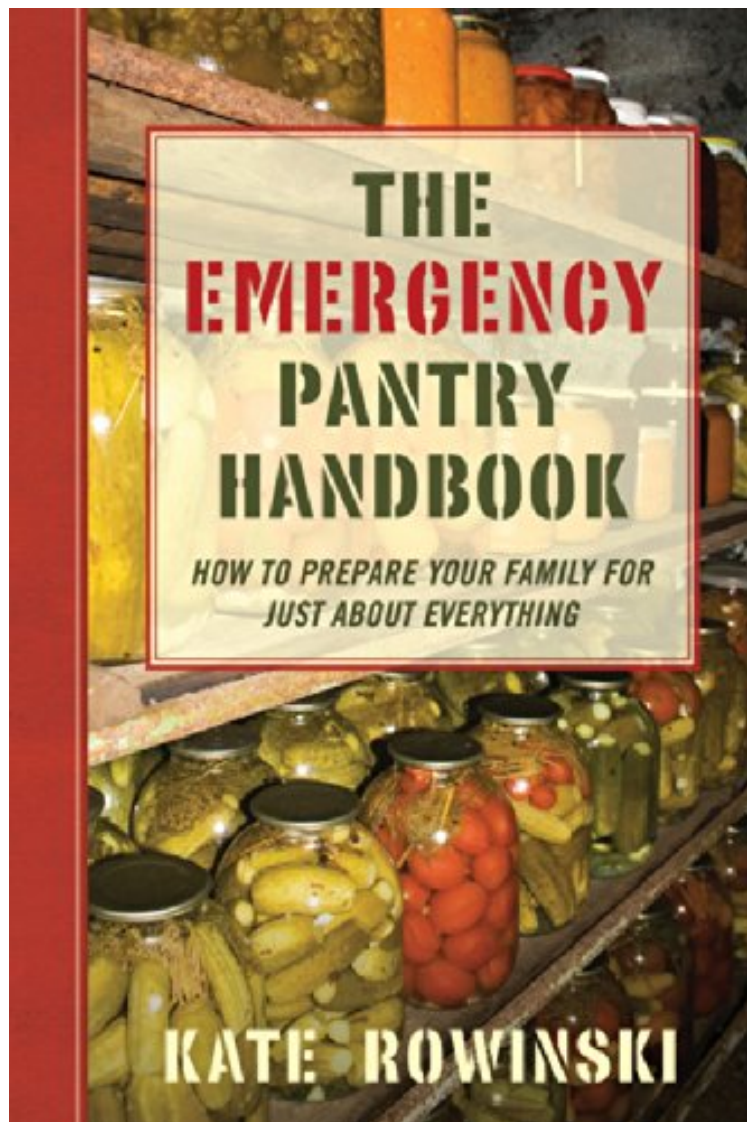


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# The Emergency Pantry Handbook: How to Prepare Your Family for Just about Everything

*Kate Rowinski*

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#856829 in BooksColor: Multi Proforce EquipmentModel: BK283 2013-05-01Original language:EnglishPDF # 1 9.00 x 6.10 x 6.00l, 1.03 #File Name: 162087590X176 pagesTips on how to protect and feed your family in a crisisDetailed instructions on how to Prepare for an emergencyProvides personalized food plans and nutrition | File size: 24.Mb

**Kate Rowinski : The Emergency Pantry Handbook: How to Prepare Your Family for Just about Everything** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Emergency Pantry Handbook: How to Prepare Your Family for Just about Everything:

0 of 0 people found the following review helpful. Just What I NeededBy ReaderI really like this book and plan to use several of the recipes. New to canning, this book has made it an easier process to learn. I think any one who is looking to build their pantry will find valuable information in it's pages.0 of 0 people found the following review helpful. We like it.By HamboneThis book is chock full of helpful tips. We like it.0 of 0 people found the following review helpful. Five StarsBy andy1243a+++

The emergency pantry handbook by cooking expert and readiness enthusiast Kate rowinski offers tips, techniques, and advice on how to keep your family safe, well-fed, and fully supplied in the event of any crisis. With simple instructions, she demonstrates how to create an emergency strategy; how to protect your house, documents, and keepsakes; and how to prepare for specific disasters. Rowinski focuses on food storage and cooking put simply, how to plan nutritional emergency meals and avoid "making due" on canned meats and chocolate bars. The emergency pantry handbook details: storage techniques- personalizing your food plan- stockpiling, shelf life, and rotation- pickling, canning, Sprouting, and drying- make delicious dinners out of your storage pantry emergency pantry handbook is the ultimate guide to keeping your family eating healthily and maintaining proper nutrition, even in the worst of circumstances. Specifications:- number of pages: 476- size: 6" x 9".

About the AuthorKate Rowinski is the author of a number of books, including The Wilderness Guide to Dutch Oven Cooking, The Ultimate Guide to Making Chili, and The Quotable Cook. She co-owns the Horse and Hound Gastropub in Charlottesville, Virginia with her husband Jim, her daughter Brooke, and her son-in-law Luther Fedora.Jim Rowinski has spent his entire adult life in and around trout streams. He has devoted most of his career to designing and developing fly rods, reels, wading shoes, and other gear for the most prestigious brands in the industry. Jims passion for river photography has taken him around the globe. His photo credits include numerous national magazines, catalogs, calendars, and national ad campaigns. His credits also include books on outdoor photography and fly fishing. A former wilderness and river guide, Jim has taught photography and fly casting since 1972. He and his wife, Kate, live in Charlottesville, Virginia.