

THE UPCOMING ECONOMIC DEPRESSION

HOW TO SURVIVE IT



Jessica Langille

The Upcoming Economic Depression: How to Survive It

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Introduction

Preparation can be your biggest defence against an economic depression. People worldwide have never been more uncertain of what the future holds. Between inflation and lack of job security, it's no surprise that people can't sleep at night.

With such uncertainty of the future, it's now more important than ever to empower people with the knowledge they need to survive an economic downfall. Having the right mindset and strategies can help you get through an economic depression and possibly even thrive.

Throughout history, the world has only seen one economic depression. But don't let that fool you. The Great Depression lasted an entire decade from 1929 to 1939. This depression began with a stock market crash in 1929, which led to banks and businesses closing and millions of people losing their jobs. Are you prepared to survive 10 years in a depression?

When approaching the possibility of another economic depression, it's crucial that people learn from the past. This is something that readers will get to explore in *The Upcoming Economic Depression: How to Survive It*. Throughout the pages of this book, you'll get to learn more about the mistakes people made during the depression (*and how to avoid them*) as well as how some people ended up getting rich during this troubling time.

Of course, a lot has changed in the world since The Great Economic Depression. That is why this book is filled with tips for the modern reader. It's a guide that focuses on practical advice that can help people stay strong and hopeful throughout an economic crisis.

One thing to remember when facing the possibility of a recession or economic depression is never to let your fears take over. This could lead you to make a decision that hurts you financially. It's essential to make decisions that are well-researched and thought out. Don't worry, as you go through this book, you'll get to learn more about financial decisions you can make now to prepare for a crisis.

Finances aren't the only thing to consider when preparing for an economic depression. It's also important that people are mentally and emotionally prepared for what comes next. While there's no way to accurately predict the future, there is a way to stay prepared for it.

An economic crisis can bring dark times to a community. However, with this book, the goal is to prepare readers and show you that there is a light of hope during crisis. With the right information, strategy, and actions, you can survive the darkest times while coming out on top.

So, you might be wondering, "Is there going to be an economic depression?" This is a question that's lingering on almost every reader's mind right now. There's no denying that there have been significant changes to the economy. Interest rates and inflation have risen to a record high. There are many signs that a depression could be on its way.

To make things even more confusing for people, experts have conflicting opinions about what the future holds. The US Federal Reserve has mentioned that they don't predict a recession on the way. However, other experts in the field have noticed the trends pointing to an upcoming depression.

The only thing we can all agree on at this point is that your best course of action is to be prepared. Now, before we get into *The Upcoming Economic Depression: How to Survive*, there are a few tips every reader should know before a recession or depression arises.

1. Address your debt now. When economies enter a recession or depression, interest rates are known to skyrocket. It's a good time to start paying off your credit card debt and other outstanding balances.
2. Start reading cookbooks. Going out to eat may no longer be an option. Premade meals from the market may become too expensive. Start learning recipes from scratch to keep you fed for cheap.
3. Start a side hustle. Now is the time to start making extra money and establish yourself. There are so many different ways you can make money on the side, such as yard care, housekeeping, freelancing, or even selling M2M products that you love. You may not need the extra money right now, but it will be helpful to have set aside for the depression.
4. Improve your resume. You never know what will happen with your current employment. It's a good idea to take a look at some of the free learning resources online to strengthen your resume. There is a lot of great advice on LinkedIn, Coursera, or even YouTube. Make sure you show future employers that you're willing to learn new things to excel in the position.

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5. Create a budget now. Start to get into the habit of living within a set monthly budget now so it doesn't come as a shock if you have to do it later. This is one of the best tips for mentally preparing yourself for a recession or depression.
6. Build relationships. During a time of economic crisis, it takes a village to survive. Having people you can trust and rely on is important. It can be a great relief knowing you and your neighbours can help each other.

Of course, these are just a few essential tips for surviving the upcoming depression. There is one more thing that I want you to remember before delving into this book. Economic downfalls do not last forever. But, for the best strategy, it's important to create a long-term approach. That is something you will learn how to do with *The Upcoming Economic Depression: How to Survive It*.

How Some People Got Rich During the Great Depression

During the great depression, millions of people were affected financially. Markets crashed by nearly 50%, and some countries' unemployment rates skyrocketed to 33%. Businesses that didn't close struggled to make ends meet because most households had very tight budgets.

But, while some people were scrounging for change to buy their dinner, others found great success during this era. Believe it or not, some people became rich during the great depression. Several people used their talents and creativity to thrive financially, while others had practical business ideas with brilliant strategies.

If you're determined to thrive financially during the upcoming depression, you might be wondering what people from the past did to get ahead. Throughout this chapter, we're going to explore 14 people who managed to get rich during a financial crisis.

Charles Darrow *(Board Game Designer)*



If the name Charles Darrow doesn't ring a bell to you, I'm sure his invention does. Darrow was a board game developer who used his creativity to reach an enormous amount of success during the great depression.

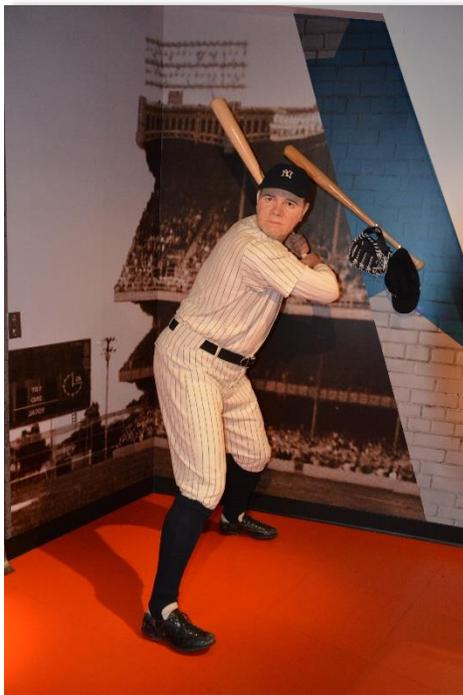
So, what game did Charles Darrow invent during this time? None other than Monopoly. But Darrow wasn't always a success. Like most people

at this time, he found himself without a job and struggling to make ends meet. While playing a game called "The Landlord's Game", he was inspired with an idea for his own game.

Once Darrow finished creating the game, he was determined to market it. However, nobody was interested in publishing his new game. But that wasn't going to stop this millionaire in the making. Darrow devised a brilliant strategy to make and sell the games himself. He started by pitching the idea to family and friends. Everyone seemed to really enjoy the game and word spread around about it.

Eventually, Darrow needed to develop a larger distribution strategy. By 1935, Monopoly had a lot of people talking. A famous manufacturing company, Parker Brothers, secured a distribution deal. The game was popular in many regions, and Darrow earned his income through royalties.

Babe Ruth **(Baseball Player)**



Babe Ruth was a legendary baseball player from the US. He was best known for his talents on the field. However, this athlete was able to acquire wealth from a variety of gigs throughout the great depression era.

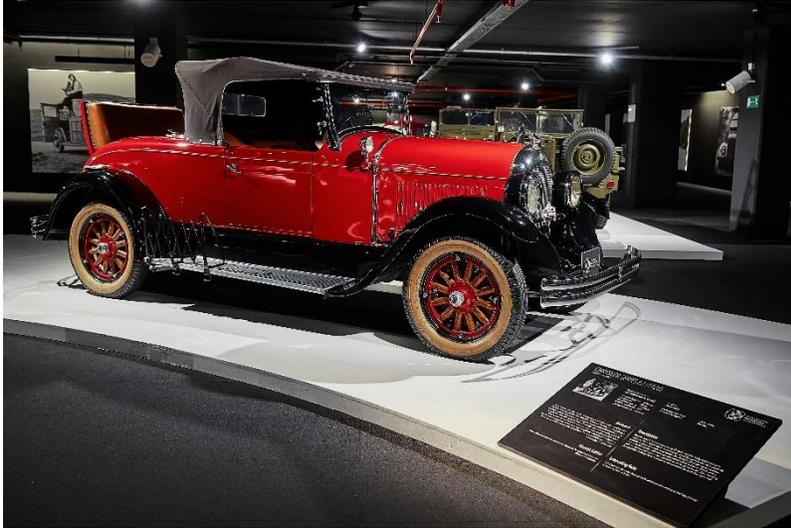
Notably, most of his income came from playing professional baseball. He was one of the most sought-after players in the league. This is mainly because he always gave 100% in his performance. His focus and skills helped him break home run records.

Ruth was just as popular off the field as he was on. This famous player was also offered a variety of different endorsement deals. He earned money by promoting popular products, like food brands, sporting goods, and even fashion.

While Ruth was bringing in a lot of money, he believed that it wouldn't last forever. That's why he made some investments with his money. He invested in stocks and real estate to expand his income.

Babe Ruth may have had an opportunity that most people in the US don't get. However, he made very wise decisions with the income he earned during the financial crisis to come out on top and secure his financial future.

Walter Chrysler (Automotive Pioneer)



Many industries took a major hit after the stock market crash that started the Great Depression. The automotive industry was one of them. However, Chrysler Motors was still thriving during this time. Walter Chrysler played a big role in the company's success.

It's important to remember that Walter Chrysler has already established himself in the industry before the Depression started. However, what makes his story impressive is how he adapted to changes and brought innovative ideas to the company. This helped Chrysler get to the top when other companies were crumbling to the ground.

One of the ways that Chrysler Motors' success skyrocketed during this era was by launching the Chrysler Air. This was a very advanced car at the time. Walter was the one who had the ideas and crafted the groundbreaking design.

On top of his groundbreaking design, Walter developed cost-cutting strategies for production processes. This allowed Chrysler to sell high-quality vehicles at a more affordable price, making them easily stand out among the competition of the time. But, just to make sure they stayed on top, Walter carried out a detailed and effective marketing strategy.

There are three important things to take away from Walter Chrysler's success. That's strong leadership, cost-effective strategies, and always using an innovative approach with business.

Michael J. Cullen
(Grocery Store Founder)

Michael J. Cullen changed the world of grocery shopping. This helped him establish success during the Great Depression. In 1930, Cullen opened the doors to King Kullen, the world's first supermarket.

Yes, Cullen's business is something people still use today. This was a business approach that proved to be successful in an economic downturn. Of course, a supermarket is a brilliant idea. Any one of us would like to go back in time to claim the idea. But, what made Cullen's road to riches stand out, was his approach.

Cullen made a very practical business plan. He wanted to launch an establishment where people could get all of their grocery needs in one place. On top of that, the products needed to be affordable. Budget and convenience were two of the biggest driving factors for this business.

On top of that, he developed a very effective marketing strategy. When advertising his business, he highlighted the key reasons why it will benefit the people who would use it. While Michael J. Cullen changed the way people buy groceries, he didn't stop there. This innovative leader continued to implement ideas and strategies that would improve the shopping experience.

J. Paul Getty
(Petroleum Industrialist)



J. Paul Getty was a leader in the oil industry. He was able to jump to success during the great depression because he saw an opportunity in his field and took it. Getty saw a lot of potential in this industry before anyone else did. That's when he developed a strategic business plan that got him rich.

Due to the economic crisis, property prices were at a low. Getty was able to acquire oil fields at discounted prices. He was known for his haggling skills and was often able to barter property owners down to a lower sales price. He used this strategy to acquire a number of valuable assets during the Depression.

Eventually, Getty had purchased enough discounted land to start off his oil empire. He was known for having a very disciplined business approach, which helped his empire grow. By the time the economy had risen again, Getty had several valuable assets that he was able to sell for a lavish profit.

Getty's research in the industry allowed him to foresee trends and craft a business strategy that would make him rich.

James Cagney

(Actor)



One industry that wasn't completely crumbling during the Great Depression was entertainment. James Cagney was an actor who appeared in several films throughout the era. He got his big break in 1930 when he was cast as Harry Delano in *Sinners Circle*. He went on to star in over 30 productions throughout the economic downfall.

Now, becoming a Hollywood actor may not be in the cards for everyone. However, there is something to be said about James Cagney's ambition to find success in such a risky business. This talented young man saw potential in an industry that was showing growth and took a chance. His talent and ambition helped him get far.

William Boeing

(Aviation)



William Boeing was the founder of Boeing Frontiers. Now, his company was already established by the time the economic downfall started. However, while other airlines were losing money, Boeing's brilliant entrepreneurship helped his company survive and thrive.

Each airline that survived during this era did something innovative to keep profits coming in. But William Boeing's idea set his

organization above the rest. In 1929, Boeing formed the United Aircraft and Transport Corporation. He developed this idea with Fred Renschler, who was the head of Pratt & Whitney.

With the UATC, Boeing was able to bring together 12 of the biggest names in the aviation industry. This included airlines, manufacturers, and engine specialists. This organization was able to fly North Americans across the continent.

This wasn't the only way that William Boeing was able to increase his wealth during the Great Depression. Another key thing he did was start contracts with the US Government to produce military aircrafts.

One of the key things to take away from Boeing's story of success is how he used strategic thinking to expand his company. By diversifying the products, he was able to reach more clients and help more customers.

Glenn Miller *(Musician)*

Glenn Miller wasn't an established musician when the Great Depression started. He was very talented with music and toured with several orchestras, but he didn't get recognition until later on. In fact, most music fans of that era didn't know the name Glenn Miller until the later years of the Depression.

Miller's journey with his music career started in 1923 when he dropped out of school to follow his dreams. By 1926, he started touring with bands, however, after a few years he stopped performing with bands because he wasn't getting solo time.



In 1929, when many people were out of work, Miller took a risk and started performing as a freelance trombonist. He was able to secure gigs with a few different bands at the time. He even got the opportunity to play on two records with singer Red Mackenzie.

While going freelance was a huge gamble, it ended up paying off for Miller. After his recording, he got a gig playing with the Dorsey brothers. He ended up composing 4 songs

with this orchestra. After this gig, he compiled an orchestra with Ray Noble called the Members of the Noble. This orchestra performed on a movie called The Big Broadcast of 1936.

This inspired Miller to compile other orchestras. However, these bands didn't have the same success as Members of the Noble. But this wouldn't be the end of his career. Like most people who made it rich in this era, Miller needed an innovative idea.

