



EMERGENCY PREPAREDNESS WORKSHOP:



Food Storage Basics

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This presentation is available on my website:



www.iwillprepare.com
Emergency Preparedness



Why do we prepare?

- Because we use our Common Sense.
- There will always be disasters, strikes, or failures in the system.
- We believe in having insurance against the unknown.
- We are Self-Reliant. If times get tough, we don't expect our family, friends, neighbors, church or government to bail us out.
- It is recommended by FEMA, Red Cross and other relief agencies.
- It's a wise financial investment.
Commodities cost less today than they will in the future.





Possible Emergencies

- Utility Outage (Power, Water, Gas)
- Financial Setback
- Loss of Employment
- Car Trouble or Accident
- Microburst or other storm
- Medical Emergency
- Missing Child
- House Fire
- Gas Shortage
- Transportation Disruption
- Shipping Strike
- Hazardous Materials Spill
- Gas Leak
- Tornado
- Satellite malfunction preventing Debit/Credit Card Transactions
- Plane Crash in Neighborhood
- Mass Migration (From North AZ Forest Fires or CA Earthquakes)
- Earthquake
- Volcano
- Water Contamination
- Pandemic (Bird Flu?)
- Terrorist Attack
- Palo Verde Nuclear Plant Meltdown
- Flash Flood (Dam Failure)
- Forest/Brush Fire
- War



Store Food

- While certainly not the only item to store, **food** and **water** are the most important and the best place to start in our preparedness efforts.
- During a crisis, what you eat is very important.
- With the added stress, you will need lots of energy.
- It takes roughly 1700 calories to sustain the body at rest.
 - In stressful or physically exhausting conditions it can take 4000-6000 calories.
- High calorie food is what your body will need.
- During a crisis is not the time to start or continue a diet.



Store Food

It's true we can survive several days without food.
However...

- Lack of food can increase your susceptibility to the effects of cold, pain, fear and irrational thinking.
- Children, the elderly, people with certain medical conditions (Diabetes) and pregnant women should not ration or go without food.
- Food Improves Morale.



Store Food

- While any stored food is better than none, storing the right kind of food can reduce your overall costs and improve your chances for survival.
- I break food storage down into 6 categories:
 - Evacuation Food for Emergency Kits (3-7 days)
 - 90-Day Food Supply
 - Long-Term Food Supply [Survival Food] (1-2 Years)+
 - Long-Term Food Supply [Supplemental Food]
 - Future Food [Procurement]
 - Large Group Resource

Emergency Kit Food





Emergency Kit Food

- What kind of food should you NOT include in your Emergency Kit?
- Foods associated with Long-Term Food Storage.
 - Beans, Grains, Flour, etc.
 - Require too much preparation
 - Too Bulky
- Low Calorie foods
- Traditional 72-Hour Kit Menu Items.
 - Granola Bar, Can of Tuna and a Pack of Gum is not enough for a whole day.





Emergency Kit Food

- What kind of food should you include in your Emergency Kit?
- Consider the dietary needs of your family.
- Food they will enjoy. (Try taste tests).
- Nonperishable
- No Refrigeration
- No Heating
- No Water Needed
- No or Little Preparation
- Compact and Lightweight
- Satisfy Hunger
- Supply Energy
- Contribute to good nutrition
- Improve Morale



