

PLAN

4

PLENTY

PLANNER

**FOOD ABUNDANCE
IN A CRISIS**

**SURVIVE AND THRIVE WHEN
THE SHELVES ARE EMPTY**

FA Chance

Mission Statement:

To empower everyone I can reach to find, create and trade food if challenging times come, using whatever is available to them. May you all SURVIVE AND THRIVE.

Disclaimer:

Please make sure you familiarize yourself with national and local laws and byelaws that may prohibit certain plants or animals. This book is for information and education purposes only. Any actions taken relating to this information are the sole responsibility of the taker of those actions.

WHY DO I NEED A 'PLAN 4 PLENTY?'

1: Quickly understanding the issues you will face

2: Save precious time researching the solutions

A tiny percentage of folk will be well prepared when food shortages really kick in. When chaos is coming, you need to mold your mind around the incoming reality. You need to reroute your thinking and embrace a different perspective. To achieve that change **you need to flesh out a plan that covers the key challenges you are likely to face.**

The planning process is unparalleled in its ability to reshape one's entire mind to a new purpose. But where to start?

The '**Plan 4 Plenty Planner**' is an empty plan full of headings and topics - that you must consider and address. It is intended as a companion to the **Plan 4 Plenty Planning Guide** - but it can be used as the basis for planning on its own.

Every key issue you will face has a heading. To save you repeating the thousands of hours of research I have undertaken, the **Plan 4 Plenty Planning Guide** provides an overview, key information, difficulty levels, insights, hacks, alternatives and potential solutions to the various challenges. There are hundreds of links to both written and video information on every topic covered from experts. This should save you precious time and allow you to focus on the priority - the plan.

'Those who meet adversity with a plan fare better than those who are unprepared - even if their plan is crap!' - Unknown

Making your **Plan 4 Plenty** will help you understand the **four sources of food when shelves are empty**, and help you to think about - and act upon - the key issues you are likely to face in a prolonged systemic crisis.

You need to have **at least a basic plan in place for each key issue**. Making a plan will help awaken and foster the survival, opportunistic, conserving, creative consciousness that is innate within each human. To make your plan, you will need the following things:

- 1: Pen
- 2: **Plan 4 Plenty Planner** (Printed Out?) - or just a Pad
- 3: Plenty of study time or the **Plan 4 Plenty Planning Guide**
- 4: An open mind(s)
- 5: The will to survive and thrive

The **Plan 4 Plenty Planning Guide** contains a vast range of options, information, ideas and hundreds of links to expert videos and PDFs on every aspect of food and general survival after a 'SHTF' event. However, you can use the planner alone and simply research the information yourself using the headings to guide you.

Flexible Planning

Unfortunately, there is no off-the-shelf system or solution to food security except, perhaps, short to medium term rations. The truth is that **however much you store, in a prolonged crisis, eventually, you will need to find new sources of food.** Every crisis, personal circumstance and person or group is unique, so your **Plan 4 Plenty** must fit your circumstances.

A realistic food abundance plan will be more of a general, multi layered theme than a strict plan. Events, circumstances and supply availability are all likely to change without notice. Your plan must therefore be flexible and adaptable enough - and have enough redundancies and alternative options - to seamlessly evolve as things progress.

Building in discovery and room for trial and error - and the possibility to evolve or completely change if a reason to do so arises - is your best shot at successfully navigating the storm. You can't be too attached to any particular idea - survival is the primary consideration. However **the more control you or your group have over each part of your plan - the more secure it will be and the greater the chances of its fruition.** Self reliance is

a key survival trait and one which would have prevented this crisis ever looming if applied on a national or even global scale.

Store Precious Survival Information Securely

Even the internet may be victim to some calamity, intentional or natural.

It is highly recommended you download PDFs and videos that contain detailed guidance on the techniques you are adopting or may adopt for your Food Survival Plan AS SOON AS POSSIBLE.

Who Are You Planning For?

Plan 4 Plenty Planning Guide - every potential food source and how to fill out this outline plan.

The 4 Sources of Food

The four possible sources of food when the shelves are empty.

1 - Stored Food - (what do you have/can you get?)

2 - Foraged Food - (where and what is available?)

3 - Cultivated Food - (where, how and what could you cultivate or raise?)

4 - Traded or Bartered Food - (what can you get, make or gather for exchange?)

Note down anything that occurs to you for each topic in the pages below. For in depth guidance and a vast array of possibilities, hacks, tips, shortcuts and links to expert advice on every topic Consider purchasing the Plan 4 Plenty Planning Guide.

Plan 4 Plenty Planning Guide - every potential food source and how to fill out this outline plan.

Source 1: Stored Food

Preparing and Processing Food for Storage

Storage Containers, Resources and Utensils, Canning, Jars

Drying, Smoking and Salting

Cool Storage

Cold Storage

Prepper and Long Term Storage

Plan 4 Plenty Planning Guide - every potential food source and how to fill out this outline plan.

Source 2: Foraged Food

Your Regional Wild Foods

Your Immediate Surroundings

Plan 4 Plenty Planning Guide - every potential food source and how to fill out this outline plan.

Source 3: Cultivated Food

Where can I grow food?

Indoor rooms and cupboards

Windows (inside and out)

Pots, bottles, plastic bags, sacks or hanging baskets anywhere

Buckets, bins, plastic containers

Old bathtubs

Balconies and porches

Rooftops

Gardens and greenhouses

Alleys, railway banks, road verges and communal land

Commercial buildings and land

River banks and near other natural water sources

In trees (especially stealth growing)

Wild Land

Key Food Resources You Can Grow Yourself

Potatoes! Number one famine buster!

