PREPAREDNESS: CANNED ITEMS

In an emergency situation, having a supply of canned items on hand can make things much easier. Many canned food items require very little preparation for eating; and some can even be eaten right out of the can in a pinch. They are also readily available on the shelves in every grocery store right now. This is a great food source for a short term emergency but can even augment longer term needs, too. Convenience is the number one advantage to canned goods.

Another great advantage of canned foods over some types of longterm storage options is that of variety. Both fruits, vegetables, meats, and even entire meals come in cans nowadays. Vitamins and minerals (as well as flavour) are sometimes lacking in dried bulk foods or freeze dried foods; but these are frequently still very available in canned foods which are fresher and more like they were when they were harvested.

As you build your supplies over time, you will want to add longterm food storage to your canned goods, but canned foods are a great place to begin building your supplies. There are some disadvantages, however, which should be taken into account when determining what portion of your preparedness foods will be canned goods.

Some of the disadvantages to canned goods are:

- Relatively more expensive for the quantity
- Relatively shorter shelf life than some storage options
- Relatively heavier and more space consuming

In conclusion, canned foods are great for short term emergencies and are great for nutritional content and variety. They should not, however, be the sole form of food storage for longterm plans. Also remember to use them before they expire and replace them!

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