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Emergency Kit Food

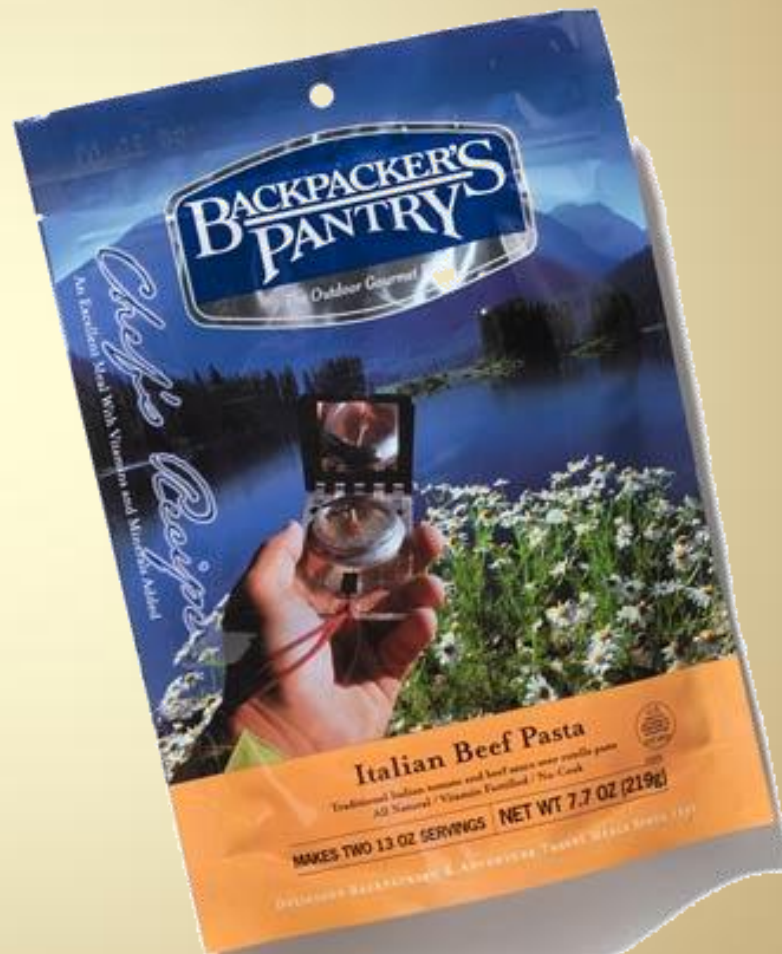
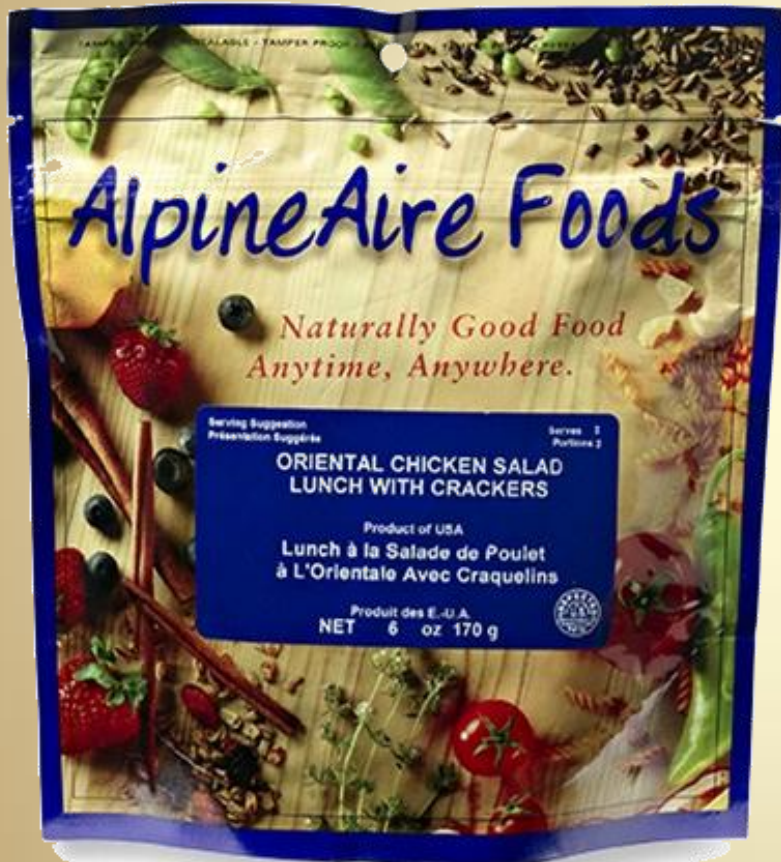
- Heater Meals





Emergency Kit Food

- Freeze Dried Food – Backpacking Food





Emergency Kit Food

- Other Possible Emergency Kit Foods





backsaver
load bearing technology™







Emergency Kit Food

Buying Emergency Kit Food:

- MRE's – Amazon 12pk. \$77.79 Entrée, Side, Heater, etc...
 - Amazon 12pk. \$65.99 Entrée, No-Side, No-Heater
- Backpacking Pouches – Price varies per brand. \$5-7 per meal.
 - REI, Sportsman's Warehouse, Sport Chalet, Cabela's, Bass Pro Shop, Amazon.
 - Brands: Mountain House, Backpacker's Pantry, AlpineAire, etc...
- Heater Meals – Heatermeals.com 12pk. \$58.99
- Canned and Packaged food – Local grocery stores. Purchase on-sale items or using coupons.



