

How to Start Your 30-Day Food Supply

Morning, morning, welcome to *Sunday Snacks with Ellie And Sam*. Made sure I did it the time.

Ellie: ... fakin' me out there...

Sam: Well, if anything, that's out there and let's talk about that at all. The *faking* is out there. There are so many names and so many titles out there for people who are off-the-grid, there are the apocalypse preppers, there's doomsday preppers. There are the homesteaders that are off-the-grid. Some of them are on the grid, but really, we're focusing on what are those labels?

The zombie apocalypse prepper, you know, there's so many different mindsets around being off-the-grid. We are not talking *ever* about being that person just to be very clear.

Ellie: Well, not the you know, 20 by 40 basement filled like a bunker.

Sam: Yeah, we are not bunker people. We are not a fallout shelter. I mean, that'd be kind of cool. I want to visit one someday, but not something I'm digging in my backyard right now. Or ever, probably.

We are really trying to focus on helping you really prepare for a 30-day supply of food and necessities that you're gonna need, if you lose electricity for a while, if there's a tornado or hurricane, or COVID, and the supply chain is crashing. We're never getting our supply chain back the way it was pre-COVID, people.

Let's just be very honest, everybody at every level, government and dock worker are saying the same thing.

Ellie: And all of this was the point of why we started *Beyond TP and Milk*. Why is it when there's a snowstorm, everybody's rushing out.

Sam: <inaudible> Why did they rush out for toilet paper and milk? Is that having some dietary issues? But that's a whole other story.

Well, toilet paper, I understand. I always have a month's supply.

Ellie: I'm never down to my last one,

Sam: I guess. But we digress.

So, the whole point of *Beyond TP and Milk* is really to discuss the concept of that 30-day supply and having that on hand.

One of the key focuses that you have to do is you have to realize it's not about being a hoarder, and it's not about assuming that the world is going to end tomorrow, because if it does, then we're all screwed anyway. And I'm sorry. I have no, no hope as the world's just going to disintegrate. We're just done with it.

We're really talking about the idea of how to utilize the space you currently have, how to prepare quality food, quality necessities, the most reasonably priced, reasonably sourced, and make it all manageable for you and your family.

Now that's going to look totally different for a single person in a, how many square feet? 400 square foot apartment. Yeah, yeah. Versus a family of four who lives in a 1300 square foot home and backyard and things like that. So, oh, the basement.

Ellie: Yeah. You have a basement. I don't have a basement.

Sam: Yeah, that's true. So, one of the first things that we recommend you do is when you're not in a time of crisis, like now, literally grab some paper, put it in your kitchen and start tracking.

What foods your family eats? You know, favorite meals that are simple. They can require not a whole lot of prep time, right?

Maybe not a whole lot of energy meaning like you could use a crock pot or you can use a grill, whatever, whatever your family really likes to eat, recognize what some of those key meals are as you're going through.

For 30-days really track that. Then sit down with your family for a couple minutes on a Saturday or Sunday, or whenever you're all together and say, "Hey, out of what we've got, what are our favorite meals" and star those off, because then what are you going to do when you got that information, Ellie,

Ellie: Then you're going to start a list of what you need to create those meals. So that for two reasons: one, you know what your inventory needs to be, and two, you know that inventory that you're preparing for 30-days is things that your family will eat.

Sam: And that's that key. Yeah. Right there. What she just said, it will be things your family will eat. Now. I know you have some of those, pre-packaged when the s**t hits the fan meals,

Ellie: I do. I have one set of them.

Sam: Yeah. I know that I will eventually acquire them at some point. Mainly because I want them for the go-bag. Yeah. For no other reason, other than they can last for a very, very long time. And I don't have to worry about them, but here's the kick in the pants on that.

As much as they say, they're incredibly tasty. They're not so much. You can talk to anybody who's really, ever used them, that's not getting paid for commercials. You know, they're like MRAs for the military. They're there, they're all the calories.

Ellie: And there are some out there that are tasty, but those are people with bunkers that have big shelves to source stuff. I don't have that much.

Sam: I mean, I have a lot more room than you, but not that much. Yeah. But the average ones that most people can carry quickly. Or even if you're a backpacker, you know what those freeze-dried meals are. They're there. But there's enough calories in it to get you through, it may not be your gourmet dinner.

Sam: Okay. So, our goal for you, the **Step One** is to start tracking your food lists of what everybody in your family likes. Come up with five to six meals, maybe seven. There's seven days in a week, so that you could rotate through if necessary.

Ellie: Yeah. Just imagine that for 30-days you can't call and have groceries delivered or you can't run up to your local seven 11, just imagine. Then keep in mind, what would I need, particularly if the electric went out or you didn't have fuel other than maybe a charcoal stove or your grill. So that you're as practical as you can be.

Yet still thoughtful of what your family will eat with the understanding that you may eat the same meal several times, or you may all have to give a little. But in that scenario, we usually are willing to give a little at some point in time.

Sam: That will actually then give you that **Second Step**, which is obviously your inventory. Now, when you're looking at having a food inventory or a pantry, you really want to rotate for freshness.

Those are those things that it's stupid, it's a waste of your money and completely asinine, if you buy things that you're not going to eat.

Ellie: Exactly.

Sam: and you're not going to use. So, in my house, we actually are constantly using our 30-day food supply.

