

The Need to Stock Up is More Urgent than Ever

June 18, 2022

I don't mean to add to your worries and push the fear level up a notch but, **THE NEED TO STOCK UP IS MORE URGENT THAN EVER.**

I recently watched a presentation by Nicole Foss about the current global situation. This episode - the first of a number of presentations she will give - concerns finance and the fragility and ultimate collapse of the system we all depend on....and the consequences of such a collapse.

So who is Nicole Foss? According to a recent post on the [Voices for Freedom website](#) - Nicole Foss is a futurist, working on big picture issues and how they interact to form a whole.

Issues of primary concern include global finance, energy, environment, psychology, health and disease, and geopolitics.

Her written work can be found at Applied Systems Thinking ([foss.blog](#)).

Nicole is a writer, researcher, and an international speaker, notably on energy and global finance, lecturing in hundreds of locations across North America, Europe, Australia, and New Zealand.

She was previously editor of The Oil Drum Canada, and senior editor at The Automatic Earth.

She also ran the Agri-Energy Producers' Association of Ontario.

While earlier living in the UK, she was a Research Fellow at the Oxford Institute for Energy Studies.

Her academic background is in science and law.

The link to the interview/presentation is here - [Ready, Set, Prep with Nicole Foss - Episode 1 - FINANCES - 15 June 2022 \(odysee.com\)](#)

Nicole says that the signs that the current financial system, which is based on the perceived strength of the US Dollar, is about to implode all around the world. She then goes about explaining in plain, easy to understand language, what will happen and what the consequences, for the average person, will be.

It runs for about 1 hour 48 minutes in all but is packed with useful and I would say vital information and advice about what could happen and what we need to do - right now. I say could happen, but Nicole emphasizes her use of WILL, rather than COULD. According to her, it's just a question of WHEN, rather than IF.

Please stick with it to the end. It is very much worth investing your time in this presentation. It is so packed with information that one person described it as being like "drinking from a fire hose" such is the rush and flood of information.

So....like the title of this Blog Post says - The need to stock up is more urgent than ever.

If you're looking for a cheap-ish way to add to your mid to long term food supply, I can tell you that Pak N Save currently have Value Brand Long Grain Rice in 5KG bags at \$8.69 and Pam's Rolled Oats in 1.5KG bags at \$4.09. As far as canned goods go they also have Pam's selection of beans - Black beans, Cannellini beans, Lentils, Chickpeas etc at \$1.19 per tin. (Disclaimer - I am not affiliated with nor paid by Pak N Save - I also shop at other supermarkets and family run stores). I look for bargains across all stores.

In this photo below are rice and oats from Pak N Save and Red Quinoa bought from Cornucopia, Hastings. The Red Quinoa is currently being sold at \$9.20 per kilo and makes an interesting alternative to rice. The price of rice comes out at \$1.74 per kilo and the oats at \$2.73 per kilo which is why these 2 grains make up the bulk of our emergency stores.



As per my earlier posts on the [HB Prepper - Emergency Preparedness website](#), if you repack your grains in vacuum sealed bags you will extend the shelf life considerably.

Another thing I would strongly advise you to do is to grow as much of your own food as possible. Even if you have very little space - grow a few tomatoes in pots or planter boxes. Growing anything, is better than growing nothing. I will do another post soon about growing fruit and veg.

Meanwhile prepare for the worst, hope for the best.