Emergency Kit Food

- When planning your emergency food, how well would the food you selected help you in these scenarios?





90-Day Food Supply



90-Day Food Supply

- Food you normally eat.
- Food that needs No Refrigeration.
- Food that can be eaten with little or No Cooking.
- Remember Rotation!
 - Shorter shelf-lives of these foods call for frequent rotation.
 - Expiration dates on canned food is not the “use by” date. Canned food lasts much longer than suggested.





90-Day Food Supply

- Can you use your Long-Term Food Storage for your “90-Day” needs?
- Not a great idea!
 - Long Term Food Stores (Whole Wheat, Rice, Beans, etc.)
 - Use a lot of water
 - Use a lot of heat (fuel)
 - Take a lot of time to cook.





90-Day Food Supply

- Buying your 90-Day Food Supply
- Don't Go into debt to buy your food storage.
- Buy a few extra cans each time you go to the store.
- Consider keeping your Food Storage Separate from other foods. (Inventory Control)
 - Buy foods when they are on sale and/or coupons.
 - Buy in bulk from Costco or Sam's Club





90-Day Food Supply

- Plan Out your Meals for 1 Week
 - Buy enough food to repeat all meals 13 times.

	Sunday	Monday	Tuesday
Breakfast	Oatmeal	Pop Tarts	Cold Cereal
Lunch	Canned Ravioli	Soup	Sloppy Joes
Dinner	Hawaiian Haystacks	Spaghetti	Corned Beef & Cabbage
Dessert/Snack	S'mores	Pudding	Rice Krispies Treats



90-Day Food Supply (Breakfast)





90-Day Food Supply (Lunch)





90-Day Food Supply (Dinner)





90-Day Food Supply (Dessert)





90-Day Food Supply

- Canned Food is great!
 - The cooking time/fuel and water are done for you.





90-Day Food Supply

- When planning your 90-Day Supply, how well would the food you selected help you in these scenarios?

Long-Term Utility Outages or 3 Month Quarantine





Long-Term Food Supply (Survival Food)



Long-Term Food Supply

- Think Survival Food!
- Your Long-Term Food Supply consists of the basics of the basics.
- Imagine having absolutely nothing, Your Long-Term food supply would be the cheapest and longest storing foodstuffs to keep you alive.
- Whole grains such as wheat, rice and beans have a less than 10% moisture content and can be stored in low-oxygen containers for 20-30 years. (at a temperature of 75°F/24°C or lower whenever possible)



Long-Term Food Supply

- Recommended food and their shelf-lives

Food	New "Life Sustaining" Shelf-Life Estimates (In Years)	
Wheat	30+	*
White rice	30+	*
Corn	30+	*
Sugar	30+	*
Pinto beans	30	*
Rolled oats	30	*
Pasta	30	*
Potato flakes	30	*
Apple slices	30	*
Non-fat powdered milk	20	*
Dehydrated carrots	20	*
Salt	Indefinite	
Salt (Iodized)	5-7	
Baking Soda	Indefinite	
Honey	Indefinite	
Vegetable Oil	1-2 Years	*

* Source: <http://providentliving.org>



Food Storage Suggestion for 1 Adult/Year

Grains

Wheat	150 Lbs.
Flour	25 Lbs.
Corn Meal	25 Lbs.
Oats	25 Lbs.
Rice	50 Lbs.
Pasta	25 Lbs.
Total Grains	300 Lbs.

Fats and Oils

Shortening	4 Lbs.
Vegetable Oil	2 Gal.
Mayonnaise	2 Qts.
Salad Dressing	1 Qts.
Peanut Butter	4 Lbs.
Total Fats	13 Lbs.

Legumes

Beans, dry	30 Lbs.
Lima Beans	5 Lbs.
Soy Beans	10 Lbs.
Split Peas	5 Lbs.
Lentils	5 Lbs.
Dry Soup Mix	5 Lbs.
Total Legumes	60 Lbs.

Sugars

Honey	3 Lbs.
Sugar	40 Lbs.
Brown Sugar	3 Lbs.
Molasses	1 Lbs.
Corn Syrup	3 Lbs.
Jams	3 Lbs.
Fruit drink powder	6 Lbs.
Flavored Gelatin	1 Lbs.
Total Sugars	60 Lbs.

