



The Prepper's Pantry: Building and Thriving with Food Storage

Anne Lang

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There is something deep within human nature that calls us to put up food. An inner whisper, borne from thousands of years of dependence on seasonal food. Our very survival was once dependent on our ability to store food. That day may come again. The Prepper's Pantry explains the "what" and "how-to" of food storage from root cellars to Mylar bags, and also includes over 200 recipes for preparing hot, delicious meals from food storage including fresh baked bread. No matter what the disaster; job loss, earthquake, pandemic, power outage, terrorist attack, the end of the world as we know it, you can be prepared to feed your family.

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