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Get Prepared: Know What You Are Preparing For

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Do you remember when we didn't have to worry about food shortages or other crises? Do you remember when you could go to grandmother's house, open her pantry, and pull out those fresh canned vegetables? Remember when the family would take a picnic and the basket was full of fresh fruits and veggies grown in your own backyard? Remember when you would sit out on the porch and watch the sun go down, while eating those homemade cookies and jams? Or fresh dill pickles? We all have memories of the good ole days when life seemed more carefree, more certain. I remember planting a garden in springtime, watering and weeding in the summertime – and best of all, harvesting the garden in the fall. I spent lots of time with my grandmother canning fresh veggies that we had grown in her garden. We were preparing and getting ready for the winter months when the weather might prohibit a trip to the store. At those times, you had to eat what you had put away.

I would love to tell you that I have a pantry filled with home-grown veggies today, but I don't. I don't have the time or the garden. However, I do have at least a two months' supply of freeze-dried food stored for my family. While it's not grandmother's, it is still very nutritious and good, easy to prepare – and the shelf life is 20 years! How about you? Are you prepared? Do you have a two-to-six month supply of food stored for a rainy day? Are you aware that most supermarkets and their warehouses have only enough food to last 7 to 10 days? And that isn't enough for everyone in town – that's just what they have stored. In New York City, it's only a half-day supply. How would you like to be there when the food runs out? Ever been to the store when a major ice storm or hurricane was forecast for the area? If not, it's probably because you were prepared with extra food on hand. But most of us, including myself, have experienced the empty shelves when there isn't fresh bread or milk. Or, you may have had the food on hand – but the power went out and you couldn't use your can opener to open up the food in your pantry!

It seems redundant to keep telling everyone to stock up and prepare for bad times, but the truth is, you need to do it. We have watched as our fellow Americans have suffered through disasters that left them homeless and hungry – tornados, hurricanes, fires, and floods ... to name a few. How many people were able to help others if they, themselves, were unprepared? I have watched on TV as soup kitchens stepped up to help and yet they didn't have enough. Maybe you believe it won't affect you because you don't live in an area like N.Y. or near the gulf. Well, if you buy your food at a supermarket you are not out of the loop. A simple trucker strike or natural disaster can quickly leave the shelves empty in your town.

Other scenarios remind us that "cash will be king" when our high-tech systems crash. I heard recently of one store that lost its entire computer system, prohibiting the use of credit cards, food stamps, gift cards, and debit cards. The food was on the shelves but the store management would take only checks or cash. How much cash do you have on hand? We highly recommend that everyone have one or two months of expenses in actual cash on hand (i.e., Federal Reserve Notes). I hope today as you read this you will take stock of your current and future food supply. I would love to help you with a check list that could save you MONEY and TIME. It is less costly if you prepare a little each month than if you wait until a disaster has hit your home or your town. Do something today. Log on to www.youpreparenow.com and check out your options. Feel free to call me at 1-800-325-0919, extension 7478. I will be happy to assist you with a plan that is right for you and your family.