Milk

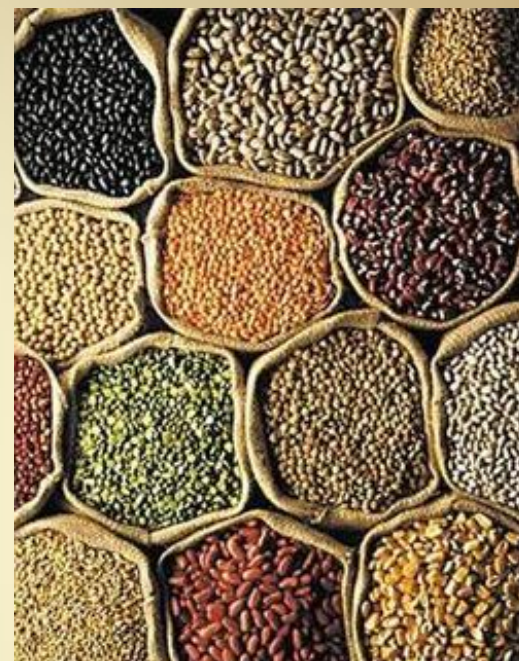
Dry Milk	60 Lbs.
Evaporated Milk	12 Cans
Other	13 Lbs.
Total Dairy	75 Lbs.

Cooking Essentials

Baking Powder	1 Lbs.
Baking Soda	1 Lbs.
Yeast	0.5 Lbs.
Salt	5 Lbs.
Vinegar	0.5 Gal.

Water

Water	14 Gal.
Bleach	1 Gal.



Quantities within each section are adjustable based on preferences.

Source: LDS Church's Essentials of Home Production and Storage booklet.



For example, with a days rations you could make a loaf of bread and have a 1/3 cup of beans





Long-Term Food Supply

- Sample dishes that can be prepared with these ingredients:
 - Wheat – Steamed, Popped, Sprouted, Cracked, Tortillas, Bread, Pancakes, Muffins, Biscuits, Pasta, Cookies, Cakes, etc...
 - Oatmeal, PB&J Sandwiches, Soups, Rice and Beans, Refried Beans, Custard, Rice Pudding, and more.





Long-Term Food Supply

- Whole grains can be stored in various containers including





Long-Term Food Supply

Buying Whole Grains for Long-Term Food Supply:

- Costco/Sam's Club – Can your own using Mylar bags, 5 Gallon Buckets or #10 Cans.
- Bulk Grain Sellers – Walton Feed, Grains Plus, Emergency Essentials, Honeyville Farms, Foodwise, etc...
- LDS Cannery – Sells grain and other long-term food supplies in bulk, #10 cans, Mylar bags. Great Prices. An LDS member can help you place an order.



Long-Term Food Supply

- When planning your Long-Term Food Supply, how well would the food you selected help you in these scenarios?