After his unsuccessful attempt at compiling bands, Miller went to New York. He took some time to work on his sound and try out something different. He wanted to play music with a sound that set him apart from other orchestras of the time.

Miller crafted a unique sound using a clarinet and different types of saxophones. He then partnered up with Wilbur Schwartz, a saxophonist. Schwartz's tone with Miller's vision was just what he needed. By 1939, he formed the Glenn Miller Orchestra and changed the path of music.

Glenn Miller entered the Great Depression with very little money to his name. But his resilience and creative ideas ended up earning him an average of \$20,000 on a weekly basis by the end of this era.

John Dillinger **(Criminal)**



If you're familiar with who John Dillinger is, you might be wondering why he's mentioned in this chapter. Yes, he got rich during the Great Depression. But he was a criminal. Why is he even mentioned?

Now, I would never suggest that anyone lead a life of crime to get rich. However, there is something to learn about Dillinger's approach to his crimes. You could see success if you apply his

mindset and determination to your chosen (and hopefully legal) business idea.

Dillinger was a criminal, but in the beginning, he wasn't very good at it. After his failed attempt at a heist, Dillinger was put behind bars in 1924. When the stock market crashed,

he was already in prison. However, some could say that he used his time in prison wisely. After failing a heist, he wasn't going to give up. Instead, he was going to find out where he went wrong and how to improve.

During the 9 years he was behind bars, Dillinger meticulously learned about the art of robbing banks. By his release in 1933, he had the knowledge and confidence to start making (*or taking*) money.

Dillinger was released from jail on May 10 and robbed his first bank a little over a month later on June 21, 1933. During this heist, he stole \$10,000. That is worth over \$230,000 now! This was just the first of a series of robberies. After being released from prison, Dillinger robbed a total of 12 banks.

However, his life of crime wasn't 100% successful. He did end up getting arrested again in 1934. If you decide to follow his approach, you should pick a path that won't put you in prison so you can continue earning money.

Charles Clinton Spaulding ***(Insurance Manager)***

When Charles Clinton Spaulding passed away in 1952, his assets were worth over \$40 million. That would be worth \$460,000,000 today! In case you were wondering, Spaulding earned a big portion of his wealth during the Great Depression.

The North Carolina Mutual Life Insurance Company was founded in 1898. For many decades, it was the largest black-owned business in the US. However, it was struggling to stay above water during the first year. This organization needed help, and Charles Clinton Spaulding was the man for the job.

He was hired as a bookkeeper in 1898 but worked his way up to becoming company president in 1923. Spaulding used innovative marketing skills and a brilliant sales technique to not only help the company make a profit but also help it expand.

Spaulding kept North Carolina Mutual Life Insurance Company growing throughout the economic downfall. His work and skills were recognized by many across the country. He even won the Harmon Foundation Gold Medal in 1926.

Mae West
(Actress)



The entertainment industry was still going strong in the Great Depression. However, in order to continue making motion pictures, studios needed to work on a strict budget. Not only did Mae West find great success making movies at this time, she also became one of the most successful females of the era.

West was a very talented woman. She was known for her wittiness and sex appeal. But she was also a brilliant performer and writer.

Paramount Studios wasn't doing very well at the beginning of the economic downfall. They needed to make a big move if they wanted to continue making movies. However, they took a chance and hired West to star in the movie *She Did Him*

Wrong, which premiered in 1933.

This movie played a major role in entertainment history. It sparked West's career and saved Paramount Studios. The studio earned \$2 million from the movie. West was able to continue profiting from her talents. After the success of this movie, she was offered an average of \$300,000 per role and \$100,000 per screenplay she wrote.

Joseph Kennedy Sr.
(Investor)

Many people know Joseph Kennedy Sr. as President John F. Kennedy's father. However, the patriarch of this family was known for his wise investments that helped him become rich during the economic crisis.

It's important to note that Kennedy did acquire some of his wealth in the stock market before it crashed. However, it's what he did with his wealth to expand it during the Great Depression that's impressive.

Kennedy had a very successful career in business. However, one thing that makes his story unique is that he never started a business from the ground and built it up. Instead,

he bought and flipped businesses. His investments included real estate, liquor importing, and movie studios.

How Kennedy grew his income doing this, was all in the timing. He spent a lot of time and energy researching the market. Kennedy learned when the best time to buy and sell his investments for major profits.

Another thing that helped Kennedy stay successful was his great knowledge of the stock market and great sense of timing. He understood exactly how to increase the value of a stock. But he also knew when things were about to go downhill. It was said that he believed it was time to get out of the stock market when his show-shiner was able to give him stock advice. Of course, Kennedy was right. He got out of the stock market before the 1929 crash.

Howard Hughes **(Businessman)**

Howard Hughes was the son of a successful businessman. His father had a very successful company called Hughes Tool Company. Howard ended up inheriting this company in 1923 when his parents passed away, only 5 years before the stock market crash. While this does give him a head start in the business world, it's important to remember that he made decisions and expanded his investments to earn his riches during the Great Depression.

Howard was only 18 years old when he inherited this company. He wasn't ready to take on such a big role and had no interest in the business's administrative side. This is where Howard made his first great business decision. If he took on the role, there's a good chance the company may have failed. He didn't have the experience or the interest to learn about what it took to make the company grow. So, he outsourced and hired an accountant to manage this role. The accountant he chose to collaborate with helped him grow to the company to be worth \$75 million. That works out to be over \$1 billion today!

While Howard and his team saw tremendous success with Hughes Tool Company, he still had a desire to explore other industries—the first being film. During the Great Depression, he financed several Hollywood films. Some of these include *The Racket*, *The Front Page*, and the original *Scarface* from 1932.

After getting to experience the film industry, Howard wanted to explore another passion of his. This was aviation. He started a new business called The Hughes Aircraft Company. One of his achievements with this company was designing an experimental aircraft that

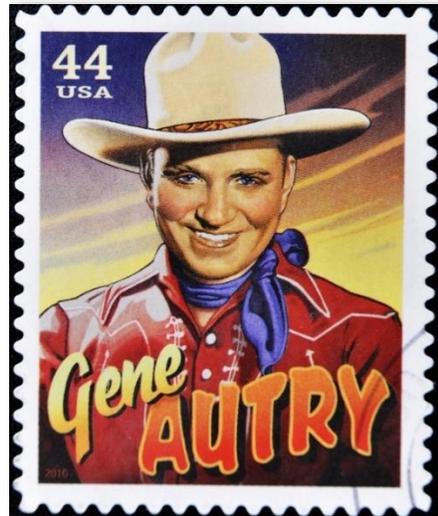
broke record speeds of 135 mph. His company also secured a deal with the military to develop the largest wooden aircraft.

Howard also took an interest in real estate investments during this time. Some of the real estate he invested in were well-known hotels in Las Vegas, bringing in a lot of money.

Gene Autry **(Entertainer)**

When it came to entertainment, there was no limit for Gene Autry. This man was able to make very good money from his talents. He was known across the US for his singing, acting, yodelling, and rodeo performances. The year that the stock market crashed was also the year that Autry rose to fame.

In 1929, he signed a deal with Columbia Records. He also got a gig on the WLS-AM radio show in Chicago, where he had his own show for 4 years. From here, he recorded more music and got cast in a few movies. Both his acting and music career were thriving.



Autry's music style was different than anything else on the radio at the time. It wasn't just country music. It was more of a hillbilly-style. This made his music stand out and people were interested in buying his records. He also achieved 12 gold and platinum records throughout his career.

His ability to explore his talents and try something the industry had never seen before helped Gene Autry become an American superstar during the economic downfall.

Take Inspiration from History

There were many different ways that people became wealthy during the Great Depression. Many of the people in this chapter had established their businesses before the stock market crash. Others had opportunities that the average person didn't. But many things can still be learned from the approach these 14 people had.

Here's the thing- after the stock market crashed, many businesses went down with it. Many people who were in the exact same position as the people listed above went broke.

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It's how these people maneuvered their way through the economic downfall that makes them a success story.

Some things that everyone can take away from the successful names above are:

- Strategic planning
- Market research
- Educated market predictions
- Creative thinking
- Educated risks
- Knowing when to buy and sell
- Multiple markets
- Introducing something new to a familiar industry
- Good partnership

Now, you also might wonder if getting rich is possible if there's another depression. You may not be able to become as wealthy as the people listed above. However, with the right skills, you can ensure there's always money in your pocket.

It's essential to develop skills that will be needed no matter what. A good skill that you will be able to use to help your neighbours or community. This is how many people kept their bills paid and food on the table during the Great Depression. Many of the skills used back then are still profitable today. However, people can also use today's technology to monetize their skills. Some of the different ways people can continue earning money during an economic downfall include:

- Growing and selling fruit and vegetables
- Make and sell baked goods and preservatives
- Raise chickens and sell eggs
- Fix and mend clothing
- House-cleaning
- Yard-care
- Chop & sell firewood
- Snow removal
- Specialty repairs
- Ridesharing

This is just a small list of ideas. There are many different ways that people can be innovative to get ahead when the economy is in bad shape.

Money-Saving Tips

When signs of a recession or depression are near, one of the first things people worry about is their finances. This is because every recession that the economy has been through is different, and there's no way to predict the future.

For example, in 2020, our economy faced one of its shortest recessions from February through April. The average length of a recession is usually 11 months. This recession was so brief that it became easy for most people to navigate.

However, the recession that lasted from 2007 to 2009 had a much different impact. It resulted in the worst job market the economy had seen in over 80 years. Many millennials were entering the job market at this time and struggled to find entry-level positions. It took the average millennial several years to start building wealth, and that recession still impacts some of them to this day.

If you were impacted by the 2007-2009 recession and paid attention to the Great Depression in the history books, finances are likely one of your biggest concerns right now. That's why you should start thinking about them before it's too late. Let's review some of the best money-saving tips to prepare you for an economic downfall.

Cut Back on Expenses

Every dollar counts. That's why paying attention to what you're doing with your money now is essential. Even if you are in a good financial situation, it's wise to start cutting back. If you pay attention to history, nobody's job is safe during economic turmoil.

One of the best things you can do for preparation is to take some time and review your current budget and expenses. You don't have to start cutting everything out to make a difference. However, you can take a look at ways to minimize your expenses. For example, many insurance companies offer deals when you bundle your car and home insurance in one package. If you're a loyal customer, you could contact your cell phone and internet provider to inquire about cheaper plans.

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Research before buying groceries can help you trim back many expenses. It pays to compare flyers and sales at different markets in your area, especially if you have a family to feed. Shopping local could also help you save money. Look into independent farmers and growers in your area. You may be able to purchase eggs, fruits, and vegetables for lower prices by buying directly than at the grocery store.

Coupons can also save money on groceries and other household items. Become familiar with different couponing websites and apps to get the most savings. You can also join couponing groups on Facebook and other social media platforms to get access to more. However, you can also find coupons in newspapers and magazines if you prefer the traditional route.

Another thing to take a look at is subscriptions. Many people don't realize how much they spend on subscription services every month. So many different services appeal to people and provide them with enjoyable content and products. People can get everything from streaming apps to their favourite snacks delivered to their door every month. But this also leads to people having more subscriptions than they need or use. Take a look at everything you subscribe to and see what can go. Also, when you cancel, the service may likely offer you a limited-time discounted rate to stay. Try to avoid this, as the low rate is only temporary.

Do you have any daily expenses that could be avoided? As I mentioned above, you don't have to cut them out. However, it does make a difference if you choose the cheaper alternative. Here are some examples:

- Make coffee (and other cafe beverages) at home instead of stopping at a coffee shop daily.
- Find copycat recipes of your favourite takeout meals to make at home.
- Don't take public transit to places in the daytime if you can walk there in under half an hour.
- Do you take the same route to work as any of your colleagues? Suggest a carpool so everyone can save on gas money.
- Avoid impulse purchases by making (and sticking to) a shopping list.

Pay Down Debt

If you have any outstanding debt, it's time to start cutting it back now. Once the economy goes into recession or depression, interest rates start to rise. If a person is in over their head with debt, it could become next to impossible to get it paid off.

The main debt to focus on is credit card and other high-interest debt. Credit cards are known to have high-interest rates that can quickly accumulate and become unmanageable. Luckily, mortgages and student loans typically don't experience skyrocketing interest rates. You likely won't need to adjust your payment plans for these types of loans to survive a depression.

Save- More Than One Way

The amount of money you can put away will depend on your current income. However, even if you live on a tight budget, saving a little bit of money from every pay check can add up and make a difference. Setting aside a small amount of \$20 each week can add up to \$1,040 in a year.

Everyone, no matter their budget, should start an emergency savings fund. You should always save money to cover expenses if something interrupts your income. Even if you don't lose income during a recession, something else could happen that prevents you from earning money. There's no way to predict what will happen in the future.

Now, if you have the income to allow it, there are other types of savings accounts that households can benefit from. This includes:

- Short-term savings
- Long-term savings
- Repair savings (home and/or vehicle)
- Retirement funds
- Vacation or big purchase funds

Once you know which types of savings funds you want to start, it's time to begin researching the different types of savings accounts at your bank. A traditional savings account would be the ideal choice for emergency funds and short-term savings because they feature low rates. However, for long-term savings, high-yield savings is the best choice because the interest adds up over the years, resulting in more money than you deposited.

The Importance of a Side Hustle

If you want to pay down debt and have money on the side, you must make income outside of your regular employment. A side hustle allows people to earn more money on their schedule. However, you will have to choose a side hustle that hones in on your skills and has the potential to earn an income.

The options for starting a side hustle are unlimited. Let's look at some top side hustles that are helping people bring in more cash today.

House Cleaning, Yard Work, & Gardening

Do you take pride in keeping your home and yard looking good? You can make extra money by helping others in your community with this skill. Many working people are too busy to keep up with cleaning and yard work, and they're happy to pay someone else to take on the job for them.

Sell Your Favorite Products

M2M and similar-style businesses have gotten a bad reputation over the years. However, they can be a reliable way to make money. The trick to success is choosing a company that sells products you use and like. This way, your customers will trust your opinion.

