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A Survivalist Approach  
on Stockpiling Food

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# How to make small SPACES BIG



Family Protection  
ASSOCIATION



## HOW TO MAKE SMALL SPACES BIG

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# ***HOW TO MAKE SMALL SPACES BIG***

## ***A Survivalist Approach on Stockpiling Food***

### ***INTRODUCTION***

Preparing a 2-week supply of food for your family to meet their daily nutritional need in case of calamities and disaster is not hard at all. But if you are living in a house with limited space to stock up your supply, then you might have a problem. This eBook contains storing plans on how to make small spaces big to stockpile your two-week supply of food. The plan is compact, expandable, affordable and nutritious.

Also included in this eBook are basic recipes that will help people prepare their meals even if they are not used to cooking. The foods can be prepared either in an open flame, by frying in a pan, or by boiling in a pot.

This eBook is a how to guide that will answer all your questions concerning stockpiling of food and other essential items that you will need when disaster strikes. For those with bigger area for storing, they can store 6 to 12 weeks of food supply.

Hope you will enjoy reading this book and learn a lot from it. Thanks.

***Happy reading!***



## **CHAPTER ONE:** **Store Dried Foods Instead of Canned Goods**



**T**he US State Department and the United Nations both are encouraging their employees to stockpile food for 12 weeks. However, some families don't have enough space to store them. If your main problem is how to store these foods here are some helpful tips that you can consider.

### **STORE DRIED FOODS**



The first thing you need to consider when storing foods for 6 to 12 weeks is the available space. If you have a small area, you need to think small and compact. It is best to store compact, dried

foods, as well as some chlorine bleach and a tool to filter water for re-hydrating dried foods. In case of hurricanes and other calamities, storing ready to eat foods is a good idea as well.

If you can afford it, you should store foods for at least 2 weeks, however if you have a small basement or pantry area this might not be possible.

One of the best ways to preserve food is by dehydration or drying. The microbes responsible for spoiling the food will not be able to thrive without moisture and the enzymes that resulted to deterioration are not active, thus the food is preserved in a state that is best for long-term storage. Refrigeration is not required in properly dehydrated foods. You can store it in airtight containers or plastic bags and you can keep them for a year or more – The dryer the food the longer you can store it. If you plan to store food longer, proper care must be considered to make

sure that most of the water is removed, or else spoilage, particularly by molds, could become a problem. Normally, some nutritional value is lost during the drying process, with dehydration the nutritional value is retained without the need to sterilize or refrigerate.

Another advantage of storing dried hard-to-prepare foods is that parents will not be tempted to use these foods during their hectic days.

## **DISADVANTAGES OF STORING CANNED FOODS**

Canning food is considered to be one of the best long-term solutions for storing food. However, there are some disadvantages that you need to think about. Canned foods



are known to survive high temperature and can last longer if kept dry, at low room temperature and undamaged. However, the bacteria known as thermophiles can survive high temperature and pressure of commercial canning. Thermophiles are not pathogenic, but if the cans are exposed to hot temperature, they can spoil the food. If you don't have enough space and you will

store canned foods in a garage or storage shed, the temperature may increase high enough to activate thermophilic bacteria.

If you think the best place to store your canned goods is in the basement, you need to think very carefully. Basements tend to be damp, which might lead to another problem, the formation of moisture. Most cans are made of steel and it may tend to rust if exposed to moisture. This may spoil the food. Dented or damaged cans may rust faster. If you're forced to store food in a moist environment, canned goods should be stored inside a separate, air-tight container to keep moisture out.

Another disadvantage of canned foods is that the cans are often heavy and cumbersome to transport because they usually contain a lot of water.



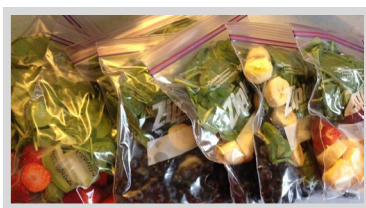


## CHAPTER TWO: The Proper Way of Storing Vitamin-Rich Foods

The most compact and affordable way to get vitamins is by taking supplements. For family with four members only, you can store your 12-week supply in a shoebox and may only cost you around \$60. If you need to relocate, you will not have any problem transporting these supplements. Furthermore, they have a very long shelf life. And definitely, these days it is the best source of vitamins for kids. These days, juice, milk and boxed cereal are fortified and your kids can take vitamins in a pill form.

