

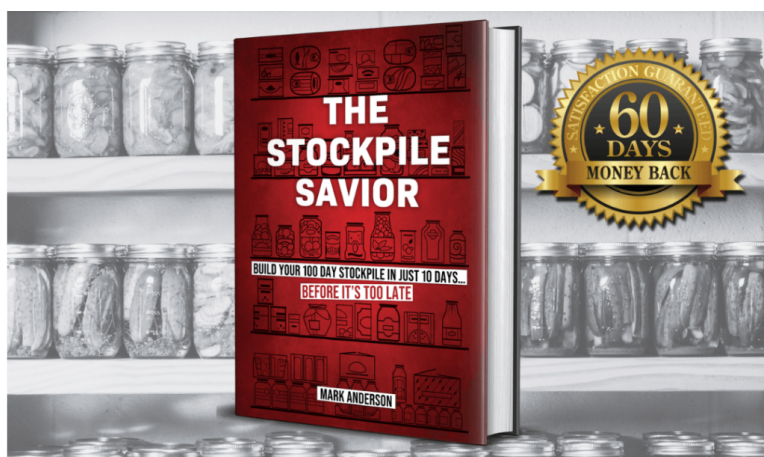
# 10 Shopping Mistakes When Buying Stockpile Items

You want to [build your stockpile in case SHTF](#), whether it's for a small emergency such as a storm or for an event that changes the world as we know it.

There really isn't one correct way to do this, but there are some common mistakes that many people make when shopping to stockpile supplies.

These mistakes can be costly, both in terms of money and in terms of food loss or inefficient storage space utilization.

Don't worry though, today we'll address some of those common mistakes people make when stockpiling so that you can avoid them.



HOW TO BUILD THE  
**ULTIMATE SHTF  
STOCKPILE**

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paying full price for anything that goes in your stockpile.

The easiest way to save money is to take advantage of buy-one-get-one-free deals. If you only need one jar of spaghetti sauce, put one in your stockpile. If you need two jars, then pay for two and put the two free jars back. If you watch your local sales flyers, you'll know what's on sale.

Chain drug stores are great places to pick up BOGO first aid supplies, cleaning supplies, and personal hygiene items, so this doesn't just apply to food.

Using [coupons](#) is another way to build your stockpile in a



hurry, especially when combined with sales and BOGO offers.

Yard sales, Craigslist, Letgo, Freecycle, and other places to buy second-hand items are great resources for such things as generators, tools, blankets, ATV's, building supplies, and just about everything else you may need.

## **2. Buying Just Because Something is Cheap**

Many people make the mistake of scooping up things that are cheap just because they're cheap. For instance, I saw what must have been an extreme couponer buying at least 20 tubes of hemorrhoid cream because it was on clearance and she had coupons.

Seriously, if you need that much hemorrhoid cream, you have a bigger issue than a coupon addiction. Because I enjoy couponing, I know many people like this, and even if you only pay 20 cents per tube, it's a waste of money if you're not going to use it.

I've seen the same thing with unpopular food items such as lima beans, hominy, and cranberry sauce. It's all well and good to stock those items if you enjoy them, but the point of stockpiling food and personal items is so that you'll have extra when you need it.

Why buy lima beans and hominy just because they're cheap if they're not something that you're going to eat between now and the zombie apocalypse?

This is also a buyer-beware issue when it comes to first-aid supplies. Often, these items are on clearance for a reason: they've been on the shelf for too long and the store needs to get rid of them. Buying old items is a waste of money because the shelf life is already reduced.

## **3. Buying Stockpile-Only Items**

This goes hand-in-hand with the lima bean issue above. Every



item in your stockpile should be [something that you use](#) or something that has high trade value. Exceptions here may be first aid supplies, but even many of those items have a shelf life; bandage tape dry-rots or turns into a roll of goop after a few years.

Your stockpile should be fluid; though you're certainly working to build volume, you should also be rotating it using the first-in-first-out method. This means that you use the oldest item (the first in) before you use newer, identical items.

The easiest way to keep track of this is to place new items behind old items, then use the ones in the front. This keeps your supplies fresh. Are you really going to eat 10 cans of hominy? If so, then buy them, but if you're not a fan, then it will be more money-wise to buy items that you'll use.

#### **4. Buying the Wrong Types of Food**

Many foods come in several different forms. For some foods, one item is just as good as the next.

For others, there's a huge difference in shelf lives. A good example of this is instant rice and instant oats. Both of these items have much shorter shelf lives than their standard-cook counterparts. Do your homework.

Also, are you stocking a freezer full of vegetables, fruits, and meats? Remember that if you lose power, those foods will need to be eaten within a couple of days. Anything left after that will be waste unless you plan to can them quickly over an open fire or some other heat source.

It's better when buying items for your stockpile to buy foods that don't require refrigeration.





No matter how prepared you are there is always room for improvement. Here are the Top Ten most common Emergency Food Fails

# 1 1,000 pounds of Wheat and No Wheat Grinder

Bread is the staff of life but that life will be short lived if you don't have a way to turn that wheat into bread.



## 2 Storing Flour in the Bag and Not In an Air Tight Container

Flour in the bag only lasts a few months, if you want to be able to make bread when an emergency comes, put it in a hermetic (air tight) sealed container.

### 3 Waiting to Plant a Garden Until After Things Go South

If you thought it was time consuming and hard to plant gardens when you had access to a Home Depot, just wait until you are on your own. Gardening takes practice and you're going to need those nice people in the orange aprons to help you out!