Personal Shopper

You can help people in your community by becoming a personal shopper. This doesn't mean you'll get to go to boutiques and pick out stylish outfits. What it means is that you'll run errands for people who cannot do them on their own. Most of your clients will be senior citizens, people with injuries, or housebound people. You will pick up groceries, prescriptions, and other household items.

Tutoring and Consultations

Is there something you specialize in? You can earn money through tutoring or consultation services. How you approach this is 100% on your terms. You can reach out to people in your area or use online services to reach a larger demographic. The options don't stop there either. If you have a specific specialty, you can also monetize it by creating online courses, writing informative blogs, or self-publishing an e-book.

Dog Walking & Pet-Sitting

If you love animals, you could make money spending time with them. Many dog owners want to make sure their pets are taken care of while they're at work all day. They will pay a trusted dog walker to make sure their dog gets out for a walk throughout the day. It's also possible to earn money from client's pet-sitting when they are out of town.

Freelancing

Freelancing gigs allow people to take on work as they're available. This is a great option for people with creative talent to earn money through. However, you can provide freelancing for any skill you're good at (*i.e.: marketing, editing, photography, etc.*).

Now, there are just a few side hustle ideas to get you thinking. There are plenty more ways that you can earn money.

Can You Profit from Your Assets?

This section is for readers that own assets. Depending on your situation, you may be able to earn money using them. The main 2 assets you can profit from are your car and house (without selling them).

Let's go over how you can profit from your house first. This is simple. If you have an extra room in your home, you can rent it out. Since room rentals are cheaper than apartments, this could help someone who can't afford to rent an apartment. You can also rent the room out on Airbnb to travellers.

When it comes to your car, you could earn money from driving. During your free time, you can offer paid rides in local areas. Another way to make from your car is to provide paid travel to cities and out-of-town areas.

Explore Passive Income

A passive income is when you have a source of income that requires minimal effort. With this type of income, you don't have to be actively involved to keep the money coming in. It can be very beneficial because it allows you to be financially independent. You can pay off debts faster and build up your savings funds. It's also a great fallback in case something interrupts your regular stream of income.

So, now that you know what a passive income is, you might be wondering how you can start earning one. I have good news for you. There are several ways in which you can create a passive income.

Real estate is one of the most common ways to create a passive income. Purchasing another property that can be converted into a rental can provide you with a monthly income stream. It's common for the real estate market to take a hit during a recession. This causes property prices to decrease, making it the prime time to purchase real estate.

However, purchasing a second property isn't in everyone's budget. If you are interested in creating a passive income, but have a very small budget for starting it, you should hone in on your expertise and create a blog. By doing this, you can get into affiliate marketing. You will have to put a lot of research and work into creating the blog initially. However, you can earn passive income once you've built up an audience and people trust your word. Many popular bloggers are still earning income from posts they created years ago.

There are other ways you can earn passive income from your expertise. If you don't want to maintain a blog or website, you can share your knowledge by writing and self-publishing an e-book. You can also create a YouTube account sharing helpful videos. Once you build up your audience, monetizing your work is possible.

Are you good at photography? Stock photos are in high demand. Plenty of platforms, such as Shutterstock and Getty Images, allow photographers to monetize their work. Sites like Pixabay allow photographers to earn tips for their images.

There are so many different ways that people can explore passive income online if they don't have a big budget to get started. However, if you already have the money to invest in a source of passive income, you could earn larger profits sooner. Here are some of the best ways you can invest in a source of passive income.

- Invest in income stocks for well-established companies.
- Use a peer-to-peer lending platform to earn money through interest payments.
- Earn interest from high-yielding savings accounts.
- Purchase and supply products for vending machines.
- Owning and installing ATMs.
- Open a laundromat.

Practice Living on a Tighter Budget

The effects of recessions and depression can affect people's mental health. If someone is used to a certain way of life, it can come as a shock if they suddenly have to stop what

they are used to. That's why it's recommended to gradually get used to living on a tighter budget before you have to.

Before you cut back, you will have to create a budget. First, determine what you want your budget to be. Then review your current budget. From here, you can realistically plan cutbacks to design a budget you can live within. Look over every single expense to make your new budget as realistic as possible.

When living under a strict budget, it's essential to focus only on your household. Don't start comparing your lifestyle to others or become concerned with what they think. By living under a budget, you're making things easier for your household. Also, by living below your means, you can put away more money into savings.

Improve Your Career Skills (Before You Need To)

Everyone's job is at risk during an economic depression. Even people who thought they had a secure position could lose it. There's no way to predict what kind of damage a recession or depression will do to the market. For this specific reason, it's important to start focusing on improvement.

If you want to stay in your current career, it's wise to start exploring how you can improve your skills. You could benefit from looking at options for online courses that relate to your career field. If a recession doesn't affect your job, the new skills could make you more valuable for a promotion. However, if you lose your job, having the new skills on your resume will help you stand out from the competition.

Speaking of resumes, it's also an excellent time to update yours. Many online services can help people strengthen their resumes. Platforms like LinkedIn Learning, Coursera, and edX have great resources and tools to learn from. Many of these platforms also feature free and affordable courses to earn certificates that you can earn to add to your resume.

Do You Need to Cut Back Your Major Expenses?

Every household has major monthly expenses. This includes things like mortgage payments, vehicle payments, childcare, and more. Let's face it, some of these are unavoidable. However, if an economic crisis interrupts your regular income, it may be time to consider which major expenses can go.

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Does your house fit into your means? Considering selling your property if your finances are expected to take a hit. This will allow you to move into a smaller house or to a more affordable community.

However, selling your home isn't an option for everyone. That's completely understandable. The next major expense to look at is your vehicles. Do you live in a household with more than one car? If you sold one of the vehicles, would you or your partner be able to carpool or arrange another ride to work? These are some things to consider for cutting out major expenses.

Do you pay for childcare? This can eat up a big portion of your monthly expenses. It's time to start looking within your inner circle. Is there a friend or family member who is home while you're at work? Now, you shouldn't expect them to provide childcare for free. But a trusted friend or family member may be willing to provide childcare for a small portion of what daycare professionals charge.

Similar to your everyday expenses, it can make a big difference to your finances if you go over your major expenses and see what can be changed.

21 Bartering Items to Stockpile

If the economic downfall turns into a depression, certain items could become scarce. High-in-demand items fly off the shelves quickly. If you don't stock up on what you need before it's too late, your household could be without. Homes should have necessity items in stock. This ensures that the family always has access to the things that they need.

During times of economic turmoil, more people look towards trading rather than spending. Having bartering items on stock allows you to make trades with neighbours when you need something they have (i.e.- a specific skill or item). For example, if your neighbour has an apple tree, you may be able to trade a bartering item they need for some fresh fruit.

The right bartering items can help you make valuable trades. But what are the best items to stockpile? Let's take a look at 21 items every household should have a supply of.

Water

Water is the #1 most important item that every household should have a supply of. If an emergency occurs, drinking water may become scarce. A supply of clean drinking water is vital for your survival. While drinking water may be cheap now, it can become one of the most valuable items during a crisis. Your household will always have negotiating power if you have a decent water supply. It's also important to remember that water won't expire as long as it's stored properly. This allows households to store many years' worth of water without worry.

Non-Perishable Food Items



Your stockpile of bartering items should always contain things that people will need in the event of an emergency. A natural disaster could cut off people's supply of fresh food. That's why it's good to have a supply of non-perishable foods, such as canned goods and dried foods. Canned soups, vegetables, and meats are some of the best options. These types of foods have a much longer

shelf-life than fresh food. Many of them are known to still be good to eat after the best-before date has passed.

Lightbulbs & Other Light Sources

You never know which items will become scarce during an economic downfall. Imagine if your kitchen lights burnt out and all of the stores in your area were out of lightbulbs. Or, supply and demand could affect lightbulbs, and the price increase becomes more than you can afford. Many lightbulbs are designed to last for ten or more years. If you stockpile this item, you can keep your house lit up for decades and still have enough to trade with neighbours.

Lightbulbs aren't the only type of light that will become a valuable bartering item. If an emergency occurs, flashlights could be even more valuable. Since they are portable and battery-operated, people can use them anywhere. Other light sources that are great for bartering are candles, lanterns, solar-powered, and fairy lights.



Batteries

Every household needs batteries. If the power goes out, then people will rely on batteries to keep radios, flashlights, and other items working. Since they are used in so many different devices, they can become a very versatile bartering item. If you stockpile several different types of good-quality batteries, you will have very valuable items to barter with. Batteries also have a very long shelf life.

Medical Supplies



Medical supplies can become high in demand during a crisis. You will want to stockpile this before the shelves are dry or the price increase is too high. And, if you have proper medical supplies, people will be willing to trade valuable items when needed.

There are several different types of medical supplies that people should have in their stockpiles. The first thing to consider is medicines. This includes painkillers, antibiotics, allergy relief, and other types of over-the-counter medicines. You should also stock up on ointments for burns and wounds.

First aid kits are also essential. But they aren't the only type of medical kit that can be beneficial to add to your stockpile. Fracture kits, burn kits, and hemorrhage kits can also be helpful. Dental kits are another great option to add to your stockpile.

Bandages are also an essential medical supply to have in abundance. There is no expiration date on bandages, so the more you can add to your stockpile, the better.

Don't ignore vitamins, either. If there is an emergency, it could affect people's ability to get fresh food. Access to different types of vitamins and supplements will allow people to fill in nutritional gaps they may not be getting in their regular diet. People don't realize how valuable vitamins are for bartering until they need them.

Hygiene Products

A good supply of hygiene products can go a long way for bartering. These products will always be in demand. There are also so many different types of hygiene products that people should stock up on. This includes:

- Soap bars
- Hand soap
- Face wash
- Body lotion
- Face lotion
- Hand cream
- Nail clippers
- Nail files
- Deodorant
- Antiperspirant
- Feminine wash
- Maxi pads
- Tampons
- Baby oil
- Toothbrushes
- Toothpaste
- Dental floss
- Mouth wash
- Tongue scrapers
- Lip balm
- Sunscreen
- Wet wipes/ baby wipes
- Shampoo
- Conditioner
- Hairbrush/ comb
- Handheld mirrors
- Toilet paper
- Tissue paper

Hygiene products are excellent items to have on hand because many people don't realize how badly they are needed until they can't buy them.

Baking Soda

Baking soda gets a category of its own in this chapter. This is because there are so many uses for it. On top of that, it's also very affordable. It's unlikely that you'll break the bank by adding a pile of baking soda to your bartering collection. But it can likely come in handy later.

So, why would people want to make trades for baking soda? There are a lot of different household uses for baking soda. It's known for its odour-eliminating properties. People use it to deodorize their refrigerators, garbage bins, and rugs. It can also be used as a replacement for a deodorant to eliminate body odor.

Baking soda also makes an excellent cleaner. It can tackle tough messes in the kitchen and bathroom with ease. Many people prefer using it over regular cleaners in the kitchen because baking soda is fantastic for getting rid of grease. Your laundry room can also benefit from this ingredient. Replace bleach with baking soda during a load of laundry to keep your white clothes clean.

I can't talk about baking soda without mentioning how it can be used to replace some of your everyday hygiene products. While it's not the tastiest substitution, you can use baking soda instead of toothpaste to keep your teeth clean. It can also be used as a replacement for shampoo.

Spices & Seasoning



In times of scarcity, people will rely on their own skills to obtain food. This usually means growing produce and hunting meat. With that being said, people will still want food that tastes enjoyable. When they find out someone in their community has their favorite spices on hand, they will want to make a trade. Spices are a great commodity for your stockpile because they have a long shelf life and don't take up a lot of space.

Duct Tape

When the economy crashes, people will want to fix what they already have instead of buying a new item. Duct tape is thick, strong, and weather resistant. This allows people to use it for major repairs. It also has many uses, such as patching items, trapping insects, crafting items, or medical purposes. Of course, you should have other types of tape in your stockpile as well. But duct tape will likely prove to be the most valuable for trades.

Food Storage



Food storage is one that slips a lot of people's minds when creating a stockpile. However, it's something that almost every household will need. There are different types of food storage items that you should consider for your stockpile. The first one is resealable bags, such as snack bags and freezer storage bags. These will likely be the highest in demand.

Other types of food storage items to add to your stockpile include air-tight containers, jars, drinking bottles, and plastic wrap.

If you have the space and the income, coolers can be very valuable items. If an emergency takes out the power, people will need to find ways to keep their food chilled. Thermal cooler bags and hard plastic cooler boxes could become high demand items.

Clothing

Clothing wears out over time. During an economic depression, most people won't have money to buy new clothing items. However, they may be willing to trade valuable services for clothing from other people's stockpiles. Here is a short list of clothing items that could become high-ticket items during a depression.

- Socks
- Undergarments
- Jackets
- Sweatshirts
- Clothes that can be layered
- Shoes and boots
- Work pants
- Gloves
- Hats
- Scarves or face protection for cold weather
- T-shirts and tank tops
- Children's clothes of various sizes

Sewing Supplies

Before barterers ask what clothes are in your stockpile, they will try to mend what they already have. This will lead more people to learn how to sew. Sewing supplies can be very useful stockpile items. Some of the items you should have on stock include:

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- Needles
- Thread
- Scissors
- Buttons
- Zippers
- Elastics
- Thimbles

You can also make up sewing kits that include all the items people need to mend clothing and other items.

Blankets

Nobody wants to face a cold night without a blanket. In the event of a survival situation, a blanket can make a huge difference. People sleeping in tents or outdoors will need items to stay warm. Blankets provide insulation and protection from nature's elements. People in colder climates will need them to survive cold seasons.

Towels

Another excellent item to add to your stockpile is towels. This includes washcloths, hand towels, bath towels, and other towels. They are versatile items that can be used for much more than just drying off. Towels can also be used for cleaning items, DIY bandages, or even keeping a person warm if they don't have access to a blanket. While towels are relatively affordable, looking for a sale to stockpile is recommended.

Tools



When the population begins to barter instead of spending, you will also notice more people learn to build and repair things independently. But, to do this, they will need tools. Hand tools are also considered essential items if there is an emergency. Some of the best items to add to your tool stockpile are hand tools, like hammers, wrenches, screwdrivers, handsaws, and pliers.