Vegetables and dried fruits are a quite costly source of vitamins when compared to supplements, but you can add them easily on your diet and they are compact. If you have the funds to purchase them in bulk and repackage them, they go a long way in stews and soups.

Definitely, canned veggies and fruits will add variety on your bare substance diet. But they are more costly and bulkier to store. Some of the recommended nutritional bets in canned foods are as follows:



- Dried tomatoes (not the paste or sauce) are an excellent source of vitamin C, vitamin K and biotin.
- Grapefruit, pineapple and orange juice or chunks are a good source of vitamin C.

- Dried yams and pumpkins contains vitamin A
- Greens like collards, spinach and gumbo are good source of vitamin B complex, vitamin E, vitamin D and vitamin A.

### Alternative Ways To Meet Your Vitamin Needs

If you are living in a small apartment, sprouting is a good alternative. You can do it using jars with cheesecloth or you can purchase specialized sprouters. Eating the sprouts raw is not recommended since there are some reports that it is harmful to your health. You can stir fry sprouts, or grind them up and make them into pancakes topped with your favorite syrup. By doing this, you will not have a hard time encouraging your kids to eat veggies. You can also just grind them and add them in your pancake mixture. Grown-ups often prefer crunchy sprouts in their pancakes.



One of the primary advantages of sprouting is that you can grow them indoors. If you don't have bigger backyard or a balcony, you can always resort to container garden idea. With sprouting there is no need for you to worry about animals or passerby getting into the produce. An though the hassle factor may be higher, if it works, then you will get the actual veggies and fruit to eat instead of sprouts.

## **CHAPTER THREE:**

# **How to Cook Food During Power Outage**

Of course, storing food is only half the battle: cooking your food can be a challenge, especially in the event of a power outage, which can accompany natural disasters and other events. It may also happen for shorter term - your oven broke, the line to your house was damaged and it usually takes longer to repair. It does not matter what the reason will be, you will need something that will help you prepare your food.

You need an alternative tool to boil water and fry your food. Some of the common alternative includes kerosene, wood stoves and propane. Some are safe indoors. If you are living in an apartment building, your choices are more limited. You can either use an indoor small camp stove with close supervision or you can use something outdoors or on your balcony.

A fuel known as EcoFuelXB is an excellent fuel for apartment dwellers. It is available in a can, and heat foods up to 4000 Fahrenheit. You can actually boil and cook your soup and not just warm up the soup. This fuel is safe since it does not have any danger of explosion; it is safe to keep this fuel in bulk in places like apartment buildings where other fuels are not allowed. It has longer shelf life up to ten years. It is more costly as compared to other fuels, but since it is very safe, it is a good alternative for apartment dwellers in case of pandemics.

If you are storing other type of fuel or stove indoors, make sure that it is stored in the right place and away from the reach of children.

To make the fuel last longer, you can cook using a hay box or simple thermal cooker that is similar to a crock-pot that does not require electricity. A thermal cooker is easy to build. You can use a heavy pot with a cover. Using cast iron or something heavier on top of your stove is a good idea. The heavier it is the better. Here is a simple way to make your own hay box cooker:



Cook your food or boil your water using your EcoFuel can plus stove or propane camp stove for ten minutes. Then remove the pot from the stove. Without removing the cover, wrap the pot in a blanket. You can use ordinary fleece blanket. Lastly, use aluminum foil or emergency foil blankets to wrap the wrapped pot. This will keep the food warm for about four to six hours. The blanket and foil wrapper will serve as insulation.

In case you are residing in a place where it is sunny all the time, you can cook using a solar oven. The price of solar oven ranges from \$10 to \$25.

If all the options mentioned do not work, you can eat some foods without cooking. You can eat oatmeal raw; add some lemon juice and oil and dried fruit. Sprout small beans like garbanzos and lentils and eat them without cooking. Large beans such as black beans and pintos must be cooked. And of course you can always eat seeds and nuts and dried fruit raw.





