

# Four ways prepping can make your life better, right now

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Shawshank, VA 6/29/12 ([Balancing](#)) -- Prepping doesn't have the best reputation these days. From shows like Doomsday Preppers doing their best to portray preppers as crazy, paranoid extremists to the government considering anyone with more than seven days of food a 'potential terrorist,' it's no wonder most people look at prepping as a dangerous, possibly seditious, activity. This mindset, of course, works within the designs of a system that wants as many people as possible dependent on the government. Since self-reliance is, therefore, anathema to control-freak globalists and everything they stand for, the absolute best thing any informed patriot can do is... get prepared!

There are many reasons to prep, and everyone who does has at least one - global pandemic, endless wars, nuclear disaster, the collapse of the dollar, food shortages, encroaching government, natural disaster, and even the mythical zombie apocalypse. But there are several key reasons to prep that will make your life better, right now, even if that zombie apocalypse never quite materializes the way it does in the movies.

Here are four reasons prepping can make your life better, right now:

1.) Prepping can save money - First of all, because of inflation (sadly), food is one of the few investments that has actually seen a positive rate of return over the past several years. It is an excellent investment that can help you care for your family in any emergency, whether it be local, regional, or just specific to your family (job loss, etc.).

Second, buying food in bulk when it is on sale puts you, the consumer, in the driver's seat. The next time you are shopping and an item you bought on sale before is full price, you will have enough in stock to wait until the price is marked down again.

Third, it is usually less expensive to buy things in bulk, thus granting an automatic cost savings to people (preppers) who tend to buy items this way. Further, buying and learning to rely on staples such as wheat, beans, rice, etc. also saves money because these items tend to be less expensive than their processed counterparts.

There are other ways to prep without breaking the bank, and there are also highly expensive ways (long term

freeze dried storable food, for example), but economical prepping will save the average person money over the long haul.

2.) Prepping can save time - Have you ever started browning the meat for a spaghetti dinner only to realize that you're out of tomatoes or some other key ingredient? Such moments are rare for the competent prepper. Most if not all key ingredients are merely a pantry or basement away! The time saved on those avoidable grocery store trips can be used in more productive ways, like cooking delicious, healthy food from scratch.

3.) Prepping can help you eat healthier - Buying staples in bulk and learning to cook with them will cut down on the toxic, highly processed food that many of us eat every day. (And no, despite their legendary long shelf life, Twinkies do not count as preps!)

4.) Prepping will give you peace of mind - We all know a million things could happen tomorrow that could make life as we know it vastly different. Being prepared snatches a small bit of control back from the chaos that surrounds the world we live in. It's not a magic bullet, but it IS something real, something tangible we can all do to help protect our families against what could come.

So go ahead, prep for whatever disaster life may bring, but be sure to do so in a way that will make your life better even if it never happens.

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