FOD-01 Starting a Food Storage Program

A plan you can actually keep, not a pantry you panic-filled once — a goal, a two-part budget, a storage audit and a 90-day acquisition calendar for any household.

BOTTOM LINE UP FRONT

FOD-01 is the planning course that comes before any buying. You set a goal and time horizon, put two real numbers on the budget, measure the storage space you actually have, and turn all three into a 90-day starter plan. It is not a shopping list, a bulk-buying course or a couponing guide — those (FOD-03 and FOD-04) work against the limits this course sets.

WHY THIS MATTERS

Most food storage fails because it was never a program — just a purchase.

A scare hits, a cart gets filled with whatever is left, and the stockpile sits until a real emergency finds much of it unused or expired. FOD-01 turns that urgency into decisions made once, calmly, so the next scare has a plan to execute instead of a cart to fill.

► **The goal, budget ceiling and storage limits set here are what FOD-02 inventory tracking, FOD-03 bulk buying and FOD-04 couponing are built to work within.**

THE FOUR STORAGE TIERS

Two-Week	About 14 days. Bridges a short disruption — a storm, a power outage, a temporary loss of income.
Three-Month	About 90 days. The everyday rotating pantry — the working core of most households' food storage.
One-Year	About 12 months. Extended self-sufficiency; needs real storage capacity and a rotation system.
Long-Term	Multi-year. Mylar-bagged, oxygen-absorbed dry goods on a scheduled check cycle (FOD-05).

COURSE LESSONS

1	**Why Food Storage Programs Fail**	The panic-buy pattern, why it feels productive anyway, and why a program beats a purchase.
2	**Setting Goals and Time Horizons**	Choosing a primary goal, the four storage tiers, and a goal statement sized to who is actually eating.
3	**Budgeting for Acquisition**	Separating one-time infrastructure cost from recurring acquisition cost, and setting a ceiling for each.
4	**Assessing Household Storage Capacity**	A space audit checked against heat, humidity, light and pests, matched back to your storage tier.
5	**Building Your 90-Day Starter Plan**	Capstone: sequencing purchases across categories into a 90-day acquisition calendar, worked first through a sample household.

SOURCES & RELATED COURSES

FFTP Workbook	Personal Preparedness Assessment	Food planning calculator used in Lesson 2 to size the goal to real calories for your household
Companion Guide	FOD-01 Companion Guide	Worksheets 1–4: goal statement, budget, storage capacity assessment, 90-day acquisition calendar
FOD-02	Food Inventory Management	Next course: the tracking system that keeps the starter plan from degrading
FOD-03 / FOD-04	Bulk Buying · Strategic Couponing	Acquisition skills that work against the budget ceiling and storage limits set in this course
FOD-05	Long-term storage tier	Mylar and oxygen-absorber storage for the long-term tier introduced in Lesson 2