## **CHAPTER FOUR:** **The Right Way of Storing** **Palatable Water**

**I**f there is power outage for a longer period of time, those living in apartment buildings at higher floors might also have problems with their water supply. During this situation, you need to have alternative sources to get your water. Aside from foods you also need to store water. It is best to store water separately from your food. By doing this, you will have more flexibility in storage areas. You can store beans, grains and dried food in areas that might reach freezing temperatures like the attic or storage space. However, this might not be ideal for canned foods. Also, you can store water in areas that might

attract rodents. Also, in case you need to transfer, it will be easier for you to take your food and your water containers and move easily to a new area.







## CHAPTER FIVE: Building Your Survival Box

The first thing that you need to consider when building a survival box is your nutritional goals. Each member of the family has its own nutritional need, so you must pack foods that contain varying amounts of calories, fiber, vitamin A, iron, protein, vitamin C and carbohydrates.



Your children should get enough fiber, however you need to make sure that they will not overfill it before they get enough nutrients and calories. Daily intake of 10g of fiber is recommended for kids. You can get these vitamins and nutrients in fruits and vegetables. As mentioned earlier, it is best to pack dried fruits and vegetables since they are more compact. In building your survival box, you need to think about what your family will want to eat. If your family prefers to eat dried veggies in a soup or stew, include that in your box.

### **THE BASIC BOX**

The Basic Box contains good amount of protein, fiber and calories to keep your family member

alive for 2 weeks. It also includes some veggies and fruits, and mineral and vitamin supplements. Since it is much cheaper to purchase these items in bulk, you can talk to your neighbors or friends to prepare their basic box also.

It is recommended that your basic box should contain enough fiber, calories and protein to keep your family alive for two weeks. It should contain some vegetables and fruits and have mineral and vitamin supplements. A basic box usually costs around \$130 and it takes up the area of two 56 quart storage boxes, with enough space for supplemental items.

As the space and money permits, you can add more items in your basic box. You may pack more calories, vitamins and protein instead of adding more fiber. Add things like dried vegetables and fruit; particularly items like freeze dried cheese, evaporated milk and powdered eggs.

The supplemental items may cost around \$50 or more but since you will be purchasing the items in bulk you will be spending less. The amount of foods and supplements that you will pack will depend on how many you are in the family and the age of your relatives.

## BASIC BOX CONTENTS:

STARCHES	Calories	g. Protein	g. Fiber	\$ Cost
5 pounds white flour	7500	225	75	2.39
5 pounds whole wheat	7500	300	350	1.99
4.4 pounds Masa Harina (corn flour)	7260	100	60	3.00
5 pounds white rice	7500	150	75	3.19
5 pounds spaghetti/elbows	8400	280	32	6.00
5 pounds corn meal	7500	150	75	1.79
42 ounce box oatmeal	4500	150	120	3.99
3.99 5 pounds sugar	8505	0	0	2.99
2 pounds bag popcorn	2970	108	130	1.00
16 ounce box mashed potatoes	1680	24	24	1.69
<b>TOTAL</b>	<b>63,315</b>	<b>1,487</b>	<b>941</b>	<b>28.03</b>

PROTEIN FOODS	Calories	g. Protein	g. Fiber	\$ Cost
2 x 64 ounce box dried milk	5120	51.2	0	10.00
5 1- pound bags dried lentils / beans	5500	550	550	3.50
1 pound bag plain nuts / almonds	3660	80	48	6.00
18-ounce jar peanut/almond butter	3200	112	32	2.19
1 pound sunflower seeds	2660	112	14	4.00
1 pound bag pumpkin seeds	2820	112	16	2.69
2 6 ounce cans tuna	200	30	0	1.60
1 14 ounce can salmon	630	84	0	1.50
1 can sausage or ham	1020	42	0	2.99
2 x 8 ounce jar parmesan cheese	1800	180	0	4.80
<b>TOTAL</b>	<b>26,610</b>	<b>1,353.20</b>	<b>660</b>	<b>39.27</b>



VITAMIN FOODS	Calories	g. Protein	g. Fiber	\$ Cost
1-pound dried fruit (raisins, etc.)	1760	16	32	4.00
4 x 14 ounce can diced tomatoes	350	14	28	5.20
4 x 15 ounce can pumpkin/yams	560	28	60	6.00
<b>TOTAL</b>	<b>2,670</b>	<b>58</b>	<b>120</b>	<b>15.2</b>