If you have the budget, adding a few power tools to your stockpile could be very useful. You may be able to use these expensive items to make large barter.

Fishing & Hunting Supplies

Fishing and hunting supplies could become high-ticket bartering items. They are essential for people to catch food. If the economy falls to the point where the average household can't afford groceries, more people will become self-sufficient and get their own food. Hunting and fishing supplies are also good to stockpile because they won't go bad and are easy to store. Some of the items you should consider stockpiling include:

- Fishing rods
- Fish hooks
- Lures and plastic bait
- Fishing line
- Snares
- Knives
- Crossbow and arrows

Fire starters

Fire starters are essential during an emergency. People will need fires to keep warm and cook food. Fire can also be used to signal for help. Having matches, lighters, carbon steel, and flint in your stockpile is a good idea. Charcoal and lighter fluid can also be good items to stock up on.



Rope

It's highly recommended to stockpile items that are versatile and useful. Rope can become one of the most in-demand items if there is an emergency. This is because it serves many different purposes. People can use it to secure items, build shelter, or it can even be used for hunting and fishing.

Seeds

Seeds are an excellent item to stock up on for bartering because they will outlast you. Many types of seeds can be stored for up to 100 years. Keep in mind that the great depression lasted for ten years. Having a stockpile of seeds means you can grow fresh crops yearly. You can also use seeds for bartering to give more people access to fresh food.



Alcohol & Tobacco

Certain luxury items will be in demand for bartering. Alcohol and tobacco are commonly sought out during an emergency because people use them for entertainment and relaxation. The stress of economic turmoil can also leave more people wanting a temporary stress reliever.

Skills

Skills aren't exactly an item, but they can be tremendously valuable for bartering. If you possess a skill that can help another household, they could have something valuable to trade with you. Some skills you may be able to barter include repairs, hair cutting, tree removal, massages, etc.

Other Items to Consider

In this chapter, you've learned about 21 of the best items to stockpile on for bartering. The items above will prove to be very worthwhile if an economic downfall results in an emergency. However, there are a few more items that should be considered for your stockpile:

- Garbage bags
- Baby supplies
- Aloe vera
- Water filters
- Offline entertainment (*books, puzzles, board games, playing cards, kids toys, etc.*)
- Fuel
- Ammunition
- Physical protection gear
- Detergent
- Bleach

Bartering Tips

Bartering was how people exchanged things before money was invented. Vendors would have items up for swap. People would bring goods (like eggs or fresh-grown vegetables) to trade for the items. If they didn't have an item for swap, they would offer a type of service (such as repair or cleaning). If the economic downfall results in a depression, bartering items may become more valuable than money.

But, these days, bartering isn't as common. Most of society purchases the items they want or need. For this reason, many people don't know how to approach bartering the right way. Finding people to barter with is the 1st step. This can be done online. Facebook and other social media platforms have different bartering groups that people can join. You also have the freedom to create one for your area if one doesn't exist.

When it comes to bartering, always be honest with the other party. One big mistake that people make is trying to scam someone. This can backfire on you very fast. The person you scam can leave a review about the experience, warning others. This will deter people from wanting to make trades with you. That's if you scam a nice person. If you scam someone with a mean streak, they may want to get revenge.

You should always be transparent about bartering. Set your expectations so the other party clearly knows what you have and want. You must also fully listen to what they have to say. Both parties should know what to expect once they finalize this trade.

High-Ticket Items You Can Make at Home for Cheap

Households will need to look at many ways to cut costs to make it through an economic crisis without going broke. Taking a DIY to high-ticket items is a very efficient way to cut back on how much money your household is spending.

So, what exactly is a high-ticket item? Well, there are two ways you can look at it, and we'll explore both in this chapter.

The first way to look at high-ticket items is items that are high in demand. There are the everyday items a household uses. While many of these items aren't expensive when you buy them individually, the price can add up. Households can save a good portion of money annually if they start making these items at home.

Now, a lot of people are under the impression that DIY projects can be more expensive than simply buying the item you need. That's if you're looking at it from a one-time purchase perspective. You will end up with a larger bill from buying everything you need for DIY products than simply buying one of each item. But, what you need to think about are long-term expenses. Once you have purchased all the necessary items for DIY projects, the cost per product you create will be lower than the price of similar products available in stores.

The other way of looking at high-ticket items is luxury items. These are items that can be sold for a higher price. If you're creative, good at building, or willing to learn a new craft, you could make high-ticker items to sell locally or online. If you start brainstorming ideas and hone your skills, you could create something people will want to buy. *(I'll further share some ideas with you in this chapter to inspire you.)*

Household Items You Can Make for Cheap

Even in times when an economic depression isn't on the rise, people are looking for ways to cut back on their weekly shopping bills. While household items usually don't run a family into debt, they can take up a good portion of their expenses. Little do people know,

they're paying a premium price for items that can be made at home for a fraction of the price. Most of these items are very easy to make, even for people who aren't crafty.

Let's look at some DIY household items that can help you save money!

Dish Detergent

Most households wash dishes every day. Some even wash dishes multiple times a day. This is one expense you can easily cut back on. I have an amazing DIY dish detergent recipe to share with you. This detergent is very effective for removing grease and stuck-on food. It can be used in the sink for hand washing and in the dishwasher.

Ingredients

- 1 cup washing soda (sodium carbonate)
- 1 cup Borax
- ½ cup citric acid
- ½ cup coarse salt
- Optional: 15 to 20 drops of essential oil (any scent you want)

Instructions

1. Combine all four dry ingredients together in a mixing bowl.
2. Optional: add essential oil to give your dish detergent a fresh aroma.
3. Thoroughly mix all of the ingredients. Make sure any clumps have been broken up.
4. Transfer the mixture to an airtight container. Store in a dry area.

How to Use

1. Always test the detergent out on a small load of dishes first.
2. Shake or stir the detergent before each use.
3. For dishwashers: Add 1 to 2 tablespoons of detergent to the detergent compartment. Run the dishwasher as usual.
4. For hand-washing: Place 1 to 2 tbsps. of detergent in the sink. Fill with hot water.

Laundry Detergent

There are many benefits to making your own laundry detergent. Of course, it's an efficient way to cut back on expenses. One container of homemade detergent costs a small fraction of what you would pay in the store. But this isn't the only reason I'm suggesting it. Homemade laundry detergent contains fewer chemicals, making it an eco-friendly choice.

Ingredients

- 1 cup washing soda
- 1 cup Borax
- 1 bar grated soap
(choose a mild soap)
- Optional: 15 to 20
drops of essential oil

Instructions

1. Grate the soap using a cheese grater or food processor.
2. Combine all of the dry ingredients in a mixing bowl.
3. Optional: add essential oil for fragrance.
4. Mix all of the ingredients to ensure everything has been evenly distributed.
5. Transfer to an airtight container.

How to Use

Add 1 to 2 tablespoons directly to the washer drum to use this detergent. Testing the detergent out on a small piece of fabric is highly recommended before doing a load of laundry.

Soap

Making your own bars of soap can be fun and cost-effective. It also gives you the freedom to be creative, such as mixing different scents and colors, or using different moulds to make fun shapes. If you put the time into crafting good-quality soaps, it could present an opportunity to make money.

Getting started with soap-making can be a bit costly. This is because there are several supplies and ingredients needed for the process. However, once you have everything you need, the ingredients to continue making soap are very cost-effective. And, if you compare the cost of the soaps you make to the ones you were buying in the store, it's easy to see a difference.

Now, if you're a beginner, it's recommended to look for a soap-making kit at a craft store. These kits come with the necessities that people need to get started. By using one of

these kits, you can play around and see if soap-making is something you can see yourself doing. After all, it's not for everyone. This takes more time, patience, and creativity than some of the other projects in this chapter.

It's also important to note that there are several different soap-making techniques and ingredients that you can use. Some types of soap can be completed overnight, whereas others take up to a month to cure.

Hand Soap

People wash their hands several times throughout the day. The average household goes through multiple bottles of hand soap every month. If you have a particular scent or brand that you always buy, your annual hand soap budget may be more than you realize. But, once you discover how cheap and easy it is to make your own, you may think differently.

Ingredients

- 1 cup liquid castile soap
- 1 tbsp carrier oil (such as almond oil, coconut oil, or grapeseed oil)
- Essential oils of your choice
- Water (as needed)
- Reusable soap dispenser

Instructions

1. Mix the castile soap and carrier oil together in a small container.
2. Add 10 to 15 drops of essential oil. (You can mix oils to create a custom scent).
3. Slowly dilute the mixture with water. Only add a small amount at a time while stirring the mixture. Continue diluting the mixture until it reaches your desired consistency.
4. Transfer the mixture to the soap dispenser. (Tip: use a funnel to avoid a mess).

Face and Body Scrub

Money may be tight, but you still deserve luxuries. A good sugar scrub can leave your skin feeling soft and smooth. Your skin will look and feel better. Now, a good quality scrub is sold at a high-ticket price in stores. Before, you may have been willing to pay that much. But, once you find out just how easy it is to make, you can give your credit card a break. You may not even have to go to the store to buy the ingredient because there's a good chance that you already have what you need in the kitchen pantry. So, what do you need to make your own body scrub? All you need is a base ingredient and a carrier oil. Of

course, you can add in extra like essential oils, coloring, etc. Once you learn how to make a simple scrub, you can embellish it as much as you want to make it fun.

Ingredients

You will need an ingredient for the base that will exfoliate your skin. The best ingredients to choose from are sugar, sea salt, and coffee grounds. You can even do a combination of 2 or all 3. You won't need to make a big batch at once when you make the face and body scrub. Since this isn't a product you need to use daily, it's best to make it as you use it.

There are no exact measurements to making this scrub. You can use your own intuition and preferences. However, to get started, we recommend using $\frac{1}{2}$ cup of the base ingredient. The next time you make it, you can use less or more, depending on your preferences.

Instructions

1. Add $\frac{1}{2}$ cup base ingredient to a mixing bowl.
2. Slowly add the carrier oil to the base while mixing. Start with a very small amount, roughly one spoonful, then add more as needed until the base forms a paste.
3. Optional: add fragrance or other ingredients for enhancement.

Bug Repellent

I love spending time outdoors, but I hate dealing with bugs. Bug repellent becomes a necessity during the summer months. But store-bought bug repellent is pricey and full of chemicals. That's why I prefer taking that natural DIY route.

Ingredients

- 10 to 15 drops of citronella essential oil (lemongrass, lavender, or eucalyptus oil can be used as an alternative)
- 2 tbsp of carrier oil
- 1 tablespoon rubbing alcohol
- Optional: 2 or 3 drops of vitamin E oil
- Reusable spray bottle

Instructions

1. Combine the carrier oil and essential oil in a small mixing bowl.
2. Mix in the rubbing alcohol.
3. Optional: add a few drops of vitamin E oil to help preserve the mixture.
4. Pour into a spray bottle and shake well before use.

All Purpose Cleaner

Most households use an all-purpose cleaner on a daily basis. There's nothing like a clean home. But there are too many chemicals in the overpriced cleaners at the store. That's why I've started using this effective homemade natural all-purpose cleaner. This solution also works well as a window and glass cleaner.

Ingredients

- 1 cup white vinegar
- 1 cup water
- Optional: 10 to 15 drops essential oil of your choice
- Reusable spray bottle

Instructions

1. Pour the vinegar and water directly into the spray bottle.
2. Optional: add essential oil for fragrance.
3. Put the lid on the bottle and shake well.

Don't use this cleaner on marble or granite, as vinegar may cause damage.

Bathroom Cleaner

For the bathroom, you need a cleaner that's a bit stronger than a regular all-purpose cleaner. You will need something that can effectively clean soap scum, mildew, and other bathroom mishaps. This recipe is similar to the all-purpose cleaner but with baking soda added.

Ingredients

- 1 cup white vinegar
- 1 cup water
- 1 tbsp baking soda
- Optional: 10 to 15 drops of essential oil
- Reusable spray bottle

Instructions

1. Pour the vinegar and water directly into the spray bottle.
2. Add the baking soda to the mixture.
3. Optional: add the essential oil of your choice for fragrance.
4. Put the lid on and shake well. Make sure all of the baking soda is dissolved.

Floor Cleaner

Your floors may see a lot of traffic, but that doesn't mean that you have to buy expensive cleaners to keep them in good shape. I have a very affordable DIY floor cleaner to share with you. This is an excellent cleaner that's also chemical-free.

Ingredients

To make this cleaner, add the following ingredients to your mop bucket.

- 1-gallon hot water
- 1 cup white vinegar
- ¼ cup baking soda
- ¼ cup dish soap

Instructions

Make sure you mix all of the ingredients well before you start cleaning your floors.

Stain Remover

During a financial crisis, most households won't be able to afford to replace clothing as frequently. That's why it's important to have a good quality stain remover on hand. Here is a recipe for a cheap but effective DIY stain remover.

Ingredients

- ½ cup of hydrogen peroxide
- ½ cup of dish soap
- ½ cup of baking soda
- Reusable spray bottle.

Instructions

1. Mix all 3 ingredients together in a small bowl. Make sure all of the ingredients are well-blended.
2. Pour the mixture into the spray bottle.
3. Test the spray on a small piece of scrap material.

How to Use

1. Spray the solution directly onto the stain.
2. Allow it to soak for approximately 5 minutes.
3. Blot the stain with a clean cloth.
4. If stain is removed, rinse the item. If stain is still present, repeat the above steps. It may take multiple repetitions to fully remove the stain.

Toothpaste

As the price of toothpaste continues to rise, you can use this cost-efficient recipe to make your own at home. This recipe keeps your teeth clean and freshens your mouth. It's quick and easy to make too!

Ingredients

- ½ cup of baking soda
- ¼ cup of coconut oil
- 10 to 15 drops of peppermint essential oil (you can use cinnamon, rosemary, or spearmint as an alternative)
- Airtight container

Instructions

1. Combine coconut oil and baking soda together in a mixing bowl.
2. Add essential oil and stir well.
3. Transfer the toothpaste to an airtight container or jar.

