

Helpful References

For Emergency Home Preparedness

Top Three Recommended Reference Books:

- #1 ***Making the Best of Basics***, Family Preparedness Handbook, James Stevens.
- #2 ***The Doctor's Protocol Field Manual***, Dr. David Eifrig Jr., MA, 2013. Simple Basics.
- #3 ***Living Ready Pocket Manual FIRST AID, Fundamentals for Survival***, Dr. James Hubbard

Other Valued References:

- The Encyclopedia of Country Living***, Carla Emery.
- LDS Preparedness Manual Handbook 2: Provident Living***, 2012 edition. Free on line.
- Disaster Preparedness for EMP Attacks and Solar Storms***, Dr. Arthur Bradley
- Stocking Up III***, Carol Huppig.
- Grains: Seventy-six Healthy Recipes***, Hayes and Leblang.
- The TVP Cookbook***, Dorothy Bates.
- Gardening When It Counts: Growing Food in Hard Times***, Steve Solomon.
- Grow all you can eat in 3 square feet**, DK Books
- Cookin' with Home Storage***, Vicki Tate.
- Eating off the Grid***; store and cooking food without electricity, Denise Hansen, '99.
- Sunset Western Garden Book of Edibles***, The Complete A to Z Guide to Growing Your Own Vegetable, Herbs, and Fruits, Sunset Publishing Corporation, 2010.

On-line Resource Sites:

- The Provident Prepper – You Tube
- Providentliving.com
- Legancyfoodstorage.com
- BePrepared.com
- cdc.gov/emergency (medical kits, home emergency kits, evacuation kits, etc.)
- wincofoods.com/winco-answers/how-do-i-order-online
- costco.com (use search bar: water storage, freeze dried foods, flashlights, etc.)
- Adventure Medical (medical and survival equipment)
- Nitro-Pak.com (food and equipment)
- lehmans.com (food and equipment)
- survival.blog.com (home preparedness)
- GOAL zero (Solar emergency equipment)
- spokanehomeprep.com