OILS AND FLAVORINGS	Calories	g. Protein	g. Fiber	\$ Cost
1 jar 24 ounce honey	1,920	0	9	3.19
48 ounce jar canola oil	11,520	0	0	3.19
2 jars jelly / jam /marmalade	2,600	0	0	5.40
16 ounce jar salsa	150	15	0	2.50
2 12 ounce bars / bags chocolate	3,680	0	0	4.00
15 ounce bottle soy sauce				2.49
12 ounce bottle Tabasco				2.29
40 count box of tea				1.50
3.3 ounce can beef bouillon cubes				2.99
Yeast packets (if you will bake bread) cost varies maybe ....				2.00
40-count boxes Real Lemon/lemon juice (vitamin c)				2.00
Vitamins for 14 days				12.00
Salt				0.25
<b>TOTAL</b>	<b>19,870</b>	<b>15</b>	<b>9</b>	<b>43.80</b>
<b>TOTAL/ 2 WEEK PERIOD</b>	<b>112,465</b>	<b>2,913.20</b>	<b>1730</b>	<b>126.30</b>
<b>GOAL/2 WEEK PERIOD</b>	<b>112,000</b>	<b>2268</b>	<b>1000</b>	<b>about \$130.00</b>

## SUPPLEMENTAL ITEMS

Add items that are high in protein or vitamins and low in fiber as space and money permit.

SUPPLEMENTAL ITEMS	Calories	g. Protein	g. Fiber	\$ Cost
2 6 ounce cans of chicken	250	45	0	5.00
2 12 ounce boxes shelf-stable tofu	360	48	0	3.20
Powdered eggs	3192	273	0	4.00
10 can of powdered cheese				8.00
1 pound dried vegetable soup mix	1600	64	32	5.00
17 ounce jar olive oil	3960	0	0	6.99
More spices				4.00
6 cans condensed milk				6.00
Molasses				
Maple syrup				
More dried veggies and fruits				
Canned or powdered cheese, milk				
<b>TOTAL</b>	<b>9362</b>	<b>430</b>	<b>32</b>	<b>42.19</b>

\* Vitamin A (peaches, pumpkin, sweet potatoes)

\* Vitamin C (pineapple, oranges) juices and greens

\* Crunch/variety: beets, cabbage, sauerkraut, applesauce

More canned tuna, meats, other fish

Shelf-stable sausages (to flavor beans)

Comfort foods like hard candy, chocolate, applesauce,

Other oils for variety

Buy spices in bulk and store them in tightly sealed bags. It is best to store at least 2 to 4 ounce of spices for two-week period. Some of the popular spices that you can store are cinnamon, whole sage, oregano, whole coriander, ancho, cumin, or other chili powder and garlic. As well as dried onions, dried parsley, and sea-salt is suggested.





## **CHAPTER SIX:** **Facts You Should Know When Preparing Your Basic Box**

- Flavorings may vary depending on availability, location, cost and what meals you will cook or store in your pantry.
- Focus on personal dietary requirements. The recommended meals should contain options for low protein, low-sodium, peanut-free diets and others. These are only some suggestions to help you get started. You need to plan early particularly if your family's diet is restricted since there will be no assurance that specific foods will be available when there is a shortage.
- If you have infants in your family, you need to plan ahead. Normally, they require either milk formula or breast milk. You can stock up milk formula with longer expiry dates for a breastfeeding baby.
- You also need to plan for children 4 years old and below. They need the right amount of protein, calories and vital nutrients, since their developing bodies will not develop properly without these minerals and nutrients. Vitamin A, vitamin D and thiamine are also essential nutrients a child requires to grow. One particularly good source of these minerals and nutrients is a multivitamin

pill. Choose one that can be easily absorbed by their bodies. This could be more costly as compared to some cheaper vitamins available but it is worth the extra cost. Make sure that they have enough protein in the form of powdered milk, peanut or other nut butter, powdered or canned cheese. It is important that these nutrients are available in foods that young children will eat and like.

- Generally, these items are available at regular grocery stores, but for best nutrition and quality, it is best to purchase these items from trusted retailers.

