Food Storage - Top 10 Healthier Foods to Stockpile

Categories: Food & Water, Homesteading

With rising food prices and the risk of natural disasters and emergencies, it is sensible to stock up on non-perishable foods. We’re generally talking: tinned, bottled, dehydrated and dried foods.

The problem with a lot of these non-perishable foods, is that due to the processing to increase shelf-life, a lot of the original nutrients can be lost. With this in mind, if you are having to survive mainly on your stockpile of non-perishable foods, you will likely be missing out on the benefits (vitamins and minerals etc) of healthier, less processed foods.
The guys over at Common Sense Homesteading have written an excellent article listing their top 10 healthier foods to consider storing alongside your non-perishables. They also have some super tips and excellent ideas to help you along the way.

See: Top 10 Healthier Foods to Stockpile