

Hidden Cache Prepper Food Storage Tips

- Be sure to consider dietary and cultural considerations as they relate to food availability in times of crisis. Your options may be severely limited!
- Stressful situations and crises affect everyone differently, psychologically, and physically. You may lose your appetite or eat more as a stress response.
- Ration food, not water.
- Exposure to the elements causes food to breakdown prematurely. Keep out of direct sunlight, away from moisture, and protected from extreme heat and cold.
- Protect against contamination by and infiltration from insects and rodents.
- The oils in highly processed foods such as cookies, crackers and chips breakdown and cause them to go stale. Eat them by the “Best By” date.
- Choose foods that are calorie-dense, which will give you sustained energy throughout the day.
- Choose meal kits that give you more than one meal.
- Always store food in clean, fully intact, food-grade containers.
- Be creative; there’s more space in your home or apartment than you may realize. Store food items in their original, unopened packaging under beds in plastic bins; in the living room inside of decorative baskets and boxes; inside of furniture such as ottomans and storage benches and in closets inside of plastic totes.