### **GOOD SOURCES OF VITAMINS AND MINERALS**

You can get a good amount of vitamin C or ascorbic acid in fruits and juices. Canned yams and pumpkin are good source of vitamin A, however these will degrade over time. Whole grains are a good source of vitamin B but it will also degrade over time. You can get vitamin D from sunshine in late spring, early fall and summer. You can also get vitamin D from cod liver oil or fish oil capsules, vitamin supplements or in some fishes.

## **CHAPTER SEVEN:** **Breads and Cereals** **Survival Recipes**

These recipes can be cooked on a camp stove in frying pan or pot of water. Keep in mind that when you are cooking beans and lentils, you need to experiment and determine what flavorings you prefer. These recipes are only some of the recommended meals that you can cook with ease. Most recipes include the use of onions and celery. In case you don't have these items you can omit them, though you can also use the dehydrated ones. Many recipes require various spices if you don't have one, you can omit them it will still taste good.

### **TRADITIONAL OATMEAL\***



#### ***Ingredients:***

- 1 cup rolled oats
- 2-¼ cup water
- Butter to taste
- Dash of salt
- Sweetener and/or cream or milk as desired

#### ***Directions:***

- Combine water, oats and salt in a saucepan and then set the heat to high.
- Once the water boils, reduce the heat to low and stir until the water is absorbed for about 5 minutes.
- If you want you can add butter and cover the pan, and remove the pan from heat.
- After 5 minutes. remove the pan and stir. Add the remaining ingredients as desired and serve.
- Add almond meal, raisins, peanut butter, dried fruit or powdered milk for more nutrition. Add yogurt or butter on top.
- You can also eat oatmeal raw. Top with lemon juice, some nuts or fruits and little oil.



## **FRIED CORNMEAL MUSH/PORRIDGE \***



### **Ingredients:**

- 1 cup cornmeal
- 1 cup cold water
- 3 cup boiling water
- 1 ½ salt

### **Directions:**

- Combine cold water and cornmeal. Pour in boiling salted water.
- Cover. Cook over medium heat for ten to fifteen minutes. Stir frequently, until mixture becomes thick.
- If you will use this as cereal, spoon mush in the bowls and serve with sugar and milk, if you want.
- If frying, add the mixture in the loaf pan.
- Take it out of the pan, cut into slices, and fry with small amount of oil over med-high heat until browned on both sides. Serve together with your favorite sauce.

## **TASTY ZAMBIAN PEANUT BUTTER PORRIDGE \***



### **Ingredients:**

- 2 ½ cup water
- 1 cup cornmeal
- ½ cup peanut butter
- Brown sugar or butter honey
- Milk

### **Directions:**

- In a medium saucepan bring the water to boil.
- Combine cornmeal and water in a bowl to produce a smooth paste.
- Add the mixture to boiling water, with constant stirring to prevent the formation of lumps. Simmer for 3 minutes.
- Add ½ cup of chunky peanut butter and then simmer for 3 to 5 minutes.
- Add some brown sugar or butter honey and milk for a steamy breakfast cereal.

## ***DELICIOUS INDIAN STYLE FLAT BREAD \****



### ***Ingredients:***

- ½ cup of water or more
- 1 teaspoon oil
- 2 cups whole-wheat flour
- Pinch of salt

### ***Directions:***

- Combine whole-wheat flour, pinch of salt and oil.
- Slowly add lukewarm water.
- Knead dough until it becomes soft. Cover using a clean damp cloth. Let it rest for one hour.
- Divide the dough into ten pieces. Roll each slice into a four-inch circle.
- Heat the frying pan without grease and cook each slice until it begins to bubble on the bottom.
- Flip and fry the other side, and remove from heat. To keep it warm, stack in a tea towel.





## **CHAPTER EIGHT:** **Easy-to-do Crepe, Tortilla,** **Pancakes and Popcorn Recipes**

### **YUMMY CREPE \***



#### ***Ingredients:***

- ¼ cup water
- ½ tablespoon oil
- 1 cup flour
- 1 cup powdered milk
- 1 powdered egg
- Salt to taste

#### **Recommended Fillings:**

- Stewed dried fruit
- Chopped walnuts with sugar
- Chopped ham

#### ***Directions:***

- Combine all the ingredients whip with whisk until the mixture becomes foamy and smooth.
- In lightly oiled pan, pour small amount of batter.
- Rotate pan until the batter is distributed evenly, making one large thin pancake.
- Fry until brown. Flip and fry the other side.
- Add your chosen fillings and serve.

