



Get Started On Your 72 Hour Emergency Kit

The significance of a well-prepared 72-hour emergency kit cannot be overstated. In times of crisis, having the right supplies on hand can mean the difference between comfort and chaos. That's why we've created a comprehensive 72-hour emergency kit list that prioritizes nutritious, long-lasting foods that only require water. This

not only ensures you and your loved ones have access to sustenance during an emergency but also reduces the stress and hassle of constantly refreshing your kits. With our thoughtfully curated list, you'll find peace of mind in knowing you're well-prepared, and you can focus on what truly matters—your safety and well-being. Don't wait; click the link below to access this invaluable resource and take a proactive step towards a more secure and prepared future.

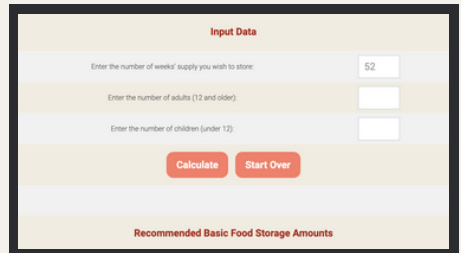
[Emergency Kit List Here](#)

CHAPTER VI

Additional Resources

The Food Calculator

The Food Calculator from Provident Living is an invaluable tool that helps you determine your food storage needs with precision. By considering factors like family size, dietary preferences, and storage duration, this calculator offers personalized insights into the quantities and types of food you should store. It takes the guesswork out of food storage planning, ensuring you're well-prepared for any situation.



[Food Storage Calculator](#) 

Accessing LDS Home Storage Centres

Accessing resources from the LDS Cannery is a fantastic way to enhance your food storage journey. Operated by The Church of Jesus Christ of Latter-Day Saints, these canneries provide a wealth of information, training, and often affordable access to food storage staples. It's important to note that these resources are available to everyone, regardless of their religious affiliation. Their expertise in food preservation and storage is a valuable asset for anyone seeking to build a well-rounded preparedness plan.



[LDS Home Storage Centre](#) 

Accessing Thrive Life Foods

Thrive Life is your go-to source for high-quality freeze dried foods. As industry leaders we have an unequaled reputation for excellence. We comply with a stringent quality control guideline we call the NUTRILOCK GUARANTEE.

Thrive Life is the biggest freeze drying company in the world, and so offers an extensive selection of foods that retain both their flavour and nutritional value.

Our supply chain is protected and in an excellent position to keep up to demand.

Our products are developed for both long-term storage and everyday convenience, making it easier than ever to stock your pantry with the very best.

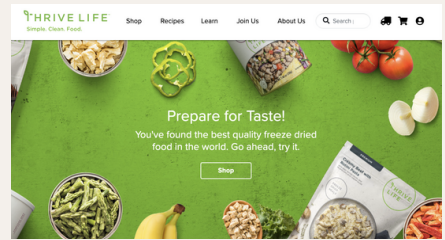
Click a link below to explore what is available to elevate your food storage to a new level of convenience and quality.

Pro Tips

- Remember all prices are in USD—expect it.
- Always shop the sales.
- Always get FREE shipping by using the delivery.
- Get on your consultant’s email list to be kept in the loop.
- Watch for \$ saving coupons.
- Ask about your Customer Referral link, and use it when telling friends about Thrive Life. It will earn you credit \$.

Thrive Life Website

Order premium freeze dried foods from the Thrive Life website.



Meet the Company

We believe we can change Mom’s world. You want in?



[Click to Watch Video](#)

Pick a Consultant and Shop Her Website

[Thrive Life with Karen](#) 

[Thrive Life with Cindy](#) 

[Thrive Life with Sandi](#) 

[Thrive Life with Linda](#) 

CONCLUSION

Continuing the Path

Embarking on the culinary adventure through our "Cooking with Food Storage" workshop and this exclusive e-book marks a transformative journey—a gateway to discovering novel approaches or a reaffirmation of your current path. We trust this experience has equipped you with invaluable insights, empowered you to overcome common challenges, and ignited a passion for the joy and fulfillment found in culinary preparedness.

As you forge ahead on your quest for heightened preparedness, recognize that you now possess not only knowledge but also the resources to fortify your family's well-being. Your dedication to self-reliance is commendable, and we express our sincere appreciation for your active participation. You are not just a participant; you are a vital part of a community committed to securing a resilient future.

Embrace this commendable journey towards culinary preparedness with pride and enthusiasm. Your ongoing efforts are not only impressive but also essential in fostering independence, ensuring peace of mind, and relishing the delightful meals that arise from a well-prepared pantry. Keep up the outstanding work, and may your continued exploration of this path be filled with both triumphs and the satisfaction of a thoroughly prepared and abundant life.

Warmly,
Karen, Cindy, Sandi and Linda

