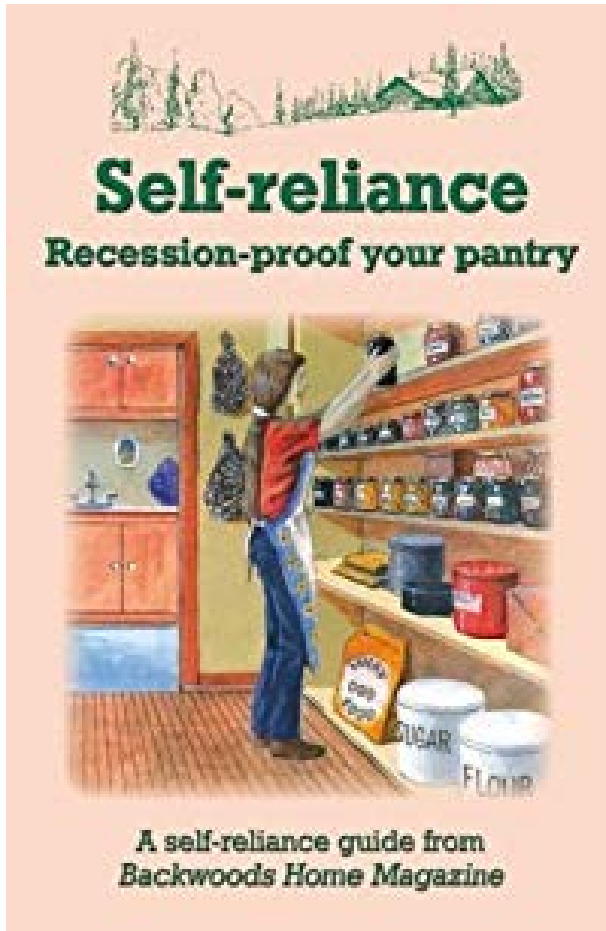


Self-reliance: Recession-proof your pantry



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Recession-proof your pantry with these ideas on long-term storage, what to keep in your pantry, canning basics, freezing and dehydrating foods, and recipes to help you in good times and bad. This self-reliance guide from Backwoods Home Magazine is a must-have for everyone starting on the road to self-reliance as well as those well along their way.