

**Preparedness: 28 January 2020**

**Post** by [High Priestess Maxine Dietrich](#) » Tue Jan 28, 2020

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I will be writing this series of articles in parts.

The time is NOW. Don't wait until it's too late. According to the mainstream news, this virus is doubling almost daily in both cases of infections and deaths.

Three very important things...

These are my suggestions and tips. If something works well for you that you already have experience with, stay with it. As in everything, stick with what works best for you.

Never purchase anything on a Void of Course Moon. Items bought can be defective, never used, or just not work out.

Water is exceptionally essential. Stock up on good bottled water. Gallon jugs work well. Everyone should have at least a month's supply of decent water to drink.

This article will focus on freezing food.

What might work for one person may not work for another. Remember this.

For example, I recommend anyone who lives in a house/home purchase an upright freezer, if you don't have one already. IMO, these are better than the box freezers, as you can better see what's inside. You can organize the shelves. For example, meats on one shelf, vegetables on another, fish on another, fruits, etc. This is just personal preference. Again, use what works best for you.

Now, a freezer may not be practical for those of you who live in apartments. The reason being that anyone with a freezer should definitely have a generator. Preferably two generators, of which only people who live in homes can use. A generator is a backup device should the electricity go out. A generator can only be used outside as fumes are lethal (carbon monoxide).

It is also a good idea to stock up on gasoline if you have a generator. They're also coming out with solar powered generators that aren't dependent upon gasoline.

People who live in apartments are better off dehydrating foods, canning and

other means of preserving foods that aren't dependent upon electricity. I will be writing on these methods shortly, including small vegetable gardening, using window sills, for apartments.

IMO, freezing food is about the most simple and effective ways of preserving food.

You should purchase quality zip freezer bags. The heavier bags better protect food from freezer burn, but only for so long. Freezer burn is when food becomes discolored, meats can toughen and turn white for example. Quality and taste are lost, but in most cases are still safe to eat.

But if something smells bad, don't take chances. Get rid of it.

Tips for freezing foods:

If you use zip bags, be careful in handling them. They can split open.

Always separate your foods before freezing them, especially if you don't intend to use an entire pack.

For example, a pack of chicken parts, get out a large tray and place the chicken parts, not touching, on the tray and freeze them. After they're frozen, put them in a zip bag. That way, they won't freeze together where you have to use the entire pack. This applies to other foods as well.

Bullions and other broths can be frozen in ice cube trays. After freezing, you can put them in zip bags to be used in soups, etc.

Make sure you are ok with freezing prepared foods, such as entrees, soups, casseroles, etc. Always remember to freeze these in the portions you intend to eat them, for example, individual servings.

Meatballs can be made and frozen. It is best, for example, to cook them and then freeze them on a tray not touching. After they are frozen, place them in a sack.

If you plan on freezing milk or other liquids, always leave a space of a couple of inches or more at the top, as liquid expands when it freezes and can bust the

container without space to expand.

Onions can be chopped up, same as with celery and frozen in sacks, to use in cooking.

Batches of mashed potatoes can be made and frozen. It's best to separate them into individual servings with an icecream scoop and individually frozen as I wrote in the above.

Certain foods don't freeze well, like sour cream.

Study up on food preservation now. Don't wait. The internet is also an excellent source for reference on all kinds of food tips, YouTube videos, and just about how to do all of these things.

Again, always remember to use what works best for you and your situation.

Highly recommended:

[https://www.discoverbooks.com/The-Compl ... 579167.htm](https://www.discoverbooks.com/The-Compl...579167.htm)

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In closing, don't forget local libraries as a source for information and books.

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[Top](#)