Shaving Cream

Next time you run out of shaving cream, try making your own instead of buying a new bottle. Making shaving cream is very easy, and it only takes a few simple ingredients. You can also use essential oils to create any scent you want.

Ingredients

- ½ cup of shea butter
- ¼ cup of coconut oil
- Optional: 10 to 15 drops of essential oil- any scents
- Airtight container

Instructions

1. Melt the shea butter and coconut oil together. This can be done in the microwave or using a double boiler.
2. Once melted, stir the ingredients well to ensure they're combined.
3. Optional: add essential oils to create an appealing aroma
4. Stir well and transfer the mixture to the airtight container.
5. Allow the shaving cream to cool before use.

Dog Food

You can reduce the cost of feeding your pet by making your own dog food. This is a great option because you save money and know exactly what you're feeding to your dog. They will love the food and you will feel good about feeding it to them.

Ingredients

There are many fresh ingredients you can make dog food out of, including:

- Beef
- Poultry
- Fish
- Carrots
- Brown Rice
- Peas
- Quinoa

Instructions

It's very important that your dog gets all of their nutritional requirements. Before making their food, always do thorough research. You should also speak to your veterinarian and get advice about the ingredients you need to help your dog maintain a well-balanced diet.

Dog Shampoo

Washing your dog doesn't have to be expensive or complicated. I have a very affordable dog shampoo recipe to share with you. This recipe contains ingredients that are probably already in your house.

Ingredients

- 1-part white vinegar
- 1-part mild dish soap
- 2 parts water

Instructions

Make this shampoo up as needed. All you have to do is mix the ingredients together in a bowl and then use them as shampoo. If you want, you can add some essential oils to make the shampoo smell nice.

Produce Wash

Households should always wash their produce before eating them. You should try this recipe if you don't want to buy a pricey produce wash from the store.

The Upcoming Economic Depression: How to Survive It

Ingredients

- 1 part white vinegar
- 1 part baking soda
- 2 parts cold water

Instructions

Get a large bowl or container that will fit all of the produce you need to wash. Add the ingredients to the bowl and mix thoroughly. Add the fruits and vegetables to this solution and allow them to soak for 5 to 10 minutes.

Sunscreen

It's important to protect your skin from sun damage. You can have sunscreen to last all season long for a fraction of what you pay at the store. This recipe is all-natural too. However, it does contain some specialty ingredients you may have to buy.

Ingredients

- 1/2 cup coconut oil
- 1/4 cup shea butter
- 1/4 cup beeswax
- 2 tablespoons zinc oxide powder
- 1 teaspoon red raspberry seed oil
- Airtight container

Instructions

1. Melt the shea butter, coconut oil, and beeswax together. This can be done in the microwave or on a double-broiler.
2. Add zinc oxide powder and red raspberry leaf seed oil. Stir well to make sure all ingredients are combined.
3. Pour the mixture into the airtight container.

Makeup Remover

You don't have to spend a lot of money to get a good quality makeup remover. This product is so easy to make. I have a recipe to share with you that's affordable and great for your skin.

The Upcoming Economic Depression: How to Survive It

Ingredients

- 2 tbsp coconut oil
- 1 tbsp witch hazel
- 1 tbsp olive oil
- Small airtight container

Instructions

1. Melt the coconut oil in the microwave or using a double-broiler.
2. Add witch hazel and olive oil.
3. Stir thoroughly to make sure all of the ingredients are combined.
4. Pour into the airtight container.
5. All mixture to cool before use.

Deodorant

Yes, you can even make your own deodorant at home. Whether you're looking to save money, take an all-natural approach, or simply need something quickly because you ran out, this is a great recipe to try.

Ingredients

- ¼ cup baking soda
- ¼ cup cornstarch
- 5 tbsp coconut oil
- Optional: 10 drops of essential oil

Instructions

1. Melt the coconut oil in the microwave or on a double broiler.
2. Mix in baking soda and cornstarch. Stir well to make sure all the ingredients are combined.
3. Optional: add essential oil to give the deodorant a fresh scent.
4. Place the mixture in an airtight container and allow it to cool.

How to Use

This deodorant isn't the same as a stick or spray. Instead, you will need to rub a small amount on your armpits with your fingers.

Natural Cold Remedy

Don't let cold and flu season take you down. Here is an easy recipe for a homemade cold remedy. This mixture can be mixed with hot water for a natural immune-boosting drink that's also very soothing. Make sure you drink it slowly.

Ingredients

- 1 lemon
- 1 to 2 cloves of garlic
- 1 tbsp honey
- ¼ tsp of cayenne pepper

Instructions

1. Peel and grate the ginger.
2. Crush the garlic cloves.
3. Cut the lemon in half. Put it in a food processor or blender to juice it.
4. Add all of the ingredients to the blender.
5. Blend until the mixture is smooth.
6. Pour mixture in an airtight container.
7. Store in the fridge for up to one week.

How to Use

Mix 1 tbsp of the mixture with 1 cup of hot water and drink it slowly.

Jewelry Cleaner

You don't have to spend another dollar on jewelry cleaner to keep your collection in good condition. All you need to clean your jewelry is a mixture of 1 part water and 1-part white vinegar. You can use this mixture and a soft bristle brush to clean your items. A pinch of baking soda can be used to tackle any stuck-on stains. Once you're done, rinse the solution off and dry the item with a soft cloth.

Ice Packs

Making your own ice packs is so easy. Once you try this out, you'll never have to rebuy an ice pack. You also will never have to worry about not having enough because this easy DIY hack is so cheap that it won't dent your budget to make extras.

Creating homemade ice packs is simple and requires just a few items.

Ingredients	Instructions
<ul style="list-style-type: none">● resealable bags (such as sandwich or freezer bags)● water● freezer space	<p>To make each ice pack, you'll need two resealable bags. The first bag will hold the water, which can be disposable or reusable. Fill the bag only halfway to two-thirds full with water.</p> <p>Next, place the first bag into the second bag (which should be larger than the first bag to allow room for expansion). Using a reusable plastic or silicone bag for the second layer is advisable as it offers stronger material to prevent leaks. Finally, place the assembled bags in the freezer and allow them to freeze overnight.</p>

No-Stink Spray

No-stink spray has become very popular over more recent years. You can spray the solution around the toilet bowl before using it, and it will trap and odors in the toilet bowl. There won't be a lingering smell after you're done in the washroom.

Ingredients	Instructions
<ul style="list-style-type: none">● ¼ cup rubbing alcohol● 1 tbsp vegetable glycerin● 20 to 30 drops of essential oil- any scent● Spray bottle	<p>Mix all of the ingredients into the spray bottle. Put the lid on and shake well to ensure all the ingredients mix together.</p>

How to Use

Simply spray the mixture a few times in the toilet bowl before each use. The spray will act as a barrier and absorb any odors, preventing the room from getting smelly.

Items You Can Make Cheap to Sell for A Higher Price

A lot of people are under the impression that you must use high-cost materials to make items that sell for a high price. But, that's not exactly true. If you have a particular skill or talent, you can make high-quality products with materials that don't break the bank.

However, if you want to make money selling items you make, you need to craft items people actually want to buy. Below are some of the best items to consider making that are known to bring in a profit.

Furniture

There are different ways to approach selling furniture. You could upcycle old furniture by bringing new life to old pieces. When you give a fresh look to old furniture, you do more than just give it new life. More modern homeowners are becoming interested in upcycled furniture because it's eco-friendly. This craft can keep money in your pocket and furniture out of the landfills.

However, this isn't the only way to approach selling furniture. If you are good at building, there's the option to make custom furniture pieces. This gives you an opportunity to set higher ticket prices. People are willing to pay more money to have a custom piece built for their homes.

Home Decor

Do you have a knack for crafting and a good eye for detail? If so, you could create home decor to sell. There are multiple ways that people can hone in on their skills to create home decor that will look good and appeal to customers. Whether you're good at sewing, painting, building, or have the patience to make something unique, your work could put money in your pocket. Here are a few ideas of home decor items you could make and sell.

- Wall hangings
- Decorative pillows
- Terrariums
- Candles
- Coasters
- Placemats
- Decorative planters
- Painted signs
- Picture frames

Customized Jewelry

During an economic crisis, jewelry stores are bound to see fewer customers. However, this shouldn't deter you from taking the route of making custom jewelry if it's something you have a knack for. Personalized and custom jewelry pieces will always be in demand

because they are sentimental. Personal jewelry is the perfect gift for holidays, birthdays, weddings, and more.

Artwork

Artwork is something that people can create for a very low cost. And, if it works out, the art can be sold for a much higher profit. You can create custom designs to sell at your own price point, or you can commission pieces.

Custom Prints

If you invest in a 3-D printer, you can start selling custom prints on items. You don't have to be artistic to make a great print. You just have to be willing to learn. There are so many different things that you can create with custom prints, such as:

- T-shirts
- Holiday ornaments
- Glassware & water bottles
- Bags
- Posters

Upcycled Items

Furniture isn't the only thing that you can upcycle for profit. There are so many items that you can give a unique and refreshing touch to. If you have a good idea for design and giving items makeover, it could pay to find items that need some love at your local thrift shop. This could be fashion accessories, candle holders, luggage, planters, and more.

Greeting Cards

Greeting cards are much appreciated for birthdays, holidays, and other special occasions. There's a sentimental touch about handmade cards. If you are good at drawing or painting, this could be a great business for you. The supplies to start are very cheap and you could make a lot of people happy with your designs.

Baked Goods & Preserves

There will always be demand for food. If you can make something that tastes good, then you have the potential to make money. Baked goods and preserves are some of the easiest to profit from. However, you can also make dried snacks, seasoning blends, sauces, or any special recipe you want to share.

When you're ready to start selling, you can find groups in your community on Facebook or create your own page. You can also look into arranging a table at farmer's markets and other local events.

Plant & Flower Arrangements

You could sell arrangements if you have a green thumb and the space on your land to grow the flowers. These are high in demand for parties, weddings, and other special events. Similar to selling homemade food products, you can look for community groups on Facebook to advertise your arrangements.

Natural Skincare, Bath, & Beauty Products

The market for homemade bath and beauty products is constantly growing. Even if we don't go into recession, this niche will still have a growing demand. Consumers are ditching store-bought products because they contain chemicals and other ingredients that aren't good for the skin.

It could become a lucrative business if you have the patience to learn and experiment with making natural bath and beauty products. Some of the best products to market include:

- Bath bombs
- Lip balms
- Face masks
- Body scrubs
- Soap & more

There are so many different high-ticket items you can make at home for cheap. It's an excellent way to save money and get creative. When you combine affordable materials with your visions and creativity. However, don't get discouraged if it takes some practice in the beginning. With practice and hard work, you could start profiting off of your hobby. The possibilities are limitless.

Worst Items to Invest In

Investing is an effective way of building your wealth. One of the main benefits of investing is that the money does the work for you. You don't have to put time and effort into increasing its value. Many people look into making investments to help them reach their financial goals.

But, there's always a risk with making investments. A good investment can increase your wealth. Unfortunately, that can't be said about a bad investment. If you make a bad investment, you could lose money. Investing isn't a quick and easy way to become wealthy. The value of any investment can rise and fall. This will affect how much money you get in return.

Now, if you were thinking about investing, my goal isn't to deter you away from that. With proper research and advice from financial experts, you can be put on the right path toward making a good investment. With this chapter, I want to inform you about the worst investments to make with economic turmoil on the horizon.

Mutual Funds

Mutual funds have always been considered a safe investment. The goal of investing is to grow your money. That often doesn't happen with mutual funds. It's very common for people to spend a lot of money on mutual funds only to see a small amount in return.

There are a lot of negative aspects to consider about mutual funds. Let's start with the expenses. There are several charges that investors have to cover with mutual funds. On top of that, investors have very little control over their investments. Once all is said and done, they end up with a very diluted return. This makes mutual funds one of the most disappointing types of investments.

Investment Linked Policies

Combining your investments and protection in one policy sounds like a great idea, right? After all, other companies allow customers to save money by combining services. But this

isn't the case with investment-linked insurance policies. You should always keep your investments and your insurance protection plans separate.

Investment-linked policies are very complex. On top of that, the fees can be pretty expensive. The returns usually aren't enough to make it worth your time and money. It's also important to remember that investing in investment-linked policies is a risky gamble. There is no guarantee that you will get a return.

Art

Art is one of the worst investments to make during an economic downfall. Now, don't get me wrong. If you want a piece of artwork for your home, then supporting an artist's work is a good way to spend your money. What I mean, is buying a piece directly from an art dealer to flip it for more money later. Many people think an art investment is a good idea because they have heard of people reselling the pieces for tens of thousands of dollars. But always remember that there is no guarantee you'll find an interested buyer in your lifetime. Unless you're an art expert, it's best to stay away from this type of investment.

Jewelry

People have said that gold and other gems never lose value for decades. Unless you're an expert in this field, avoiding jewelry investments is wise. There are two things you should keep in mind about why jewelry isn't a good investment:

1. The value declines the moment you purchase it.
2. Jewelry isn't a liquid asset.

Another thing that you should remember about jewelry as an investment is that several things can affect its worth in the future. A piece that may seem valuable today could be worthless in 10 to 15 years. This is because trends change. The piece you invest today could be seen as outdated by the time you were hoping to make a profit.

Jewelry insurance is also very expensive. You may not want to spend that much towards your investment. However, there's the chance of losing your investment money if the jewelry gets damaged or stolen.

Collectibles

Collectibles pose some of the same investment risks as artwork and jewelry. For a lot of people that invest in collectibles, the returns are much lower than expected. Many people

get less in return than they spent on their investments. Even worse, some people are unable to find a buyer to sell the item to.

There are other risks involved with collectible investments that you should consider as well. They are very expensive to invest in for items that aren't liquid assets. Also, if you're not an expert in what you're looking for, there is a very high risk of purchasing a counterfeit item.

Racehorses

Racehorses can establish partnerships and other deals to bring in money. A popular racehorse might seem like an excellent investment. However, when you compare the costs of keeping the horse vs how much money you'll make, there's a high chance of losing money. The average person that invests in a racehorse ends up losing over \$20 per \$100 spent.