Long-Term
Relocation

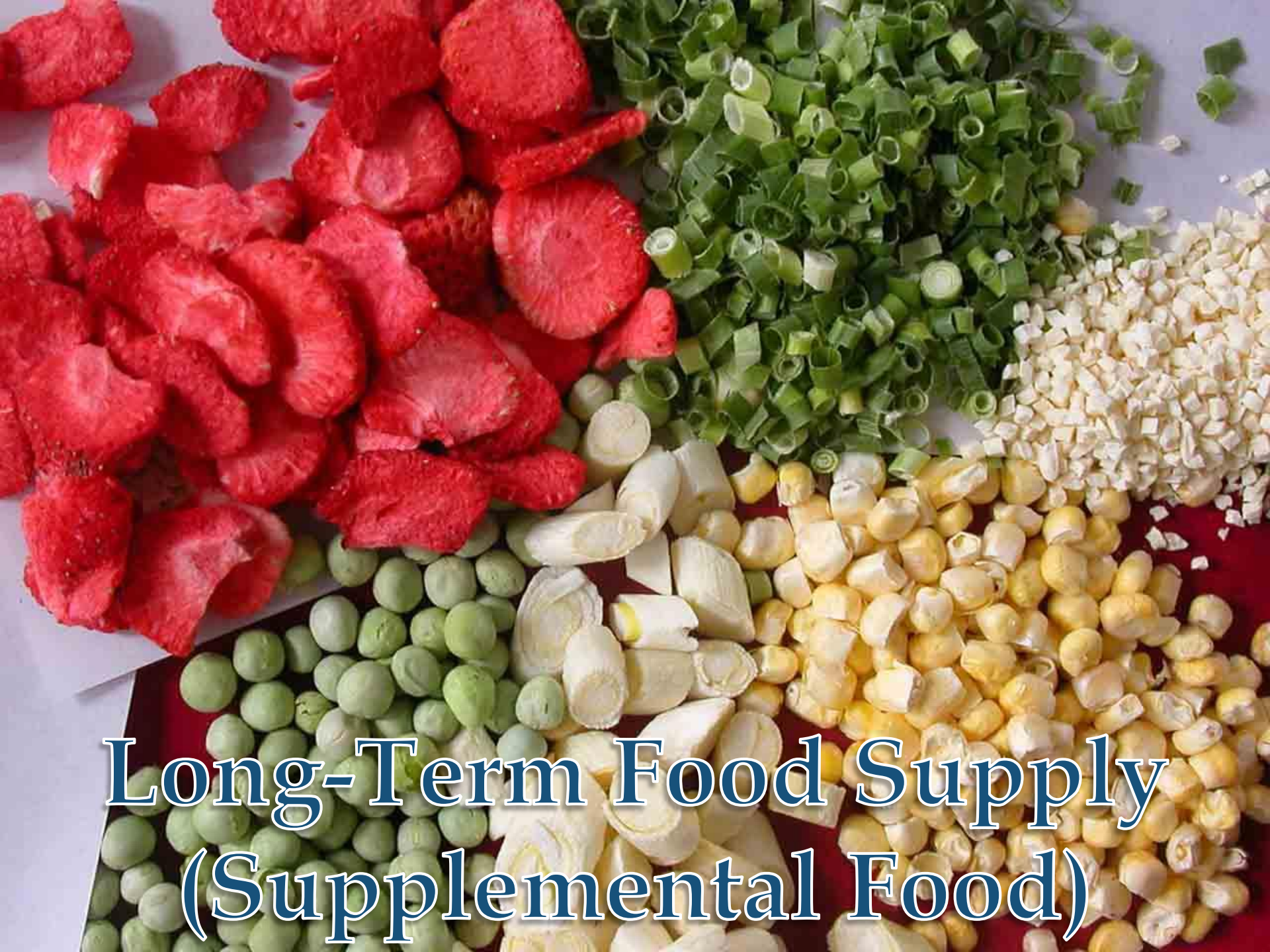


Economic Collapse
Currency Devaluation



Extended
Social Unrest





Long-Term Food Supply
(Supplemental Food)



Supplemental Long-Term Food Supply

- Despite having enough food to survive for a year or more, you will have very little to eat and your meal choices are extremely limited.
- Before long, food fatigue will set in.
 - Food or appetite fatigue can occur when food is present but of limited variety. Occurs mostly in the very young and old.
 - After eating the same meal over and over, soon your mind tells your body not to eat. You can starve even with plenty of food on-hand.
- Supplemental Long-Term Food Supply adds variety to the survival food that keeps you alive.
- Menu planning comes into play at this stage.



Supplemental Long-Term Food Supply

- The goal of supplemental long-term food supply is to add variety to menu options, colors, flavors and vitamins to your survival food.
- Spices – Survival food is bland. Add spices such as chili powder, garlic powder, pepper, rosemary, oregano, etc... to your food storage to liven up your meals.
- Flavorings – Add canned butter or butter flavored powder, cheese powder, gravy mixes, etc... to make dull meals more exciting.
- Adding fruits and vegetables to your meal plans bring needed vitamins, color and flavor.



Supplemental Long-Term Food Supply

- Freeze dried foods are ideal for your Supplemental Long-Term Food Supply.
- They have relatively long shelf-lives (10-20) years on average.
- They can be purchased in pouches or #10 cans and are available at many local and online retailers.
- Freeze dried food is lightweight since all the water has been removed, easy to reconstitute and retains flavor and nutrients well.
- The down side is that it is more costly than canning your own fruits and vegetables and you will need more water and fuel to re-hydrate the food.





Supplemental Long-Term Food Supply

- Home Canning - After securing the necessary supplies, there is no less expensive way to store your supplemental long-term food supply.
- Fruits and vegetables from your garden can be put up for virtually nothing.
- Fruits and vegetables can also be purchased seasonally on sale or from local farmers markets for much cheaper than regular grocery store prices.
- The downside to canning is the cost of purchasing the necessary equipment and the relatively short shelf-life (1-2 years) compared to whole grains and freeze dried foods.





