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# FOD-01: STARTING A FOOD STORAGE PROGRAM STUDENT COMPANION GUIDE

## The Household Planner's Field Reference

Goals, Budget, Storage Capacity, Acquisition Calendar

Storage Tiers · Budget Worksheet · Capacity Assessment · 90-Day Acquisition Calendar

**Edition v1.0 · 2026**

**Semper Paratus, Semper Gumby**

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**FOD-01: STARTING A FOOD STORAGE PROGRAM — STUDENT COMPANION GUIDE**

Companion Guide to Online Training

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Published by Fortune Favors the Prepared

Thomasville, Pennsylvania

fortunefavorstheprepared.com

Edition v1.0 | 2026

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Online curriculum:  fortunefavorstheprepared.com/fod-01-landing/

### What this guide contains

For each of the five online lessons: a condensed reference summary covering only the key terms, criteria, and decision points — not a transcript. Four worksheets — Goal Statement, Acquisition Budget, Storage Capacity Assessment, and 90-Day Acquisition Calendar — completed during and after the lessons. A sources chapter listing the reference standards behind the method.

### Required workflow — online lessons BEFORE using this guide

- Step 1 — Support the development and availability of these courses by subscribing to my Patreon: patreon.com/fortunefavorstheprepared
- Step 2 — Access the online lessons at fortunefavorstheprepared.com/fod-01-landing/
- Step 3 — Complete all five lessons including knowledge checks
- Step 4 — Use this guide during your own planning session as a field reference, and complete the worksheets as you go

> **THIS GUIDE IS NOT STANDALONE**
> The instruction for each lesson — the reasoning, the examples, the knowledge checks — lives in the online training. This guide is the condensed reference and worksheet set you return to afterward, not a replacement for the lessons themselves.

> **ORDER MATTERS**
> Do not open the worksheets until the corresponding lesson is complete. Worksheet 1 depends on Lesson 2's goal-setting framework; Worksheet 4 depends on all four lessons before it. Filling worksheets out of order produces a plan that doesn't match the method.

## Guide Map — What to Reference When

| When you need… | Go to |
|---|---|
| A refresher on why panic buying fails | Chapter 1 |
| The four storage tiers and time horizons | Chapter 2 |
| The one-time vs. recurring budget split | Chapter 3 |
| The four environmental storage risk factors | Chapter 4 |
| To sequence your acquisition calendar | Chapter 5 |
| To write your household's goal statement | Worksheet 1 |
| To set your budget ceiling | Worksheet 2 |
| To record your storage space audit | Worksheet 3 |
| To build your 90-day acquisition plan | Worksheet 4 |
| The standards and courses this method draws on | Chapter 6 — Sources |

# PART I — LESSON REFERENCE SUMMARIES

## Chapter 1: Why Food Storage Programs Fail

Most food storage attempts don't fail from lack of care — they fail because they were never a program to begin with, just a reactive purchase with no goal, budget, or plan behind it.

> **THE NON-NEGOTIABLE SEQUENCE**
> A program starts with a goal, time horizon, and budget decided calmly in advance. A purchase is a reactive event with no plan behind it. The rest of this course only works if that order is respected.

### The Panic-Buy Pattern

A one-time panic purchase has three predictable problems: it's driven by whatever is available that day rather than what the household eats, it has no budget ceiling, and it has no plan for how long the supply needs to last or how it gets rotated and replaced.

### Why It Feels Productive Anyway

A full cart creates a genuine sense of accomplishment, but it measures activity, not progress. Progress is a plan that survives contact with a real emergency months or years later — which is what Chapters 2 through 5 build.

## Chapter 2: Setting Goals and Time Horizons

A food storage goal has to be honest about the household's real constraints, and it translates into one of four standard storage tiers.

| Tier | Time Horizon | Typical Use |
|---|---|---|
| Two-Week | ~14 days | Bridges a short disruption — storm, outage, temporary income loss. |
| Three-Month | ~90 days | Everyday rotating pantry stock; the working core of most households. |
| One-Year | ~12 months | Extended self-sufficiency target; needs real capacity and rotation. |
| Long-Term | Multi-year | Mylar-bagged, oxygen-absorbed goods on a scheduled check cycle. |

> **BUILD TIERS IN ORDER**
> Trying to jump straight to a one-year supply without the earlier tiers in place is a common way food storage programs stall out — the goal feels too large to start, and nothing gets built.

### Sizing the Goal to Household Composition

Household size and dietary restrictions change real quantities far more than most people expect. Rather than estimate, run your household through the food planning calculator included with the FFTP Personal Preparedness Assessment Workbook, and record the result in Worksheet 1.

## Chapter 3: Budgeting for Acquisition

A food storage budget has two distinct components, and treating them as one number is a common planning mistake.

| Cost Type | What It Covers | Frequency |
|---|---|---|

| | | |
|---|---|---|
| One-Time (Infrastructure) | Shelving, bins, Mylar bags, oxygen absorbers, equipment. | Paid once, or when capacity expands. |
| Recurring (Acquisition) | The food itself — staples, proteins, produce, rotation. | Ongoing, monthly or quarterly. |

> **THE MOST COMMON BUDGETING ERROR**
> Budgeting only for one-time infrastructure and forgetting the recurring acquisition cost — or the reverse — produces either food with nowhere to go, or a well-organized empty shelf. Both numbers need a ceiling, set in advance.

