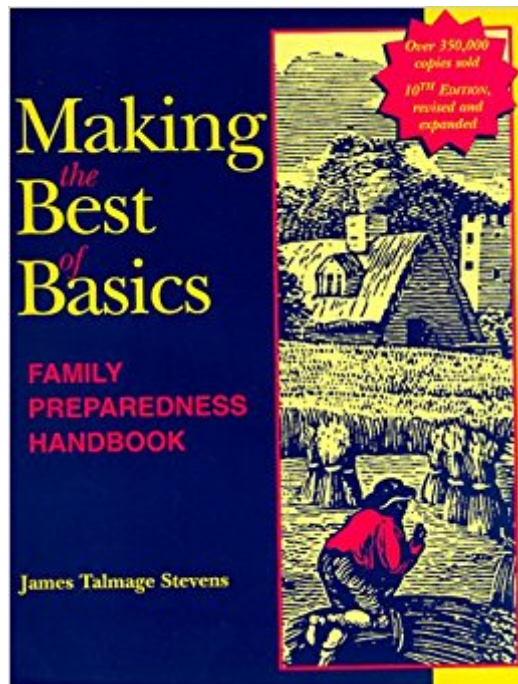




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Making The Best Of Basics: Family Preparedness Handbook



Synopsis

Close your eyes for a moment and imagine what would happen if you became ill and couldn't work, or if an earthquake or hurricane or bomb left your community devastated. It happens all the time. When unexpected disasters happen, people who are even a little prepared are much better off than those who have taken their dependence on outside resources for granted. When you imagine the security of not having to worry about going to the store for even a few weeks, a comprehensive storage system begins to make sense. Now in its 11th edition, is one of the best-known preparedness bibles around. Stevens lays out a yearlong storage program of 15 food and nonfood categories, six of which (water, wheat and grains, dairy products, sweeteners, "cooking catalysts" like salt and oil, and sprouting seeds) are capable of sustaining life indefinitely in a no-frills diet. The other 9 categories are designated "Building Blocks," and improve upon the basic diet and support a more routine, less Spartan existence while relying on stored supplies

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Customer Reviews

Never mind all the year 2000-type scare scenarios. Just close your eyes for a moment and imagine what would happen if you became ill and couldn't work, or if an earthquake or hurricane or bomb left your community devastated. It happens all the time. When unexpected disasters happen, people who are even a little prepared are much better off than those who have taken their dependence on outside resources for granted. When you imagine the security of not having to worry about going to

the store for even a few weeks, a comprehensive storage system begins to make sense. James Talmage Stevens's *Making the Best of Basics*, now in its 10th edition, is one of the best-known preparedness bibles around. Stevens lays out a yearlong storage program of 15 food and nonfood categories, six of which (water, wheat and grains, dairy products, sweeteners, "cooking catalysts" like salt and oil, and sprouting seeds) are capable of sustaining life indefinitely in a no-frills diet. The other 9 categories are designated "Building Blocks," and improve upon the basic diet and support a more routine, less Spartan existence while relying on stored supplies. (Some of them, such as medical supplies and fuel, will seem as essential to some readers as the first six.) The book's main messages--store what you eat, eat what you store, use it or lose it--are at the core of its calm advice and simple, nutritious recipes. The 10th edition has been updated with a yellow pages section that lists current preparedness resources throughout the U.S. and Canada, including Web resources.

I was surprised at how thorough this book is. Not a light read, the material is dense and oh so useful. Start to finish, this book will take weeks to digest, but skimming through, every page is relevant. The best preparedness book I've read -- and I've read more than a few.

About half way through this book and loving it! wish I had bought it three years ago. Great info on how to gather a years emergency supply in foods and incidentals and the author includes recipes, how to's and tips. Excellent for anyone wanting to start or expand their emergency supplies in this uncertain world.

Thanks

Though this is a older version and some support references may no longer be available, the text, the recipes, and the helpful tips are spot on. Would I buy this again even though it is not the most current. . . YES because the information in the text is very good and the price is very right.

This book is so helpful. Gives very detailed information about food storage including sample amounts and what to store for family size, etc. WELL worth the money. A great read!

Good book

first got this through interlibrary loan...and decided it was a "keeper" that we wanted to own. We get

about 25 books a month through the library loan system...and only end up purchasing about one or two a month.....so it has to be good to get our "keeper" status. The first part of the book has a lot of info that can be found in other books and resources...but the second part was new and worth getting the book for

This book is easy to read, practical and extremely interesting. It is comprehensive and well-designed. I picked it up and immediately skipped to the chapter about food dehydration at home. I learned things that I was able to put in practice right then. The Supply Check lists seem almost overwhelming but at least there is a plan which makes sense. Most certainly, it will take a lot of effort to put our family Preparedness Plan in place and that is a daunting task. The author offers useful advice and helpful suggestions to help guide us through our decisions. This book is packed with useful information for anyone concerned with personal and family preparedness. If you are concerned about the possibility of some social disruption next year due to the millennium bug or would just like to be better informed and prepared for any type of natural disaster, this book will be a reference tool you won't want to be without. I'm glad I purchased the book at -- the ordering was easy and the shipment arrived in perfect condition within 3 days. I had seen the book selling for \$30 at a local long term food storage distributorship.

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