

## Free: Emergency Food Storage Cookbook

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## FREE Emergency Food Storage Cookbook

One of the problems with emergency food storage is you are limited by what foods can be preserved for long term storage AND how the preserving method affects the taste/texture etc of the food itself. Another issue is people often only stockpile the basic staples - rice, pasta, oats etc. All of this can lead to very basic, bland meals, and that's just not good enough, as if we are surviving on our stored food, we want to survive in style!

Bland meals made from preserved stored food is now a thing of the past, thanks to Jodi and Julie over at 'Food Storage Made Easy', as with the help of their readers they have compiled an excellent cookbook listing recipes that can be made with 'shelf stable' (basically preserved foods) food that you likely stockpile in case of a rainy day, or the SHTF. Get hold of a copy below, print it out and store it with your food supplies.

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