I always end up having, I realized, closer to 60 days of food. But at the end of the day, I have 30-days of dried and frozen food and canned food that I can make into a plethora of different meals with, or without, gas and electric based on what I have available.

Now, I only was able to do that because I started really small. So that's where that inventory comes from. So, you pick one meal and now you figure it out.

So, if it's pasta, I'm just thinking like, what's an easy meal for little kids. Little kids usually like pasta. Having their noodles on hand that they like, that they're willing to eat, and enough sauce if you like red sauce or whatever your family eats it.

Having enough of that for 30-days to be able to do that. For a family of four that might end up being anywhere between four and eight two-pound boxes of spaghetti, just say, it's spaghetti.

Now you have eight, two-pound boxes of spaghetti on hand. So now you have the equivalency of eight meals. I mean, and two pounds of spaghetti makes a lot of spaghetti. So, you might actually have more like 16 meals because it might be able to be used for lunch or dinner, you know, multiple times or used in a different way.

So, once you start doing that, you'll be able to fill your pantry or start an inventory, a supply of food that can last you for 30-days. I don't recommend going out, especially with the way inflation is right now, and dropping an extra 300 bucks at the grocery store.

I think that's dumb and a waste of your energy and time, Do this slowly. That way you will always feel confident, and you'll have that on hand, and you're not buying it to just sit on the shelves.

Ellie: Right!

Sam: You're buying it so that you eat it and you don't wait until there's something bad happening. You eat it. So you, if you need eight boxes of spaghetti on hand for a month of food crisis, then when you take a box of spaghetti off the shelf and you have dinner with your family, put it on your grocery list for the next week, pick up a box or two of spaghetti.

So, you now always are using and keeping that supply on hand. Because when you let it get to the point that you have none before you restock your shelves, you're like everybody else scrambling when there's nothing left at the grocery store and saying, "oh dear, oh my, what's going on?"

And the crucial part to that is the **Third Key (Step) Focus** is to rotate for freshness. So, as you pull it off (the shelf) and you get new things in, you need to figure out your storage situation.

In my house what that means is that the old stuff goes to the top if it's stacked, and the new stuff goes underneath. Yeah. It takes an extra, like three minutes to restack it. But that means that when I send my kids to go get something, they can take the top and run and bring it to me.

And now we have a viable food source and an inventory that the kids don't mess up every time I have them help with it.

Ellie: And in actuality well, like you say, if you're placing it right, the 30-day issue then doesn't become an issue because you're always using the oldest stuff first, just like when you go to the grocery store to buy it, you usually check.

Ellie: So, it's the same thing. And kids can learn that. It's almost like a game it can be fun.

Sam: It is. My son has gotten to the point that when he goes down to the basement, if he's looking for chocolate syrup for making chocolate milk and he recognizes that there's only one jar of honey down there, he'll be like, "Mom, we need honey on the list. I don't want to, you know, have a sore throat and not have honey on the shelf."

Ellie: I've been at your house for supper where he'll bring up something and say, "You know, this is our last one."

Sam: And he was like, we need to get on that. And then when he does it, if it is the last one of something, what he'll do is he'll write how many he thinks we need next to it. So yeah, when I have a much larger number on my grocery list, I'm like, you're missing ...

Fascinating.

Ellie: But it's true, if everybody takes part keeping track and using it, planning it becomes a lot easier. And should you ever need to use that 30-day supply because you're in a bind, everybody has chipped in to help make that happen, which automatically makes a community stronger. And they'll be willing to put up with the same meal twice or something like that, or eat something that maybe isn't their favorite but they can eat it.

It's because you all took part in being prepared, it also changes how you'll cope should you need to use that for a week or two following a storm or something like that.

It all works together if you look at it as you're just kind of extending your meal planning and then just maintaining after that.

Sam: Yeah. And the key part is that when you're recognizing it, it should not all be falling to one person in your family.

Ellie: Right.

Sam: Because, you know, as the mom, I know I may do most of the dinner cooking, but my husband does more of the breakfast cooking.

And my kids make lunch for us

Ellie: And you all can cook and

Sam: We all can cook. Yeah. So, everybody can chip in and it boils out to like, the kids usually make lunches for all of us. So that's either leftovers being reheated or making sandwiches. I may not like peanut butter and Nutella, but if the chips hit the fan and I don't have any jelly, I'll eat peanut butter and Nutella.

So, really what we're trying to get you to understand is there's a lot of varieties of ways to do it. We're giving you a simple and easy method to start out - again, start out. If you start out with baby steps, it won't feel (a) like it's killing your pocket, And (b) it won't feel so overwhelming.

Ellie: ... and can actually make you feel prepared. That's what we're all about.

Sam: Yeah. Make you feel prepared, make you feel more comfortable if, God forbid, what happens. So, what we're going to do is put a link to a printable for free in this platform somewhere, wherever that might be. Click on the link, give us your email.

I'm not even going to hide it. We would love to have your emails just to keep you posted on what's going on with *Beyond TP and Milk* and give you a lot of free information because the more information you have in bite-sized chunks, the better prepared you'll be prepared.

Ellie: Absolutely.

Sam: So, take it easy until next time. Bye.

Ellie: Eat well.

Sam: Eat well. I like that. Eat well!

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