

# food storage lies *debunked*

<http://foodstoragemadeeasy.net/2009/03/02/long-term-food-storage-lies/>

As we began to think about building our [LONG TERM food storage](#) we started to come across some ideas that kept holding us back from really becoming serious about it. As we've been researching for our blog, and actually building our own storage, we discovered that a lot of things were not true for US. We've summarized them here into seven food storage lies that we have debunked.

## *You have to buy the exact foods listed in food storage calculators*

Don't be afraid to replace certain foods with foods you use more often. For example, the typical calculator may tell you to store way more, or less, of a certain ingredient than you would ever use. For example, Jodi likes to use her [grain mill](#) to grind corn for cornbread, so she's not taking the cornmeal recommendation literally and is storing corn kernels instead.

## *You have to plan on making meals with only shelf-stable/basic foods*

We often hear people think they must cook meals with only shelf-stable ingredients. While these recipes can be useful and are good to know about in case of a severe emergency situation, they are NOT the be all/end all of food storage. The idea is that you will be learning to cook with your food storage and constantly rotating it. It's okay to mix and match "food storage" items with "non-food storage" items.

## *Food storage is for people with large homes or storage areas*

TOTAL LIE! See our [small spaces storage solutions](#) post for ideas on how to start no matter how tiny you think your house might be.

## *You should buy all your food storage up front...just in case*

NOT! Let's be honest, unless you have tons of cash lying around, this isn't going to happen. Start small. Commit yourself to buying food, [little by little](#). Decide you will gather small amounts of a variety of long term food storage items. Once you discover which items you use most often, re-adjust and keep on buying when you can.

*Food storage is only for health freaks who cook weird meals*

FALSE. Crystal at [Everydayfoodstorage.NET](http://Everydayfoodstorage.NET) shows you how you can use your food storage in EVERYDAY ways. She is great at teaching you to take the meals your family typically eats and incorporating food storage into them.

*Only people who bake can actually use/rotate their food storage*

This is a lie that Julie thought was true until she really got into using food storage. She has always tried to cook with really “healthy” types of ingredients, and didn’t know how to incorporate long term food storage items into her typical meals. She learned that everyday food storage, means using your food storage in meals YOU would typically make. It’s surprising how you can adapt and start using your food storage even if you don’t cook the standard meals “everyone” else seems to be making. Stay tuned for some of Julie’s “health-conscious” discoveries that have had her dreaming about legumes.

*Food storage will only be useful for a major natural disaster*

While this is the reason a lot of people think you should get into food storage, it is one of the very last reasons why we LOVE having food storage. We have found that we use food storage for health reasons, self-reliance reasons, to weather against economic storms, and so much more. While it’s good to eventually make plans for how to survive without things like gas and electricity, there is no need to let that get in the way of you starting to use and rotate through your food storage TODAY!