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GENERAL INFORMATION

The Food PANtrie 'A Natural and inexpensive way to grow, preserve and prepare foods.

WHERE TO HANG THE Food PANtrie:

Unlike other kitchen appliances, the Food PANtrie does not set on the kitchen counter. It hangs. Hence, to use the Food PANtrie most effectively, hang it in the kitchen, nearest to the place you prepare your food. That way you will be more likely to use it more frequently than other appliances.



FOR DRYING:

This becomes evident when you find yourself with, say, one or two overripe bananas. With a few strokes of your knife and a quick retrieval of a drying tray, you will have yourself dried bananas and the satisfaction of knowing you avoided the temptation of throwing the bananas out.

FOR SPROUTING:

When it comes to sprouting, it is even more vital to have quick access to the Food PANtrie. Sprouts need more attention since they need to be rinsed two or more times a day.

You will find that as the sprouts are growing, members of the family will want to use them as snacks and for adding to sandwiches and salads. Again, the easier it is to get access to the Food PANtrie, the more your family will reap the benefits of live, wholesome foods.



WARNING:

Due to the Food PANtries ease of use, along with its healthy benefits, you can look forward to completely changing the way you eat and preparing your foods.

Within a short time, your food budget will go further, you will feel better, and you will even look better.

Personally, I've attempted to live only on sprouts for about two weeks at a time. It was unbelievable. Even my thoughts I thought were strange. On my walks and jogs I had crazy thoughts like this, '*I feel so good I even feel I could run above the ground*', in the shower afterwards, I had thoughts like this, '*I even think my cells are shouting, they individually feel so good to get real food*'. Crazy I know, but it happened.

THE VALUE OF EATING SPROUTS:

I'd like to relate an experience I believe most have seen this, but it may not have registered as it did for me.

I was seeing an old black and white news release on television of maybe hundreds of necked men, skin and bones all locked up in a concentration camp. It was sickening. Then it switched to an interview with one who survived. He was being asked

how he survived. He said, *'I noticed small sprigs of alfalfa coming up outside the wire fence. I would stretch my fingers through the fence and pull or break off the sprigs and eat them. I told my friend and did the same, we told the others but they were not interested, we survived.'*

I now know how to survive, because of this man's help. And I've attempted to make it easier or other using the Food PANtry.