

Prep Blog Review: How's Your Food Stockpile?

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No matter how well prepared you think you are, just one small oversight that could compromise your food stockpile will render all your prepping useless.

So let's take a look at these 5 articles and see what we can do to make our prepping even better and keep our food supply safe.

1. The 5 Seeds That You Need to Stockpile in Your Pantry



"The world is already struggling with food supply and managing crops. The Intergovernmental Panel on Climate Change (IPCC) has predicted a general warming of the world climate over the next several decades. Growing our own food gives us control over our lives and independence.

The best seeds for you to store are those that are most suitable for the particular environment you find yourself in. And of course environments vary widely across the USA, from wet and warm, to cold and very dry. You should do some research for your particular area and work out what fits with your local weather systems. One of the best ways to do this is to observe what grows best around you and use that."

Read more on [Ask a Prepper](#).

2. Venezuela Is Out of Food: Here's What an Economic Collapse Really Looks Like



"Venezuela is out of food.

After several years of long lines, rationing, and shortages, the socialist country does not have enough food to feed its population, and the opposition government has declared a "nutritional emergency." This is just the most recent nail in the beleaguered country's slow, painful economic collapse.

Many people expect an economic collapse to be shocking, instant, and dramatic, but really, it's far more gradual than that. It looks like empty shelves, long lines, desperate government officials trying to cover their tushes, and hungry people. For the past two years, I've been following the situation in Venezuela as each shocking event has unfolded. Americans who feel that our country would be better served by a socialist government would be wise to take note of this timeline of the collapse."

Read more on [The Organic Prepper](#).

3. 5 Homestead Probiotics You Can Make at Home!



"Making Your Own Low Cost Probiotics

Well the science is in folks, and has been for some time! Probiotics are essential to maintaining a healthy gut, and a strong immune system. A properly functioning digestive system is the key to good health. You can grow, purchase, and eat all of the organic, mineral dense, beyond awesome food you want, but if you are not digesting and absorbing those nutrients then it is all for naught.

The same can be said for all of the fancy vitamin supplements, and even many of the probiotic supplements that are out there. There's an old saying that goes something like: "garbage in, garbage out." Anyway, there's good news. You can grow your own probiotic nutritional supplements right in your homestead kitchen, or barn, or hallway closet... The point is you can be in control of your health and not have to depend on high dollar supplements grown in some lab someplace hundreds of miles away!"

Read more on [Grow Your Own Groceries](#).

4. Getting the Most from Food and Water During a Disaster



"I recently read an article about what a woman learned from a weekend of surviving on stored water. Basically she learned to have her kids share their bath water and to store more so she could take longer showers and more baths.

In a disaster we all know water is going to be very precious. Water is also one of the hardest things to store. Now is the time to think about ways to get the most out of every drop. I want to stay clean but if it comes down to it and in a disaster we all know it will I'd rather have more for drinking and less for washing."

Read more on [The Prepper Journal](#).

5. Your Food Storage is USELESS Without THIS 1 Thing



"I hate to break it to you, but it's very likely that you've rendered your food storage completely useless by ignoring this one, critical consideration. So take a deep breath...be ready to learn... and then repent. *grin*

Flint Michigan Water Crisis If you know nothing else about me, know this: I believe wholeheartedly in approaching preparedness with an "everyday focus". I believe firmly that if you prepare for the everyday types of scenarios, then you'll be prepared for the more extreme crises scenarios that may come up as well."

Read more on [Preparedness Pro](#).



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your food independence!

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