Remember, racehorses have a lot of expenses that the investor must cover. You'll be responsible for covering the cost of where the horse boards, feeding it, veterinary costs, training, and other expenses.

Penny-Stocks

Penny stocks are incredibly cheap. They are any stocks you can invest in for less than \$5. These stocks are often for new companies. Many people think the risk of investing in them is worth the reward because they could be investing in the next company to hit it big. But the truth is a lot of penny stocks are for companies heading towards bankruptcy. Quite often, penny stocks are also attached to businesses that are in a lot of debt. There are so many risks in taking this route that the short-term gains aren't worth it.

Technology Stocks

Okay, so investing in technology stocks isn't exactly one of the worst investments that someone could make. There have been many technology stocks to skyrocket over recent years. But people need to be very cautious about this investment. With every tech stock that soars, there are several that crumble and fall.

You see, with the rise of tech stocks, people are looking to take advantage of the market. This has led to many companies accepting the money but not delivering on their end of the deal. It's also vital to remember that technology is continuously advancing. What seems like an excellent investment today could be outdated 5 years from now.

Emerging Market Stocks

You shouldn't approach emerging stock markets unless you know what you're doing. Experts in the field can identify the right market at the right time. If you cannot spot this, then investing can be a huge risk. On top of that, even experts will stay away from an emerging market during an economic downfall because it's unlikely that they will see a return.

There have been too many negative outcomes to make investing in an emerging market worth it when the economy isn't stable. However, if this is something that you're interested in, it is worth learning more about. When the economy has rebuilt itself, you may have the knowledge you need to make a good investment.

Forex Trading

Over more recent years, Forex trading has gained a lot of attention. This involves people buying and selling currencies on the foreign exchange market. Ideally, people purchase one type of currency when it's low, then sell it when the rate rises. On paper, this might sound like a great way to increase your investment. However, it's more of a gamble than an investment.

People are initially attracted to this type of investing because they can start with a small investment. However, it's vital to remember that the market is fast changing. One moment it may seem like your investment is on the rise, but it could crash before you know it.

Cryptocurrencies

When one of the biggest things in the world of investments right now is cryptocurrency. Bitcoin, Ethereum, Litecoin, and others are giving people a new way to invest their income. However, financial experts warn people to be cautious about using these services. They are a huge risk and they aren't backed up by any financial or government institution.

The value of cryptocurrencies is very unpredictable. There are no regulations in place that protect the rate of cryptocurrencies, allowing it to fluctuate rapidly. Since there is no protection for your money, it can be too risky.

Another thing to consider is that with the rise of cryptocurrency's popularity has also come the rise of scams. There have been several cases over the past few years of cryptocurrency scammers taking advantage of people.

Bonds

Bonds are a safe investment. But, if you're investing your money to get a good return, bonds won't serve you any purpose. Since bonds don't pose the same risks as other types of investments, you can expect a much lower return. On top of that, you will have to wait a long time to receive the return.

It's also important to remember that bonds aren't 100% risk-free. Investors do risk running into rising interest rates, inflation, and other issues. Some people also worry about reinvestment risks and call risks.

Cannabis

The cannabis industry is growing, especially in areas where it has been legalized. But, depending on where you live, this could be one of the riskiest businesses to invest in. With every legal operation that opens, several more illegal follow the same suit. If you invest in an operation running illegally, there is a very high risk of losing your money. This is because illegal marijuana operations can get shut down by federal agents. Investors won't get any warnings when this has happened, either. Some risks aren't the possible reward.

Annuities

Annuities are very complicated. If you're new to the world of investing, you may want to stay clear of this route. An annuity is when you have a contract with an insurance company. You pay a lump sum. Then, at a future date, the company begins to make a series of payments back to you.

An annuity technically isn't a type of investment. Instead, it is more like an insurance policy. For some people, they can be a good investment. This is because it offers financial protection. If something happens to your job, you know some money will still come to you.

But it's important to remember that there are downsides to an annuity plan as well. You will be required to pay fees. These fees can diminish the value of the small profit you do get from annuities. Another thing to remember is that the payment schedule will be based

on the company's plan. You won't be able to access your funds in the event of the immunity. Your money is better off in a high-interest savings account.

Real Estate Syndication

A real estate syndication is when a group of investors pool their money together on a piece of commercial property. A syndicator will then be responsible for the asset's management. The most significant risk of making this type of investment is putting all your trust into the syndicator. If the syndicator isn't successful with their business journey, it can affect your investment.

Investors also have very little control of their money with a real estate syndication. It could take a long time for them to see a return. However, with real estate syndication, there are agreements and contracts in place to protect the investor's money in the event that the syndicator's business fails.

Timeshares

Timeshares are one of the worst things to invest your money into, especially on the rise of a depression. This is when you're offered a deal that seems too good to be true. You invest in a portion of a property, usually a luxury vacation house, and then you will have access to that house for a specific period every year.

While this doesn't sound too bad, it will end up costing you big time. The inflation rates on timeshares are very high. While you will be spending a lot, you will have very limited use of the property. Most investors are only allowed access to the property 1 to 2 weeks per year. These dates are already set, making it nearly impossible to rearrange if you cannot visit during your time slot.

Now, let's cover what you should expect if you ever want to sell your timeshare. This is a dying market. The value of your timeshare will decrease over time. On top of that, there is less interest in this industry, making it almost impossible to find a buyer.

Restaurants

The statistics speak for themselves on why investing in a restaurant is a bad idea, especially on the brink of an economic crisis. When the unemployment rate begins to rise, entertainment is one of the first things people trim from their budgets. Fewer people will be eating out, making it difficult for a restaurant to stay afloat.

On top of that, the statistics of restaurants failing within their first year of business is very high, even when the economy is stable. On average, 60% to 90% of new restaurants fail in the first year.

Home Improvement Tools

Home improvement tools are another bad investment. Now, every household needs tools. But, high-ticket major power tools aren't a necessity. Most people don't get enough use out of these tools to make the investments worth it. In fact, it works out to be cheaper to rent the power tools as needed.

Buying a tool now to use and selling it later isn't a wise plan either. You see, the value of these tools tends to decline with time. Technology is rapidly advancing, so by the time you want to sell, there might already be something more efficient on the market. This could lead you to get less than half of what you spent on the tool if you can even find a buyer.

Assets Above Your Means

Living within your means is the #1 rule to not going broke. If you cannot afford something, you should not buy it. Unfortunately, many people purchase things above their means because they have access to payment plans. This leaves them with more debt to pay off over a more extended period. It also becomes difficult to save money because all of their incoming income goes toward their payment plans.

One of the worst investing mistakes people are guilty of is purchasing an asset above their means, such as big houses and nice cars. This can be very risky with an economic depression on the rise. You don't want to get yourself attached to a payment plan that could become too expensive for you to afford.

Cash

Now, you might be thinking that cash isn't an investment. You are 100% right. But, since this chapter is about bad investments, I need to discuss why saving cash isn't a smart move. Every household should have emergency cash on hand. But, when it comes to saving money, there are much better approaches to take.

When you save cash, you are not gaining anything. If you put that money into a high-interest savings account, you can at least accumulate interest over the years. It's also

important to remember that the value of cash declines over the years as inflation rises. At least when you're money is growing interest, its value stays relevant.

Anything You Don't Fully Understand

When it comes to investments, there is no one-size-fits-all approach. What works for one person may not be so great for another. Every type of investment takes research, knowledge, and experience for success. If you're a beginner, you can definitely benefit from seeking guidance from a financial expert or consultant.

One thing you should never do is make an investment that you don't 100% understand. If you're not confident about investing your money, you should look into savings options instead.

Mistakes People Did Before and During the Great Depression

The Great Depression is the most significant economic crisis in history. It had a tremendous impact on households and businesses around the world. Even governments were affected by this financial downfall. This depression lasted for 10 years. With the possibility of another one of the rises, it's very important that people pay attention to the mistakes that were made in the past.

Throughout this chapter, I will point out some of the main mistakes people made during the Great Depression. My goal is to help you avoid making the same mistakes. If you prevent yourself from taking the same path as people did before, you may be able to navigate the next recession or depression with ease.

Mistakes of the past can serve as today's learning lesson. Let's take a look at some of the biggest mistakes made during the Great Depression so you can avoid falling into the same trap if the future holds another one.

Not Paying Off Debt

Throughout this book, I've pointed out the importance of paying off your current debt. Many people didn't think about this before the stock market crash of 1929. After all, when the economy is stable, many people think that they will be able to pay it off eventually. But, by not prioritizing debt repayment, people put themselves in a very bad financial position.

When the economy took a downturn, many things happened that made debt impossible to pay off. A lot of people with debt lost their jobs. This stopped their stream of income, leaving them with no money to make payments. Interest rates also became higher. The combination of missed debt payments and high-interest rates created a financial nightmare.

Do you have accumulated debt? It's not too late to get it paid down. Start addressing your debt now so you don't get stuck in a vicious circle later. Here are some tips to avoid getting over your head in debt during an economic crisis.

- Create a budget that allows you to make payments while still having enough money for essential living expenses.
- Start putting money in an emergency fund. Ideally, you should have at least 6 months' worth of income saved in case something interrupts your income.
- Diversify your income sources. Be open to new ways to bring in more money, such as side hustles and passive income. You will need multiple income streams to settle your debt as quickly as possible.
- Prioritize your debts. Some debts have higher interest rates than others. Getting the high-interest debts, such as credit cards, down first is crucial. Low-interest loans, like a mortgage, shouldn't put you over your head.
- Keep yourself informed. You can benefit from staying up to date on economic trends and developments. Being informed can also help you avoid risks and plan good financial strategies.
- Ask an expert. If you have a lot of debt, you can benefit from the advice of a financial advisor or credit counsellor.

Relying On Credit

During the Great Depression, it was easy for people to access credit cards. When people lost their jobs, they hoped it would only be temporary. They thought they could use credit cards to cover expenses while they searched for new positions. However, the depression lasted a lot longer than anyone would have imagined. This led to people relying on their credit cards to get by. Eventually, people's credit got used up, and they had no way to pay it.

You can't predict whether or not something will interrupt your income. That's why it's important to start increasing your savings now. You should also look for ways to cut back on your expenses to make saving easier. Planning ahead can be one of your best defences to avoid getting trapped into a cycle of relying on credit.

No Savings Before the Depression

Not having any savings is one of the worst ways to enter a depression. Many people made this mistake before the Great Depression. This left them with no money to fall back on when times were already incredibly hard. Every household should have a safety net to avoid financial struggles.

For some households, it may seem like saving money is impossible. If you have minimal income, you may already be struggling to make ends meet. But that doesn't mean it's impossible. It's time to stop making excuses and start taking control of your finances. Here are some tips for people living on minimal income to help build an emergency savings fund.

- Set clear and realistic goals from the start.
- Create a budget. Figure out how much money you're bringing in. Then calculate essential expenses and non-essential expenses.
- Cutback on non-essential expenses. Look for ways to trim the costs of essential expenses.
- Make savings a priority. Don't treat it like something you will only do when it's convenient.
- Set up automatic payments. This way you won't be tempted to spend the money on something else.
- Explore ways to increase your income. If you are just scraping by, you won't be able to put enough away to cover an emergency. A side gig can help you get more money into your savings fund.
- Track your progress. After a few months, you will feel good about seeing your money grow. This can help you stay on track and might inspire you to start putting more away.

Panic Selling

Many households resulted to panic selling during the Great Depression. This meant that they were selling their stocks and assets. There was uncertainty in the economic market, and people feared what would happen to their finances. Many people were under the impression that they could avoid losses if they sold quickly.

However, this proved to be a big mistake. And it's one that people should avoid making if the economic market crashes again. When it comes to major financial decisions, you should never decide with your emotions. Fear can lead people to make decisions quickly that don't always have the best results. Emotional decisions could harm your long-term investment goals.

It's also vital to remember that you will lose money by selling assets during a market fall. You will get nowhere near the amount of money as you would have if you held out and sold when the market stabilized. You need to think long-term when it comes to your assets.

Poor Investments

In the last chapter, I went over some of the worst investments that people can make going into an economic downfall. Unfortunately, this was another one of the mistakes that people made during the great depression.

Stocks were the worst investment at the time. This is because they grew a lot of attention throughout the 1920s. This resulted in a lot of people losing money during the 1929 stock market crash.

It also led to the value of real estate declining. Property values were at an all-time low. Many people that invested in real estate could not sell their properties. This caused a lot of investors to face foreclosure.

It wasn't just people that had big investments that lost money during this time. People that had money in savings accounts with financial institutions also lost money. Several banks and financial institutions failed during this time. When they closed, they took the clients' money with them.

International investments also proved to be a big mistake during the Great Depression. There were a lot of individuals and businesses that had invested money into a foreign market. But, once the market crashed, foreign currency became less valuable. There were also trade barriers put in place to complicate investments. Many people that took this route lost their money.

Poor Financial Planning

Poor financial planning was a common mistake back then and is still common today. If you don't take action and start planning your finances now, you could find yourself in a similar position that people were in during the Great Depression. Many households and businesses failed because they didn't have a plan in place for a crisis.

One of the most efficient ways to avoid poor financial planning is to make a clear set of goals and develop a budget that helps you meet these. You can also benefit from taking time to educate yourself about personal finance. This is a great time to learn about money management techniques.

Most importantly, you need to be patient and disciplined. Your financial progress won't change overnight. But, when you keep your spending habits in check and stay focused on your plan, you will notice your wealth grow in time.

Lack Of Diversification in Investments

Making good investments is an efficient way to grow your wealth. However, even good investments are risky. During the Great Depression, many people had money put into only one investment. This proved to be a bad decision for many investors because they lost their money when the industries their only investment was in collapsed.

Now, you shouldn't fully avoid making investments. Making investments in areas you know about has the potential to pay off. But, it's essential to spread out your investments. If there is another market crash, you'll be less likely lose all of your money.

Asset allocation is one of the best ways to avoid risk and gain more rewards from your investment strategy. This involves putting money into stocks, bonds, and other equivalents. People focusing on asset allocation avoid the risk of a collapsed single investment.