#### 4 Water Doesn't Last Forever: Not Rotating Your Water Supply

Water Stored in plastic containers, in a reasonably cool place = **6-12** months storage life



Water Stored in stainless steel container, in a temperature controlled room = **3** Years

##### 5 Storing Your Water in the Wrong Containers Never Store Water in Containers

- 1 That have stored anything else besides water
- 2 That are Clear
- 3 In Hot and Humid place



###### 6 Storing Store-Bought Cans in the Garage

You don't have to live in Phoenix for your garage to get up to 122 degrees in the summer. The cans you buy at the store aren't made for that kind of heat. You could find yourself eating that can of chili with a few more added ingredients.

###### 7 Buying Low Quality Freeze-Dried Food

Columbia Food Laboratories has found extremely high oxygen levels (up to 18%) in some big-brand freeze-dried food. You are buying freeze-dried food for quality taste and storage capabilities – make sure the company making the food is making and storing it the right way.



###### 8 Trying to Bug Out with 500 pounds of Wheat

It's great to have that much wheat but if you have to get out a quick, you're going to have some serious back breaking problems.

###### 9 Not Having a Plan for Where You Will Store Your Food

You have your wheat, water, fuel, medicine and guns all stored and ready to go. The only problem is you didn't make shelves and instead made your son's bed out of cans of beans and you have to shower with your bug-out-bag.



###### 10 Buying Hybrid Seeds Instead of Heirloom Seeds

Next time you're at the store looking to buy seeds make sure you buy Heirloom not Hybrid. Heirloom plants produce seeds for the next generation, hybrids are one and done.

Sources:  
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## **5. Not Buying in Bulk**

While it's true that I'm a big proponent of buying items with coupons, it's often cheaper in the long run (unless you're getting the item for next to nothing) to buy in bulk.

Though that 10 pound bag of rice looks huge, it's probably only seven dollars or so. If you look at the cost of smaller bags, even when they're on sale, it's usually more cost-effective to buy in bulk.

Another advantage to buying in bulk is that you can store the item in a 5-gallon bucket or air-tight bin. Of course, you can pack the smaller bags in there, too, but you still have the cost to consider. Shop around.

## **6. Not Buying a Variety**

You need to have a well-rounded food supply. This means stockpiling fruits and vegetables in all colors, because different colors have different nutrients. Make sure that you have plenty of every color stockpiled.

Another issue that will be a concern is that you can get so sick of eating one food that your brain will actually make you physically ill when you try to eat it. There are accounts of people in famine situations dying of starvation when they had a plentiful supply of rice, but only rice.

You can avoid all of this by simply stocking a wide variety of food.

## **7. Not Considering Nutritional Value**

There's no doubt that there are many delicious foods out there that can be purchased for very little money, but beware of the nutritional value.

Some foods, such as spaghetti rings, are full of fat, cholesterol, sodium, and artificial chemicals but have



practically no [nutritional value](#). Avoid these.

Before you buy a can or jar of food, look at the label and decide if that food is worth the space that it's going to consume in your stockpile. If not, then skip it; you need to use that space judiciously for foods that will nourish your body.

## **8. Sacrificing Quality for Low Price**

There's most certainly something to be said for the expression, "you get what you pay for". Some items, such as gasoline and canned foods, are what they are no matter what you pay for them. In these cases, you should definitely go for the lower price.

However, there are certain cases where it's better to pay for quality, or to buy used. [Tools](#) and hardware (nails, etc.) are definitely in this category, as well as equipment such as chainsaws. Other items in this category are water barrels, weapons, and rope.

## **9. Not Having a Well-Rounded Plan**

Everybody has the vague image of a stockpile that will get them through an emergency, but many people make the mistake of gathering stuff willy-nilly. If you do it this way, you're going to end up with 42 cans of green beans with no can opener, a box of nails but no hammer, and some bandages without any tape.

Sit down and [develop a list](#) based upon what you're prepping for. Figure out how much food and supplies you'll need for each day, then think of other items that go along with those.

Items such as can openers, cooking utensils, and fuel for cooking, and then think of what you may need for first-aid and [medicine](#), and for cleanup or survival.

Imagine yourself completing a task. If you're going to cook



rice, you're going to need rice and water of course, but you'll also need salt, a pan, heat, and maybe some vegetables. If you're adding vegetables, you'll need a can opener and you may want some other seasonings.

If you're going to board up a window, you'll certainly need wood and nails, but you'll also need a hammer.

It's these little details that you need to think of, but once your brain starts working that way, it will come more naturally to you.

It will take you days or even weeks to come up with your initial list but once you start it, you'll be able to start stockpiling while you continue to work on it.

## **10. Don't Put Stockpiling Off!!**

This is absolutely the biggest mistake people make! Even if you can only set aside a few cans of food per week, do so. A box of bandages is only a couple of dollars.

Add something to your stockpile every time you go to the grocery store or drug store. There's always something that you can get for \$1, and every item makes you a bit better prepared than you were when you left the house that morning.

These are some of the most common mistakes that people make when stockpiling for an emergency; now that you know them, avoid them! This was just a starter list to get the conversation going, so feel free to add other mistakes or suggestions for stockpiling in the comments section below.

And if you want to discover the long-forgotten secret that helped our ancestors survive harsh times and will help you improve your life and survival skills, click the banner below!



# HOW TO STOCKPILE: 3 MONTHS OF SURVIVAL SUPPLIES IN ONLY 10 DAYS

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