



Simple. healthy. TASTY.

Food Storage ~ 6 Easy Steps



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Simple Healthy Tasty:

Food Storage ~ 6 Easy Steps

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DISCLAIMER

Be sure to note that everything in this eBook is my own opinion. It is up to you to form your own opinions. Hopefully you will research it. All information is intended to educate, I am not a licensed medical doctor and do not "diagnose" or "treat" disease. You need to decide what is best for you and your family.



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Intro

Many people tell me the biggest thing that keeps them from building and/or using their food storage is the time it takes to prepare it! I have been doing this for over 10 years now and I am here to tell you that in the long run it actually saves you a lot of time! It may be a little different and a learning curve may be involved, but it's all in what you get used to. I typically don't spend more than 30 minutes preparing a meal. I'm usually only in my kitchen cooking about an hour a day, usually LESS!

What is time consuming is not having everything you need on hand and running to the store 3-5 times a week. Not knowing what you are going to make, trying to find good recipes and make detailed lists takes all the time!

It's different but Truly Simple:

One of my reasons for creating [Simple. Healthy. Tasty.](#) was to help make it easier to feed families healthy meals and to save time doing it! My blog contains all the recipes (and then some) that you will need to eat well off your food storage. We use our food storage every...single...day! You can also get many of my recipes in easy to print eBooks [at my shop!](#) Notice too, that I have a [Menu Planning eBook](#) which has all of the planning and lists done for you. You don't even need to take the time to plan if you don't want too. The hardest part for you is that if you haven't already, you will have to take the time to start building your supply of food! You will find after the first little while your supply builds up and things can rotate and run almost like clockwork just by following the principles and steps provided in this book!

If you aren't used to eating in a Simple, Healthy manner you will find that it may be an adjustment and seem hard at first. I thought that as well....but after consistently making an effort and trying a few things, I found it wasn't any harder, it's just different. It didn't take my family long to see it was actually easier on us in so many ways, it is Truly Simple!

The goal is to have a supply of food that you know how to use, is affordable, practical, self-reliant and **Healthy!** One that is easy to use, rotate and maintain a supply level which fits the needs of you and your family!

In our family we have tried to build and maintain a one year supply. You will see "year supply" come up a lot throughout this book. If a year supply

isn't your goal and it's more or less then that just adjust the numbers accordingly and know that the principles and steps still work the same!

Simple format to save you time:

Since I know time is a major issue, I have tried to write a concise book full of helpful information that is easy to understand. I don't want to bog you down with details! Most everything is in bullet point list format with some links to my favorite tools that can help you learn more if you want too.

When I started building our food storage, many times I got bogged down in the sheer volume of information. It was overwhelming to say the least and caused me to put off what I wish I had just done sooner! I found it really is just about *consistently* following the steps described in this book and you will have food storage before you know it.

A large part of this book is about using and rotating your food storage so you don't have to worry about expensive and time consuming long term storage methods. This one thing alone saves lots of time, money, and makes it even more Simple! We have not ever had anything go bad or get infested, it's not there long enough.

Most importantly:

I wrote this book with the assumption that you look at and spend some time reading my blog. Lots of info especially on how to turn all your lovely food storage into tasty meals is available and posted regularly on my site SimpleHealthyTasty.com. You may find it helpful to [become a follower](#), a [Fan](#) or to subscribe to the [Feed of my blog](#). I am happy to answer questions you may have, and I love it when you comment! I learn so much cool stuff from my readers! Also I DON'T assume everyone does things just like I do! We are all different and what works great for one person may not for another. Be sure to adjust as needed and find what works best for you and your family! Be flexible, the main principle is having food storage that you know how to use and promotes health and vitality in every way for you and your family! I hope this book will help you with that!

Tammie 🍓



Simple. healthy. TASTY.

Healthy doesn't have to be hard

Be sure to visit **Simple. Healthy. Tasty.** often there's lots going on!

-  Menu Planning - Help for Special Occasions
-  More help with Healthy Food Storage
-  Recipe eBooks for ease in printing and using my recipes
-  Of Course Many, Many more recipes
-  And coming soon a newsletter and helpful videos!

If you're not already:

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Thank You!