Diversifying your investment portfolio is also possible by putting money into different sectors and industries. However, if you prefer to invest in a sector you're knowledgeable about, you should spread your investment among multiple brands and businesses.

It can also pay to seek guidance from an expert financial adviser. This is a great way to learn more about the risks of investing and choose investments that will help you meet your financial goals. You should also take time to learn about different investment options so you can personally compare the risks vs possible returns.

Hoarding Cash

In the last chapter, I discussed how cash savings didn't benefit wealth growth. There is no way for you to grow your cash by holding onto it. One of the ways we know this is by mistakes made in the past. A lot of people held onto their cash. As banks began to face hardship, customers worldwide withdrew their money and kept it at home.

After all, people were afraid of how much further the economy would decline. They didn't want any funds they had left to their name to get caught up in the downfall. At the time, households thought that this was the best move for their own personal finances. However, it proved to have negative effects.

The economy needs money to continue growing. People removing their money from the cycle paused the economic recovery. This caused the economic depression to last longer than it should have.

Too Much Speculation

Before the stock market crash in 1929, there was a lot of speculation. This level of speculation led people to make risky decisions with their assets and finances. Some people invested in risky practices, like get-rich-quick schemes and other pyramid schemes.

With signs of another economic depression on the rise, people will likely see more get-rich-quick schemes on the rise. It's important not to fall for them because the risk of losing money is very high. Here are some of the best advice to avoid these schemes.

- Be cautious about high-pressure tactics. People trying to recruit people into pyramid schemes often use tactics making people feel like they will lose out on something if they don't make a quick decision.
- Be skeptical about anything that sounds too good to be true. These schemes often come with unrealistic sounding promises that make it sound like an easy way to get rich.
- Always research the company. There are some great and trustworthy M2M businesses out there. Doing your research can help you avoid schemes and only take legitimate opportunities.
- Make sure you understand how you will accumulate an income with any opportunity that comes your way.

What You Can Learn from Mistakes of The Past

There are a lot of valuable lessons that you can learn from mistakes made during the Great Depression. This applies to households and businesses alike. The two most important things you should focus on moving forward are debt management and building a savings fund. These two factors can help you avoid many of the mistakes people made during the first Great Depression. By learning from these mistakes, we can do our part in rebuilding our economic future.

30 Cheap Foods That Will Outlast You

One of the biggest fears people have with an economic depression on the rise is how they will feed their families. As people navigate through an economic downfall, there could be times when they are faced with financial difficulties. On top of that, with a falling economy, many items people rely on can become scarce.

Every household incurs the cost of food. With signs of an economic fall coming, it's a good idea to start stocking up your pantry now. This can help you prepare for hard times ahead while also giving you peace of mind, knowing that your family has enough to eat.

Of course, saving money is important too. You shouldn't have to dig into your emergency savings funds to fill up your pantry. What you might not have known is that the foods you can stock up on are relatively cheap. That's right. You don't have to spend a fortune to put the right foods in your pantry.

In this chapter, I'll discuss 30 types of food and beverages that will outlast you if they're stored right. Believe it or not, there are a lot of food items that are known to last years beyond the suggested best-before date on the label. So, before you stock up, it's important to ensure you have the correct type of storage for these items. They must be stored in an area that's cool, dark, and dry. If the room that you store your food items in has windows, make sure you put up blinds or curtains to prevent the sun from getting in.

The best items to have on in your pantry stockpile are canned goods and dried snacks. These items are very affordable and they are made to last for a very long time, as long as they are kept sealed and stored properly. The canning process prepares the food for a long shelf life. Canned foods are heated to a temperature that kills off all bacteria then all the oxygen is removed from the can to create a vacuum-like effect.

Some dried foods can last as long as 30 years. The dehydration process removes all of the moisture from the food. Then, the dried food is vacuum-sealed or stored in airtight containers. Dried foods that are vacuum-sealed have the longest shelf life.

When you're stocking up on foods for your pantry, it's important to choose versatile items. A lot of the products we'll mention below can be used to make different meals, like soups, casseroles, and desserts. Having a variety of different items in your pantry also ensures that you can still eat a balanced and nutritious diet. It also prevents you from getting bored of eating the same thing every day.

Are you wondering which foods are the best choices for your pantry? Let's go over 30 must-have items that every household should add to their pantry to survive an economic depression. Many of these food items will outlast you.

Honey

Honey has no expiration date. If you store honey correctly, it will last longer than you. What a lot of people don't know is that honey contains natural preservatives. These preservatives prevent it from spoiling. An open container that hasn't been stored correctly may crystalize. While this makes the honey difficult to use, it's still safe to eat. This is one of several reasons why you should keep honey in your pantry.

One of the best qualities honey has is that it's a natural sweetener. It's a lot healthier than sugar. And, since honey is naturally sweeter than sugar, you don't have to use a lot to give flavor to your food or beverage. On top of that, it's very versatile. You can use honey in a variety of different dishes, both sweet and savory. It's also a great way to sweeten tea, coffee, and other beverages.

Honey also has a lot of antioxidants. It's a great item to have in your home when cold and flu season hit. Honey can be used as a natural immune booster and may also help to reduce inflammation. A spoonful of honey is an excellent way to soothe a sore and scratchy throat.

Dried Beans & Lentils

Dried beans and lentils can last for several years if they're stored properly. When they have been stored properly, they can outlast the best-before date on the package. A cool dark pantry is highly recommended. However, if you have space in your freezer, keeping them frozen can further extend how long they last.



Beans and lentils are great items to stock up on because of their nutritional value. They are an excellent source of fiber, protein, and other essential nutrients. On top of that, they are low in calories and fat.

The versatility of beans makes them a staple food for a recession or depression. You can prepare dried beans in many different ways, such as boiling, slow cooking, or pressure cooking. They can also be used in a variety of different dishes, such as stews, chilli, burritos, dips, salads, and more. If beans were the only source of protein you had, you will be able to create a different dish every day of the week. Some of the best dried beans to add to your pantry include:

- Lentils
- Navy beans
- Black beans
- Chickpeas
- Kidney beans
- Pinto beans

Dried beans are an excellent choice for your pantry, but that doesn't mean you need to avoid canned. If you enjoy beans, it's highly recommended to stock up on canned beans as well. They are incredibly cheap and easy to use. On top of that, most canned beans can last for 5 years or longer.

Rice

When rice is stored properly, it can last way longer than the 2-year best-before date on the package. This is an essential ingredient that should be in every household's pantry. It's very affordable and can be paired with many other foods in this chapter to create different meals.

If an economic crisis affects our food supply, rice is one of the best ingredients to have stocked up. This is because it's a carbohydrate. When you eat rice, it provides your body with energy and keeps you full for longer. When you pair it with vegetables, beans, or meat, you will have a cheap and full-balanced meal.

Best of all, rice is very easy to cook. You don't have to know your way around the kitchen to make a pot of rice. However, if you are eating rice that has been in your pantry for several years, it's always recommended to look for signs of spoilage before using it. Spoilt rice will have an unpleasant odor and mold growth.

Peanut Butter

Peanut butter is known to have a very long shelf life. Next time you find a good sale on peanut butter, you should stock up for your pantry. An open jar of peanut butter can also last for several months, as long as it's stored in the refrigerator. The same can be said for commercial brand nut butters as well, which is good news for people that prefer almond or cashew butter. However, freshly-made peanut butter from specialty shops won't have as long of a shelf life.

If you're looking for more versatile items to add to your pantry, you can't go wrong with peanut butter. It's very tasty as a spread on bread, bagels, and crackers. You can also enjoy it spread on fresh fruit and vegetables, like apple slices or celery. Peanut butter can also be used to make savory sauces and salad dressings. If you have a sweet tooth, you can use peanut butter in baked goods and other desserts.

Peanut butter is a great item to have in the pantry because a small amount can keep you full and energized. It's a good source of healthy fats and proteins as well. With so many great benefits, you may find peanut butter becoming a high-demand barter item.

Oats



If you store a package of oats in an airtight container, they can last for up to 2 years. Unopened packages of oats that are stored in a cool dark place could outlast you. If you want to ensure you have several years of food in your pantry, oats should be at the top of your list.

You might be thinking that oats are boring. But there is a lot that you can do with them. Oatmeal is the most common thing to make. It's easy to make, filling and can be customized with different toppings to give it more flavor and nutrition. But oats can stretch further than your breakfast bowl. They can also be used for homemade granola, bread, and cookies. You can also use oats as a breadcrumb substitution in meatloaf and other dishes.

There are many different types of oats that you can add to your pantry. The most common type is rolled oats (aka old-fashioned oats). They are easy to use for oatmeal and all sorts of baking. Quick oats are a great option for recipes that require ground oats or uncooked oats. Steel-cut oats are an excellent choice for savory foods. They are the healthiest option, but they have a different texture than rolled oats and quick oats. There is also the option to buy flavored oatmeal packets. Remember that this option isn't as healthy because there is a high amount of sugar and artificial flavorings. But they can be very convenient when you need something quick and easy.

It should also be mentioned that oats are a very nutritious carbohydrate. They contain fiber, amino acids, and other antioxidants. Oats are a very affordable way to stay full for longer.

Dried Pasta

You can buy dried pasta in bulk and it will barely dent your shopping bill. Since it has a long shelf life, it's a great choice to stock up on. Most dried pasta will last for longer than 2 years when it's stored correctly.

Pasta is budget-friendly, but can be used to make meals that taste like they came from an expensive gourmet restaurant. It doesn't matter how tight your budget is, you can find a way to make it taste good. You can find many different recipes for sauces, like marinara, alfredo, or pesto (just to name a few). Pasta can be eaten as a simple meal with just sauce and cheese, or it can be turned into a casserole with protein and veggies mixed in. You can even add pasta to a pot of soup homemade to make it more filling.

Sugar

Did you know that sugar won't go bad as long as it's stored properly? That makes it well worth your while to stock up on, even if you don't use it often. As long as sugar is kept sealed and stored in a cool, dry, and dark place, it won't lose its quality. All the more reason to buy it in bulk to save money!

Sugar is a staple in many households as well. It's used to sweeten a range of foods. Most adults start their day with a sweetened coffee or tea. From there, it's used in a wide variety of baked goods, jams, and beverages. People also use small amounts when making savory sauces, marinades, and other dishes. That's not all! If hummingbirds are frequent in your area, you can make a sugar nectar to feed them.

It's not just sugar that's sealed that will last indefinitely. Opened sugar will stay good, as long as you keep it stored properly. Make sure it's kept in a closed container to prevent it from clumping and going hard. You can keep a piece of bread in your sugar container to prevent it from clumping. Additionally, opened sugar can be kept in the freezer to stop clumping.

Sugar isn't just for food. In fact, households can get many uses out of sugar. It's a natural exfoliant, so you can use it to keep your skin soft and smooth. If you grow your own berries or fruit, you can use sugar as a preservative. It can even be used as a cleaning agent for tough-to-tackle messes. You aren't limited to what you can use sugar for.

Candy



Candy may not be a recommended part of a nutritious diet. However, it can be very beneficial for emergencies. When you're stocking up your pantry to prepare for an economic depression, it's important to prepare for emergencies as well.

In the previous section, I mentioned that sugar will last forever. Well, the main ingredient in candy is sugar. A

bag of unopened candy can last for several years in your pantry. Candy can also provide a quick boost of energy when you need it.

Affordable candy is easily accessible. You won't have to buy expensive gourmet candy for your pantry. Cheap packaged candy from the grocery store or even dollar stores will do the trick.

Now, you can stock up on different types of candies. Hard candies typically have the longest shelf life. This makes them the best candy choice if you're preparing for an economic downfall that lasted as long as the Great Depression. Stocking up on packaged candies like lollipops, cinnamon discs, Jolly Ranchers, mints, jaw breakers, lemon drops, butterscotch candies, and other hard candies is a good idea.

Chocolate bars won't last as long as hard candies. But they can last up to 2 years if stored properly. You do have to be more cautious about how you store chocolate to prevent it

from going bad. Avoid storing chocolate in areas that get warm or humid. For long-term storage, it's recommended to keep chocolate in the refrigerator or freezer.

Gummy candies and licorice have a shorter lifespan than hard candies and chocolate. Most gummy candies only have a shelf life of 6 to 8 months. This is why they should be avoided for stockpiling. Regular licorice only has a shelf life of 6 to 8 months. However, licorice made with sweeteners or sugar alcohol could last for 2 years (or longer) in proper storage.

Taffy is another good item to consider. When it's stored in a dry and cool place, it can last for well over a year. Chewing gum can also be stored for over a year as well. There are a lot of different candy options that you can store long-term.

Maple Syrup



When you prepare for economic crises and emergencies ahead of time, you won't be caught off guard when things you need are scarce on the market. Maple syrup is an item that may not be first to come in mind, but it can be very beneficial to have in your stockpile. It can last for several years in storage and is very versatile. Don't be surprised if it becomes a high-value bartering item.

The best thing about maple syrup is the taste. It has a distinct sweet taste that other types of syrups can't match. It's an all-time favorite for adding a touch of flavor and sweetness to pancakes, waffles, oatmeal, and other breakfast items. People even use it to sweeten baked goods and savory sauces.

One of the benefits of maple syrup is that it has a lower glycemic index than sugar and honey. There are also more nutritional benefits, such as iron and zinc. This natural syrup is a much healthier option for people that enjoy sweets.

Beef Jerky

It's always good to have a source of protein stocked up in the event of an emergency. If an economic crisis affects the meat supply, it may become difficult to find protein. Having beef jerky and other types of dried meat in storage allows you to have peace of mind knowing you can grab a quick protein-rich snack.



Beef jerky is dehydrated, meaning all of the moisture has been removed. After this process, it's vacuum-sealed. This ensures that you can keep the jerky in storage for a long time. Most beef jerky has a best-before date of a year from the date it's packaged. However, if you store it right, it could last a lot longer than that.

If you're not a fan of beef, there are other types of jerky that you can try. Turkey jerky, pork jerky, and fish jerky are also great options. Jerky is also sold in various flavors, making it an enjoyable snack.

