

## Satisfaction of Preparedness

Good morning, and welcome to *Sunday Snacks with Ellie and Sam*. And today we're going to talk about the satisfaction of prepping and why it's important to prep and why it will leave you with a sense of satisfaction.

**Sam:** So, Ellie, you picked the word satisfaction. Why?

**Ellie:** I think it's sort of like looking at a pantry that's full, knowing that just like gas going up and down, knowing that food prices right now are wild and crazy. And I don't have to rush out to buy food today. I have things here that I can eat and be prepared and not be dependent upon the up and down of the prices today. Trying to just stay in touch with what's changing so that I know I have what I need if the supply isn't available next month or something like that.

So it's kind of also a secure feeling that you're not dependent on the craziness of the supply chain or whatever.

**Sam:** The market fluctuation doesn't impact you in an overall sense.

**Ellie:** Right.

**Sam:** So for me, satisfaction is a great word, but it creates a sense of inner calm because I look at it and I'm like, oh, crap, do I have enough to deal for my family? And then – oh - I'm prepared, I got this. It's good.

I recently went to Lancaster and I bought enough bread, flour and regular flour to get me through till Christmas. So that'll make cookie season and all that stuff much easier. And it creates that sense of calm because I know it's there for when I'm ready.

I'm not looking to have so much in storage that it would go bad. So that's the other key part that a lot of people, when they start talking about prepping kind of overthink. They're looking for years of food. Where I know what you and I are talking about is more like a six month to a year supply.

I don't even want to go towards that year supply – I'm more towards that six month supply. Because what that does is it allows you to have turnover, which creates that sense of satisfaction. Like, I'm not wasting, I'm utilizing everything I have on hand before I go out and purchase something else. When you're talking about satisfaction, what are the ways that you create satisfaction for yourself within being prepared - other than food?

**Ellie:** Well, it's also the same for toilet paper and Kleenex and shampoo and things like that. I just like to not have to run out every month or so and grab it. I like to just be ahead. And I buy soap in those two big containers. There are lots of other things available now that don't even take big containers. (the new eco-friendly 'sheets' etc)

When I start my second one, I'll go out and buy one or two more. I just hate that, "oh, my God, it's going to storm, or, oh, my gosh, the electric went out and I don't have any plans."

I'm just prepared for these things so I can actually be a help to a neighbor, is the other thing. There's a couple of elderly people that live near me that I can just check in and say, do you need anything? And I have some things I can share. So it's also that I think that we're not just dependent on for ourselves, but that we're also in a position where we could help a neighbor if we had to in a bad storm or whatever.

**Sam:** And see, for me, preparedness is not just the physicality of it. It's more that skill set of teaching my kids making sure that for them, that in a time of crisis, that they know how to help others.

For example, when we were at Scout Camp, my daughter and I were at Scout Camp, there was a nasty storm that rolled through. One of the most touching moments for me in that week was seeing my daughter help other people in a time of crisis with little to no direction from me other than she saw that I was getting my work gloves on to help.

And she was like, we're going to help them move trees and get stuff out of the way. I said, yes. And immediately she kind of grabbed all of her friends that she was with and started to kind of say, okay, now we don't move things by ourselves, because if we do, we're going to get hurt. Unless it's small. Work together as a team. If it's heavy, don't try to pick it up. Ask for help and support. Stay away from the edges.

She was able and strong enough from all the stuff we do at home to see how to step into a leadership role. And for those of you that don't know, my daughter, my daughter is a really quiet, relatively reserved individual in large groups. She does not take an active role in groups. To see her stand up and into her strength in that moment is the kind of preparedness I look to do in my life.

And when you use that satisfaction term, that really resonated with me because I'm like, huh?

**Ellie:** Yeah. You can actually take a breath and say, oh, it's working.

**Sam:** It IS working. For those of you that didn't know, we had a freak storm that happened a couple of weeks ago. And it was just complete and utter devastation. While my daughter and I were at summer camp, trees were literally uprooting themselves because of how much water came down and how fast the winds were coming. It shredded kids' tents, twisted cots and literally snapped them in half like twigs.

**Ellie:** And the really scary part of it all was no one was expecting it. We were expecting high winds and maybe hail, temperature change, which is not unusual in Maryland area. But the other thing was, it was like, 15 minutes and gone.

Yeah, there really wasn't much you could do but wait until it was over and go out and clean up.

**Sam:** Yep, we rode the storm out and then we helped clean up. But the aspects of satisfaction with preparedness can also come from routine.

**Ellie:** Oh, absolutely.

**Sam:** And for me, I know with my younger child, my son, he definitely thrives in routine, so he's always my helper when it comes to mom. There's only one more honey container left in our pantry. I'm going to go put that check mark that we need to purchase more honey, and then he will put the number of how many we normally keep on hand.

So that sense of satisfaction is where preparedness can create a sense of calm.

**Ellie:** Because it's an awareness of your surroundings. He was aware that you're low on something and he knows what your routine is. It all works together. Preparedness is sort of an attitude thing. And when we've done the right routines and we've set up the right plans in motion and we've done things like we keep saying, practice with your kids, that type of stuff. So that when these things happen, it's kind of like everybody knows how to step up. And it doesn't mean that the situation isn't scary or anything, but there's a calm because we know what to do next.

And whether I need to fill in this shelf with some food things or whether it's helping a neighbor or everybody get together to go handle ... it's just the fact that we take a moment and kind of assess what's going on and then take that deep breath and say, okay, we all know what to do next, and then step up to the plate.

Preparedness is really just thinking, what would I do if this scenario happened? And then planning accordingly. It's like we were saying, when we do things with our kids, it doesn't mean that we aren't afraid in a particular scenario.

But what we've removed is that sense of inaction. So, when you've prepared your pantry and the items you're going to need, or the medicines you might need, you're not just living day to day with the things that you use on a regular basis.

Then when you have that moment of, "Oh my God." You also immediately will go into that routine of ... oh ... and then check what you have and plan how I'm going to handle the next few days or whatever.

And playing that with our kids, like, for a weekend or something, is the kind of thing that helps them do the same thing. We're all going to have that moment of, oh, my gosh, what next? But then they'll know what next, because you've been working on that.

And Lena showed that when you went to camp.

**Sam:** Yeah, my daughter definitely proved that. And she was telling people to, like, watch out for the various trees limbs that were still hanging.

**Ellie:** She was her mom in action.

**Sam:** It was kind of cute to watch and kind of cool, but also equally satisfying and awe-inspiring. Exactly. So don't think that your kids aren't paying attention. They'll floor you, especially when you're not expecting it.

But yes, one of the things that we want to stress with you is deep satisfaction comes from being prepared. And that's why you just start slow. Baby steps. Get yourself situated. Find those few key things that you can start with and move forward from there. All right?

So until next time, be prepared. Enjoy. Bye.

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