## Chapter 4: Assessing Household Storage Capacity

A storage space audit identifies every space that could realistically hold food storage, and checks it against four environmental risk factors before a single item is purchased.

| Factor | Risk |
|---|---|
| Heat | Accelerates spoilage and degrades packaging over time. |
| Humidity | Promotes mold, rust on cans, and clumping in dry goods. |
| Light | Direct sunlight degrades nutrients and accelerates spoilage. |
| Pests | Rodents and insects can breach unsealed containers. |

> **WHEN GOAL EXCEEDS CAPACITY**
> If the audit reveals a real gap — a one-year goal but only three-month worth of good space — revise the Chapter 2 goal down, or invest in the Chapter 3 infrastructure budget to create more good storage. Do not force the mismatch by using poor-quality space anyway.

## Chapter 5: Building Your 90-Day Starter Plan

With a goal, budget, and storage assessment complete, the last step is sequencing: a month-by-month calendar that prevents over-acquiring one category while neglecting others.

> **THE REYES HOUSEHOLD EXAMPLE**
> Goal: three-month supply, two adults, one child. Budget: $180 over three months. Capacity: 40 shelf-feet. Sequence: staples in Month 1, water and hygiene in Month 2, rotation and protein in Month 3 — $60 each, so no single month or category consumes the plan.

This is the capstone exercise for the course. Worksheet 4 walks you through building the same kind of sequence for your own numbers.

# PART II — BLANK WORKSHEETS

## Worksheet 1: Goal Statement

Complete alongside Chapter 2. Be honest about your household's real constraints.

### Primary Goal

☐ Bridging a short-term disruption (storm, job loss, supply chain hiccup)

☐ Reducing everyday grocery cost through bulk buying and rotation

☐ Building long-term self-sufficiency

☐ Other:

_____

### Household Size & Dietary Notes

Run your household through the food planning calculator included with the FFTP Personal Preparedness Assessment Workbook before filling this in.

**Number of adults:** _____

**Number of children:** _____

**Dietary restrictions / allergies:**

_____

### Target Storage Tier

☐ Two-Week (~14 days)

☐ Three-Month (~90 days)

☐ One-Year (~12 months)

☐ Long-Term (multi-year)

### My Goal Statement

_____

_____

## Worksheet 2: Acquisition Budget

Complete alongside Chapter 3. Keep one-time and recurring costs separate.

### One-Time Infrastructure Costs

| Item | Estimated Cost | Purchased? |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |

### Recurring Acquisition Budget

**Monthly or quarterly ceiling: $** _____

### Total Estimated One-Time Cost

**$** _____

## Worksheet 3: Storage Capacity Assessment

Complete alongside Chapter 4.

### Space Audit

| Location | Estimated Capacity | Best Suited Tier |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |

### Environmental Risk Check

- ☐ Heat — temperature swings that could accelerate spoilage or degrade packaging
- ☐ Humidity — moisture that could promote mold, rust, or clumping
- ☐ Light — direct sunlight exposure
- ☐ Pests — confirmed barrier against rodents and insects

### Capacity vs. Goal

_____

_____

## Worksheet 4: 90-Day Acquisition Calendar

This is the Chapter 5 capstone. Bring together Worksheets 1 through 3 into a sequenced, month-by-month plan.

> **WORKED EXAMPLE: THE REYES HOUSEHOLD**
> Month 1 — Staples: $60. Month 2 — Water and hygiene: $60. Month 3 — Rotation stock and protein: $60. Use this as a model, not a template — your own numbers come from Worksheets 1 through 3. For real quantities, run your household through the food planning calculator in the FFTP Personal Preparedness Assessment Workbook before finalizing each month's targets.

### Month 1

| Category | Target Item(s) | Budget Allocated |
|---|---|---|
| | | |
| | | |
| | | |
| | | |

### Month 2

| Category | Target Item(s) | Budget Allocated |
|---|---|---|
| | | |
| | | |
| | | |
| | | |

### Month 3

| Category | Target Item(s) | Budget Allocated |
|---|---|---|
| | | |
| | | |
| | | |
| | | |

### Review

At the end of 90 days, revisit this calendar: what got bought, what didn't, and what needs to shift in your next cycle. This review habit is what keeps a food storage program from drifting back into the Chapter 1 panic-buy pattern.

## Optional: Resource-Sharing Agreement Template

If you're splitting bulk purchases or coordinating storage with family, neighbors, or a mutual aid group, use this template to document the arrangement in advance.

**Participants:** _____

**Item(s) being shared:** _____

**Cost split (per participant):** _____

**Storage location:** _____

**Pickup / distribution plan:** _____

**Date:** _____

This template is a starting point, not a legal document. For a MAG-scale version of this agreement, see FFTP LOG-01 (Logistics & Supply Management).

# PART III — DOCTRINAL SOURCES

## Chapter 6: Sources Behind the Method

| Source | Role |
|---|---|
| FEMA — Food, Water & Emergency Supplies | Baseline household stockpile guidance this course builds a personalized program around. |
| USDA — FoodKeeper App | Reference source for shelf-stable food storage guidance used throughout the FOD track. |
| FFTP Personal Preparedness Assessment Workbook | Source of the food planning calculator used in Chapter 2 and Worksheets 1 and 4. |
| FFTP LOG-01 — Logistics & Supply Management | Companion course — MAG-level supply and logistics systems that household acquisition and storage skills feed into. |