Food Security 101

Categories: Food & Water, General Prepping, Homesteading

Food prices have shot up in the last two years, I would say that our weekly grocery shop costs around twice what it did a few years back. The current high price of food is a major problem for millions of people, and this is happening right now. We are not even considering (I guess we are now!) food security relating to future events such as a total economic collapse, peak oil or any other SHTF scenarios.

Below is a food security 101 post which covers preparing to prep, canning and dehydrating food at home. It's not a tutorial as such, but more of an eye opener to get you thinking about how secure your food supply is, whilst explaining what you can do to help insulate yourself to some degree.

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(Image from: Wikimedia Commons)