

10 Reasons Why Everyone Should Store Oats

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Firstly, oats are super good for you, but you can read more about that below.

I think the best thing about oats is how filling they are and how much energy they give you. I don't think anything fills me up, and for so long, as a bowl of oats. The reason for this is the balance of carbohydrate, fibre, protein and fat. Aside from vitamins and minerals, carbohydrate, fibre, protein and fat are the four essentials needed to survive. This makes any-one food containing all of them vital for food storage.

If you want to know more about why you should be storing oats, check out the article below from the American Preppers Network. It includes another 9 reasons to store oats, that I haven't covered. It's a great read!

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(Photo from: American Preppers Network)