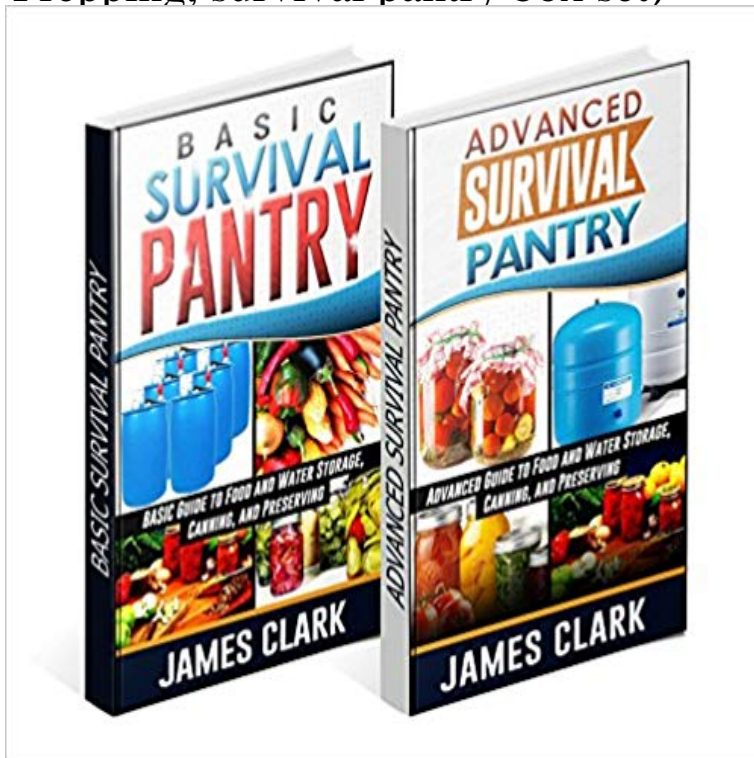


Survival Pantry Box Set: Beginners and Advanced Guides to Food and Water Storage, Canning, and Preserving (Survival Pantry books, Prepping, survival pantry box set)



BOOK #1: Survival Pantry: Beginners Guide to Food Storage and Preserving

Modern day food preservers are responding to the growth of two lifestyle movements. The first is a more paleo or primal diet that eschews unnatural preservatives and processed foods that are highly shelf stable. As a result, paleo and primal dieters have had cause to seek the ancient wisdom of food preservation and storage. They are joined by another lifestyle group. Individuals focused on preparing for disasters, whether man-made or naturally occurring, commit significant time to food storage. It is understood that to survive earthquakes, floods or acts of terror on a grand scale that disrupt the normal functioning of society, a stable source of food is non-optional. I wrote this book to provide the insight needed to allow you to use modern methods to preserve food for weeks, months, even years. Food storage allows the modern hunter gatherer to buy and prepare food in bulk. This results in significant cost as well as time savings. This book will cover food storage and preservation for both practical everyday purposes, as well as disaster preparedness. Food preservation can be overwhelming. I want to help unfog some of the confusion that surrounds the nutritional requirements as well as best means to attain long-lasting consumable food that tastes good, too.

Table of Contents: Introduction Chapter 1 Basics of Food Storage Chapter 2 Shelf Stable Consumables Chapter 3 Refrigeration Chapter 4 Dehydration Chapter 5 Freezing Conclusion

BOOK #2: Survival Pantry: Advanced Guide to Food and Water Storage, Canning, and Preserving

We focused on the simplest and least labour intensive methods in the first book: Survival Pantry: Beginners Guide to Food Storage and Preserving. Our goal was to introduce the idea of food preservation for survival and recommend easy and effective ways to get

started. This foundation of knowledge will help you understand the processes that produce greater variety of food in the survival pantry. We will build on our base and learn more ways to preserve food for emergencies. This book explores advanced techniques including: Food curing

This includes salting, pickling, and fermenting Smoking including a do it yourself smokehouse Sugar preservation and jellies because dried fruit, as good as it is, loses some nutrient content in the preservation process Canning proper steps to can or jar up your food preps for extended storage Water purification of greatest importance in a survival scenario is access to clean, safe water for drinking and food preparation Additionally, I will cover a survival topic even more important than food security. People can get by without food for a few weeks. People cant last more than a few days without water Getting Your FREE Bonus Download this book, and find BONUS: Your FREE Gift chapter right after the introduction or after the conclusion. Download your copy of Survival Pantry Box Set: Beginners and Advanced Guides to Food and Water Storage, Canning, and Preserving by scrolling up and clicking Buy Now With 1-Click button. _____ Tags: Survival Pantry, Preppers Pantry, Prepper Survival, Preppers Guide, Preppers Supplies, Prepping, Preppers Pantry, Urban Survival Pantry, Cooking, Surviving A Disaster, Canning, Jerky, Dried Food, Dehydrating, Cookbook, How To, Barter Items, Pandemic, Bug Out, Camping

NEWAGEOFTRUTH There's been too many lies and not enough truth stay updated via rss MY NEW PLAYLIST Why are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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