1 Year Emergency Food Storage For A Family Of 4 For Less Than $300

Categories : General Prepping, Homesteading

This is a great post from the Seasoned Prepper, but I should add here (also noted on the original post) that this food storage plan will provide for most of your nutritional needs, but it is lacking any dairy or vitamin B12.

That said, for less than $300 and a weekend's work, you can store 90% of the food required by a family of four to last a whole year. I should say - this plan provides a very basic diet that whilst very healthy, it is going to get boring and bland pretty quickly. With this in mind I would suggest either upping the budget to around $500 and adding some extra foods/flavours to provide some variety, or get the basics stored now and you can then gradually add to it over time.

I think a lot of people are overwhelmed when it comes to starting out storing food. This plan provides a great way to get started and store a core basic range of food, that you can then add to over time.

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(Photo from: Tim Patterson)