Pickles



Another affordable food item that you should consider buying in bulk for your stockpile is pickles. Most types of pickles can last for over 2 years when they're unopened and stored correctly. This is an excellent way to stretch out your budget while always enjoying a delicious flavor.

A lot of people don't realize how versatile pickles really are. They can be used in just about any savory dish that needs a kick of tangy flavor. Many people enjoy pickles on their own, as a crunchy snack, or as part of a snack plate. However, pickles can be included in a number of different dishes, like sandwiches, salads, dips, and more.

There are so many different types of pickles to choose from. If you're buying them in bulk for long-term storage, it's important to choose pickles preserved with vinegar and salt.

Pickles that have a higher salt content will have a longer shelf life. Some of the best pickles to consider are dill, bread and butter, and sweet gherkins.

Wine

Wine isn't a necessity, but it can bring comfort in times of hardship. Stocking up on wine isn't just a good idea for your own entertainment. Wine can also be a great gift or bartering item. If income is tight when the economy is crashing, you will feel peace of mind knowing that you still have something you can offer as a gift.

Now, the shelf life of wine will depend on which type you buy. For the longest shelf life, you should purchase red wines. Merlot, Cabernet Sauvignon, and Syrah can last for 15 years or longer if stored properly. Wine needs to be stored in a dark room that's kept in a temperature range of 50 to 60 Fahrenheit.

Most types of white wine have a shorter lifespan. They must be consumed within 3 years of the vintage date for the best quality. While they may still be drinkable a few years after that, they won't taste as good. However, if you prefer white wine, you aren't out of luck. Sauvignon Blanc, Riesling, and Chardonnay all have an average shelf life of 5 to 7 years.

It may be enjoyable to drink a glass of wine now and then. However, wine can provide more than entertainment. It's also great for cooking. Wine can be used for braising meats or poaching fish and vegetables. It can also be used to make sauces.

Hard Liquor

Stocking up on hard liquor serves many of the same purposes as wine. You can enjoy this for entertainment or use as a bartering or gifting item. Hard liquor is an excellent item to stock up on because of its shelf life. As long as the bottle hasn't been opened, it won't go bad. However, once you open a bottle of hard liquor, it should be used within 8 months.

Now, you can't just choose any type of alcohol you like and assume it will last a lifetime. Only hard liquor has an indefinite shelf life. This includes the following types of alcohol.

- Vodka
- Rum
- Tequila
- Whiskey
- Brandy
- Gin

Sweet liqueurs, like Blue Curacao or coffee liqueur for example, can last in storage for up to 10 years if they are unopened. Liqueurs have less alcohol than hard liquors, so they

won't last forever. Creamy liqueurs have a much shorter shelf life. An unopened bottle of creamy liqueur will only last 2 years in storage.

Chia Seeds

Are you looking for more healthy items to stock up on? Chia seeds are nutritious and can last for well past the 2-year best-before date in storage. If fresh food becomes scarce, people will worry about finding nutritious snacks. Having chia seeds in your pantry will give you peace of mind because they are loaded with nutrients.



Over the years, chia seeds have been linked to several health benefits, like maintaining a healthy weight and improving heart health. Each tiny seed is packed with antioxidants and essential nutrients, like omega-3 fatty acids, fiber, and protein.

A small amount of chia seeds goes a long way. There are many different ways you can use them too. A simple chia seed pudding can be made by mixing the seeds with water and a sweetener. You can also add the seeds to baked goods, smoothies, oatmeal, or salads.

Soya Sauce

Soya sauce is a great item to stock up on because of its long shelf life. It can last a long time, even once the bottle has been opened. Most soya sauces will have a best-before date of 3 years after it has been packaged. However, an unopened bottle can last even longer with the right storage.

Even an opened bottle will stay good for a long time, which is good news if you only use it sparingly. An opened bottle of soya sauce will be good to eat for up to a year. It's a great way to add flavor to rice, marinades, stir-fries, and other foods.

Mustard

Mustard is one of the best condiments to stock up on prior to an economic depression. Once mustard has been packaged, it will have a best before date of 2 years. But, you can

make it last longer if you store it in a cool dark pantry. Once you open a bottle or jar, you will have 6 months to use it.

There are different types of mustard that you can choose from. Dijon mustard contains ingredients that last longer in storage than yellow mustard. Another thing to remember is that mustard is a very versatile condiment. It can be used as a spread on sandwiches, a base for salad dressings, or a binder for meat rubs.

Cooking Oils

Almost every household uses some form of cooking oil. Certain cooking oils should be stocked up on, while others aren't the best picks. When you're choosing a cooking oil for your economic depression stockpile, you should choose one that has a high level of saturated fat. Some of the best types to consider for the longest shelf life are palm oil and coconut oil.

Olive oil is a popular choice because it's delicious and healthy. Unfortunately, it has a shorter shelf life because it has a higher content of unsaturated fat. Canola oil also has a low level of saturated fat.

Canned Coconut Milk

In times of uncertainty, it's good to have backup items in your pantry for essential items. Milk is something that may become scarce. But, if you have canned coconut milk on supply, you will be able to use it as an alternative. There is a high level of fat in coconut milk, which acts as a preservative, keeping the milk good for many years.



Canned coconut milk may contain more fat than dairy and nut milk. However, it also contains a lot of essential nutrients, which will be very beneficial in an emergency. Coconut milk is a great source of healthy fats, magnesium, and iron.

Unfortunately, canned coconut milk is too thick to enjoy a glass on its own. But it is very good when it's used in coffee, smoothies, soups, and desserts.

Dried Fruit

Dried fruit is an excellent item to add to your emergency pile. All of the moisture has been removed, making it impossible for bacteria to grow and spread. As long as the dried fruit is in a sealed package that hasn't been opened, it can last to 2 or more years in storage. The longer it stays away from moisture, the longer it will last.



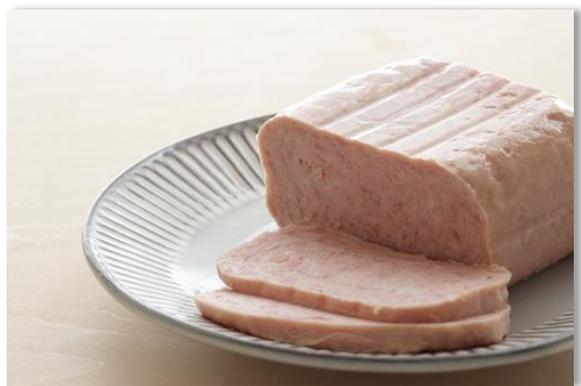
It's a good idea to stock your pantry with healthy food items that provide your body with nutrients. Dried fruit will contain many of the same vitamins and essential nutrients as the fruit source. Some of the best types of dried fruit to stock up on include:

- Raisins
- Prunes
- Dates
- Figs
- Apricots
- Mangoes
- Plantains

Dried fruit is also very versatile. It is very enjoyable as a snack on its own. You can also mix it with nuts and granola to create a trail mix. If you want to add a sweet touch to your dinner, dried fruit also makes a tasty salad topper.

Spam and Other Canned Meats

When you're planning your economic depression stockpile pantry, it's important to consider what you'll eat if you can't find essential items at the grocery store. If meat becomes scarce, the prices will skyrocket. If the market gets to the point where a package of chicken legs costs more than a day's work pays, you'll have peace of mind knowing you have spam and other canned meats in your pantry.



Canned meats can provide you with a source of protein. They are also very easy to use because they have been cooked. If an emergency situation causes a power outage, you will still have a reliable source of protein. Another great reason to stock up is that canned meats are a lot cheaper than fresh and frozen meats. Some of the best sources of canned meats for long shelf life include:

- Spam
- Ham
- Chicken
- Turkey
- Corned beef

Canned Tomatoes and Other Canned Fruits & Vegetables

Canned tomatoes are ideal for a household to stock up on, leading to an economic depression because they are cheap, healthy, and versatile. Most canned tomatoes have an expected shelf life of 3 years, but they could last a lot longer if stored in the right conditions. You can use canned tomatoes in many ways, making them one of the most versatile canned ingredients. They can be used for soups, stews, sauces, chilis, casseroles, and so much more.

However, you should stock up on a variety of canned fruit and vegetables to get you through economic turmoil. Most canned fruits and vegetables can last for 5 years or longer in storage. If you're planning for long-term storage, you should also stock up on cans of:

- Corn
- Peas
- Potatoes
- Green beans/ yellow beans
- Carrots
- Pears
- Pineapple
- Peaches
- Fruit cocktail

Canned Tuna (& Other Canned Fish)

Canned fish is another pantry staple leading up to an economic depression. It's very affordable to buy in bulk and can be a great source of essential nutrients. Tuna and other canned fish can last for up to 5 years in storage. Canned seafood can last for 3 years. You should consider canned fish and seafood because it's an excellent source of protein and omega-3 fatty acids.

Tuna is one of the most popular types of canned fish to buy. It's a common choice when people want to make something quick and easy, but also healthy. However, tuna isn't the

only type of canned fish you can buy for storing. It's also recommended to purchase canned salmon, herring, kippers, sardine, and more.

If you enjoy seafood, there are plenty of different canned options to choose from. This includes crab, shrimp, and clams, just to name a few.

Olives

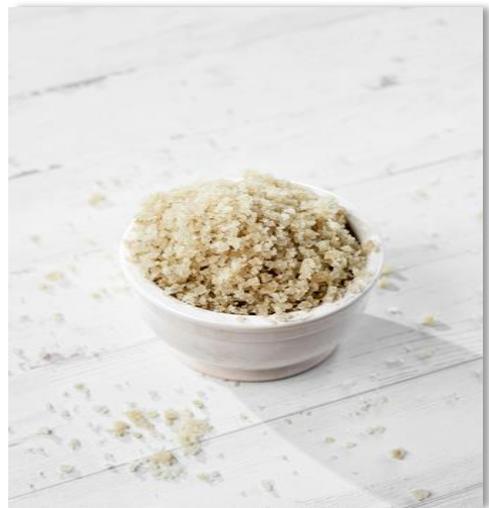
Most jars of olives have a best before date of 2 years from the date of packaging. However, they can last much longer in storage. Try to choose a brand of olives that have a higher salt content for longer shelf life.

Olives are a tasty snack, but they can also be very versatile. You can use them in almost any savory dish you want, like pizza, casseroles, and sandwiches. Each little olive is also packed with nutrients. One of the best reasons to eat them is because they are a great source of healthy fats.

Quinoa

As you've probably guessed by now, the key to stocking up your pantry for an economic depression is to look at long-lasting and versatile foods. Quinoa is one of those ingredients. It's a grain-like crop that's prepared similarly to rice. When it's stored properly, it can last for 2 or more years.

A lot of people use quinoa as an alternative to rice. It does work in place in a lot of dishes that would typically use rice, such as stir-fries and casseroles. However, quinoa's texture is slightly different, meaning you'll be able to use it in more recipes than you could with rice. For example, toasted quinoa can be used in a granola mix or as a salad topper.



Quinoa is also very healthy. Did you know that it contains all 9 essential amino acids? It's also a great source of protein and it's gluten-free. This makes it a friendly addition for nearly any diet.

Instant Coffee

A lot of people start their day off with a morning cup of coffee. If you plan your economic depression stockpile just right, you will never have to worry about running out of coffee. This is because instant coffee can be stored for 20 years if it's in a sealed airtight container. While the coffee can stay good for 2 decades, it's important to remember that the aroma and flavor may fade after a few years.

Instant coffee is a lot more affordable than ground coffee and coffee beans. You won't go broke stocking up on this item or buying it in bulk. If an economic depression does occur again, instant coffee will likely become a high in-demand bartering item.

Powdered Milk



Milk may become scarce or too expensive if the economy crashes. That's why it's a good idea to stock up on some powdered milk for emergencies. Most types of powdered milk can be stored for 2 or more years as long as it's kept out of direct sunlight. While it can be kept longer than 2 years, it's important to note that the flavor may change.

While powdered milk may not be as appealing as fresh milk, it can come in handy for a number of different recipes. You can use it for anything that requires milk, including your morning cup of coffee. Powdered milk also contains many of the same health benefits as fresh milk. It's a great source of vitamin D, calcium, and protein.

Salt & Dried Seasonings

Salt, dried spices, and seasonings should be considered when you're looking for cheap foods that will outlast you. These ingredients are important for bringing flavor to your food. Salt can also be used to preserve other types of food, which is good to consider if you plan on growing or catching your own food.

As long as salt has been stored properly, it won't expire. You do need to store it in an airtight container away from moisture. If salt comes in contact with moisture, it will clump

up. Dried spices and seasons can last for 2 years or longer in storage. The same rules apply as storing salt, as moisture will reduce how long you can store spices.

Popcorn

Popcorn kernels are another item to consider when you are stocking up your pantry for an economic depression. They are very affordable and can last for 2 years, or longer, if they're stored in a cool dark area. Kernels are easy to store as well because they don't take up a lot of room.

Once a bag or container of popcorn kernels has been opened, they will still have a long shelf life. An open bag of popcorn kernels should be used within 6 to 12 months for best quality.

Boullion Cubes

Boullion cubes are very versatile and easy to use. All you need to do is dissolve the cube in water to make a broth. This broth can be used for adding flavor and nourishment to a variety of different meals. There are no limits when you're cooking with boullion cubes.



Now, there are several different types of bouillon cubes that you can choose from. The most popular are vegetable, chicken, and beef. How long the bouillon cube lasts will ultimately depend on which type and brand you buy. While most bouillon has a best-before date of 2 years, they can be stored for much longer as long as they are kept dry. If the bouillon cube is older than 2 years, you can check its quality by smelling it before use.

Hardtack



Hardtack is similar to a cracker, but with less flavor. This is an old-time staple that was consumed by soldiers and sailors that went on long journeys. It may not be the most appealing food, but it does supply your body with energy, making it perfect for an emergency situation.

Basically, hardtack is a hard and dry biscuit made from flour, water, and salt. All of the water is removed during the cooking process. This ensures that the biscuit will last for many years in storage.

While hardtack may not seem like the most enjoyable item to have in your pantry, it can prove valuable in an emergency situation. However, you may want to spread some peanut butter or honey on it for flavor.