Mushrooms

Fish

Corn

Beans

Sprouts/Microgreens

Rabbits

Poultry

Goats

Vegetables

Berries

Bees

Herbs

Cannabis

Key Cultivation Skills

Fruit Trees, Cloning and Splicing

Sprouting and Germinating Seeds

Preparing Soil or Grow Media

Soil Ecology

Basic Plant Nutrients

Taking and Drying Seeds

Chipping potatoes for planting

Reproducing Bulbs

Opportunistic Cultivation

Windows

Stealth Growing

Plan 4 Plenty Planning Guide - every potential food source and how to fill out this outline plan.

Source 4: Bartered or Traded Food

Strategic Stockpiling - Consider these items:

Coffee, Sugar, Dried milk, Baby Milk

Birth Control

Seeds

Tobacco

Alcohol, Brewers Yeast

Medicines, Hygiene Products, First Aid Supplies

Toilet Paper, Tissues

Lighters/Fire Starters/Sticks

Candles

Rechargeable Lights

Silver and Gold

Tools - esp. Multitools

Rechargeable Batteries and Charging Kit

Key Skills to Barter in a Post Supply Chain World

Carpentry Skills

Seamstress, Tailor - Clothes Making or Repair

Mechanics and Engineering

Plumbing

Electrical

Cultivation Skills

Medical Skills

Negotiation and Haggling

Security

Device Repair

Pottery

The 'Jack of All Trades'

Plan 4 Plenty Planning Guide - every potential food source and how to fill out this outline plan.

Farming

Rethinking Crops

Post Supply Livestock

Adding Value

Plan 4 Plenty Planning Guide - every potential food source and how to fill out this outline plan.

Alternative Sources of Fertilizer

Compost

Wood Ash (chemical free wood only)

Grass clippings, Wood, Leaves

Human Urine

'Humanure'

Vermicompost

Insect Frass

Cattle, Horse Manure

Poultry

Fish Waste

Coffee grounds, Kitchen Scraps

Crop Wastage

Nitrogen fixing plants

Nitrogen fixing bacteria

Ways to 'bypass' fertilizers

Mulching

Worming

'No Till' and Part Till techniques

Compost Tea

Fish Waste Water

Rock Dusting

Mycorrhizal Fungi

Structured Water

Remineralizing

Regenerative Agriculture

Circular Farming

Permaculture

Plan 4 Plenty Planning Guide - every potential food source and how to fill out this outline plan.

Water

Storage

Quality and Stagnancy

Structured Water

Filtration

Swales, Ponds and Land Water Retention

Plan 4 Plenty Planning Guide - every potential food source and how to fill out this outline plan.

Other Key Resources in a Crisis

Health and Medicines

Shelter

Security

Energy

Trade

Plan 4 Plenty Planning Guide - every potential food source and how to fill out this outline plan.

Health and Medicines

First Aid Skills

First Aid Bag

General Health

Drugs - Stock Up and Research Alternatives

Natural and Original Sources

Preventative Health Care

Self Care

Don't Get Pregnant!

Plant Medicines:

Cannabis

Herbs

Others Plant Medicines

Energetic Health

Plan 4 Plenty Planning Guide - every potential food source and how to fill out this outline plan.

Alternative Sources of Energy

Solar Energy/Water/Panels

Battery Systems

Human Power

Fuels for Cooking and Heating

Running Water Power

Generators:

Bio-Ethanol

Water Gas HHO

Biodiesel

Plastic to Fuel

Biogas

Wind

Wood Burning (Rocket Stoves)

Lighting

Alternative Sources of Labor and Machinery

Animals

Earthworms

Microbes

People:

Assigning 'Energy Exchange' Labor

Allotments and Sharecropping

Traditional Labor Structure

Plan 4 Plenty Planning Guide - every potential food source and how to fill out this outline plan.

Stealth Wild Cultivating

Garden Stealth Cultivation

Ambient Stealth Cultivation

Plan 4 Plenty Planning Guide - every potential food source and how to fill out this outline plan.

Shelter, Security and Defense Considerations

Secure Essential Items

Don't Advertise Yourself

Securing your Location

Population Density

Strength in Numbers

Forge Alliances but Avoid The Unprepared

Weapons and Warriors

Military Experience

Hidey Holes and Stashes and Caches

Shelter, Security and Defense Considerations cont.

Hidden Shelters

'Gray Man' Skills

Bug Out Bag

Bug Out Plan

Communications

Operational Security - OPSEC

Securing Key Resources

EMP

Gangs and Marauders at Your Location

Deception

Security Animals

Dogs

Geese

Other Security Measures

Toilet and Water Location

Toilet Hygiene

Feeding Pets

Important Resources:

The Ultimate Survival Manual - FREE - absolutely packed with information on hundreds of survival techniques, skills and solutions.

<https://www.scribd.com/book/411759215/The-Ultimate-Survival-Manual-Practical-Guide-to-Help-You-Survive-Any-Crisis-You-Might-Encounter>

Plan 4 Plenty Planning Guide - every potential food source and how to fill out this outline plan.

+1 (000) 123 - 4567
yoursitename.com



A stylized, handwritten signature in black ink. The signature is cursive and appears to read "J. Doe". It features a large, looped initial "J" and a long, sweeping underline that extends to the right.