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The Unprepared Population: A Statistic You Don't Want To Be a Part Of

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I have suggested to readers that setting aside 10% of your monthly budget and using it for emergency preparation is an advantageous investment for your future well being. Many have remarked that with the economy on the down slope, they simply cannot afford to use a portion of their budgets towards preparations. My response back to them is, "Can you afford not to be prepared?"

FEMA Wants Every Home To Have 2 Weeks Worth of Food

As a whole, most of the population is not prepared for an unforeseen disaster. Many emergency websites such as [FEMA](#) ^[1] has stressed how important it is to be prepared. Specifically, FEMA has suggested that each family should have *at a minimum* of a three day supply of food, but should not limit it to that amount. In fact, they go on to suggest each household have a two week supply as well. Statistics state that the average family household has only *3 days* worth of food in their homes. With that knowledge in hand, it is safe to say that most of the population is ill equipped to handle an unforeseen extended emergency, and the result is a formula for epic disaster.

Simply put, when human beings basic needs are not met, their once passive natures dissolves and a more aggressive side replaces it. When an entire population's needs are not being met, what do you think will happen? 4 words – complete and utter pandemonium. The unspoken truth is there is simply not enough food in the stores to supply a large population all at once. As a result, many families will go without food and chaos will ensue.

Point and fact, many who live in areas where extreme weather occurs knows that when a storm is imminent, there is a mass rush to the stores to stock up on supplies. Some people are able to buy a surplus of goods (if they get to the stores in time), and some people get there too late and walk home empty handed. The supply of food has run out because everyone is buying the same types of foods. Foods such as basic food pantry, canned goods, bread, condiments, water, batteries, flashlights, emergency supplies, etc. Having these supplies at home will eliminate the stress of fighting the hoards in the stores.

Preparing Provides Peace of Mind

Accumulating an emergency food supply can be achieved even on the most modest of budgets. This author bought a [6 month food supply for 1 person with \\$115](#) ^[2]. If this amount is too much for your budget, try breaking up the emergency food list up into different categories such as breakfast foods, grains, water, baking needs, etc. Another method is bargain shopping. Go to the Dollar stores in your area and see what canned goods or boxed dinners are available. Other preparedness items such as batteries, flashlights and duct tape may also be available. Each time a person goes to the store, they can buy a portion of their food supply and store it away for later use. In a matter of a few weeks to 1 month's time, a modest amount of food has been stored. To find how much food a family needs, many preppers use this [food storage calculator](#) ^[3]. Although, many of our budgets are dwindling due to the bad economy, there are ways of [stretching your budget](#) ^[4] and changing your lifestyle in order to prepare.

Being prepared can put a person way ahead of the game. While many who are unprepared for disasters will be battling the lines at the grocery stores, those that have prepared can concentrate on other matters at hand: their families well being.

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URLs in this post:

[1] FEMA: <http://www.fema.gov/pdf/library/f&web.pdf>

[2] 6 month food supply for 1 person with \$115: http://readynutrition.com/resources/first-time-shopping-list-for-an-emergency-food-supply_03022011/

[3] food storage calculator:

<http://readynutrition.com/resources/category/preparedness/calculators/>

[4] stretching your budget: http://readynutrition.com/resources/7-ways-to-save-a-buck_02112010/

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