## CORN TORTILLAS \*



### Ingredients:

- 2 cups Masa harina (corn flour)
- 1 and ¼ cup water (maybe more if needed)

### Directions:

- Combine the harina and the water to make dough.
- Cut a piece of dough and create a golf ball sized piece and roll it into a ball.
- Place the dough between two pieces of waxed paper or plastic wrap and then press to create a flat circle.
- Cook on hot skillet for 30 secs. Turn and cook the other side for 60 seconds, it should puff a little bit.
- Turn it again and cook again for 30 seconds the first side.
- Remove the tortilla in the pan and keep warm.

## TRADITIONAL PANCAKES \*



### Ingredients:

- ½ teaspoon salt
- 1 ½ to 2 cup milk
- 1 or 2 eggs
- 1 tablespoon baking powder
- 1 tablespoon sugar
- 2 cup flour
- 2 tablespoon oil

### Directions:

- Pre-heat a large pan or griddle over med-low heat as you make the batter.
- Mix all the dry ingredients. Combine the eggs and milk together then add in the oil.
- Add the wet ingredients into dry ingredients, mix only enough to moisten the flour. Some lumps are acceptable.
- Stir the batter gently. If the batter looks too thick, add more milk.
- Each time you add the batter in the pan, add a teaspoon of oil. Scoop the batter onto the skillet, to create the size of pancake you want.
- Cook until the bottom of the pancake becomes brown for about 2 to 4 mins. turn the pancake, and cook the other side until it is slightly brown.
- Serve.



## ***TASTY HOMEMADE POPCORN \****



### ***Ingredients:***

- 2 tablespoon Canola oil
- Cheese
- Popcorn
- Salt



### ***Directions:***

- Heat 2 tablespoon of canola oil in a pot. Add 2 or 3 popcorn kernels and cover the pot. Adjust the heat to med-high.
- After two or three minutes, the kernels should all pop up. When they all do, add ¼ cup of the kernels to the oil.
- Make sure that the oil will slightly cover the kernels you have in the pot.
- Let the kernels pop until the rate of popping slows down. You don't have to shake the pot.
- When it stops popping, remove the pot from the heat. Let it stand for another minute to allow the remaining kernels pop up.
- Transfer the popcorn into a bowl and sprinkle cheese, salt or whatever flavor you want.

## **CHAPTER NINE:** **Easy-to-Cook Soups & Stews**

### **HEALTHY PUMPKIN SOUP \***



#### ***Ingredients:***

- 1 chicken bouillon cube
- 1 tablespoon oil
- 2 cloves of garlic
- 2 cups of water
- 5 cup pumpkin puree
- Milk (optional)

#### ***Directions:***

- In a huge saucepan, sauté garlic in 1 tablespoon of oil.
- Add water and the bouillon cube and bring to a boil.
- Then add the pumpkin puree and let it boil till it looks yummy.
- To make it more nutritious, pour one cup of soup in a bowl and add powder milk and mix well.
- Add it back to the pan and simmer it but do not bring it to boil.



## ***YUMMY SWEET TOMATO SOUP\****



### ***Ingredients:***

- 4 cups water
- 2 beef bouillon cubes
- ½ cup uncooked rice
- 3 cups whole tomatoes
- 4 teaspoons honey or sugar
- Sweet cream (milk optional)

### ***Directions:***

- Boil water in a pot and add beef bouillon cubes.
- Once the bouillon is dissolved add the uncooked rice.
- Let it boil until the rice is almost cooked for about 15 minutes and then add the whole tomatoes. Cook until the tomatoes are heated well.
- Add 4 teaspoon of honey or sugar and sweet cream. You can add milk if desired.

## ***FINAL WORDS***

No one can predict when a disaster or calamities strike. The best thing that you can do is to prepare yourself and keep your storage or pantry complete with supplies that you might need in the event of an emergency. If you have a small storage area this should not stop you from building your basic box. The tips and ideas in this eBook will help you solve your space problem.