Long-Term Food Supply

Buying Supplemental Long-Term Food Supply:

Spices and Freeze Dried Foods

- Local Grain and Preparedness Stores – Foodwise, Honeyville Farms, Some local Walmarts carry bulk and freeze dried items.
- Costco and Sam's Club– Spices, Gravy mixes, Cheese Sauce, Meat Chunks, etc... in bulk packaging
- Online Retailers – Emergency Essentials, Freeze Dry Guy, PatriotFood.com, Amazon.com, etc...



Future Food



Future Food

- Beyond the food that you store, what plans do you have if the disaster develops into a long term problem (more than 1 year)?
- Do you have plans to extend your food storage or provide additional food after your stores are depleted?





Future Food

Gardening

- Store both Hybrid and Heirloom seeds for future gardening.
 - Hybrid seeds will give you a higher yield
 - Heirloom Seeds – Let these plants go to seed to collect necessary seeds for future planting.
- Fresh fruits and vegetables from your garden can greatly supplement your survival food and make it last longer.
- Gardening and canning go hand-in-hand. You will grow more than you can eat now but can put it up to eat during the non-growing months.





Future Food

Hunting, Fishing and Trapping

- Depending on the disaster, the percentage of the area affected and your local area...hunting, fishing and trapping may be a viable option to supplement your food storage.
- Having the necessary equipment and the experience to use it when your life depends on it will need to be developed years before any disaster.





Group Resource



Group Resource

- History has taught us, time and time again...the vast majority of those caught in a crisis will not be prepared for it.
- Unfortunately, this includes our family, neighbors, friends, church members and co-workers.
- We do our best to encourage them to prepare, unfortunately, most will fail to do so.
- We can, however, store more than we need with the intention to share with those around us that are unprepared.
- This can help save your loved ones, but also can be shared with neighbors with the knowledge there is safety in numbers.



The background of the image is a gradient of blue, transitioning from a lighter, almost white-blue at the top to a deeper, darker blue at the bottom. Scattered across this background are numerous water droplets of various sizes. Some droplets are in sharp focus, showing clear highlights and reflections, while others are blurred, creating a sense of depth. The droplets are distributed throughout the frame, with some appearing in small clusters and others in isolation.

WATER



Water

- You can live for a month without food but only 2-3 days without water.
- This makes water the most important food item you can store.
- Experts say store:
 - 1 gallon of Water/Person/Day
 - I believe this number is too low.
 - An emergency may require you to be more active which will increase your daily water requirement.
- I recommend storing no less than 2 gallons per person per day.





Emergency Evacuation Water

- Store at least 3 days of water (3x2 gal. = 6 gallons) in portable containers that can be taken with you if forced to evacuate in a moment's notice.
- Water is heavy (8.35 lbs. per gal.) (6 gal. = 50 lbs.) so it is possible that you won't be able to carry all of this water if forced to travel by foot. In that case take as much as you can. If by car take as much as you can.
- Portable containers can include:





Extended Water Supply

- Store an additional 14 day supply of water in larger containers that will provide potable water for extended periods of no water.
- Swimming pool water is not safe to drink (unless distilled) so do not count on pool water for drinking.
- 55 gal. barrels are cheap & convenient.
- Other containers are also available.





90-Day Water Supply

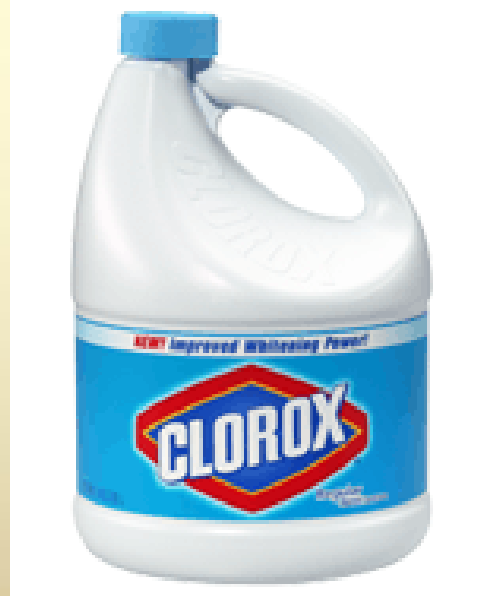
- If you have the means and the space, consider storing a 90 day supply of clean drinking water.
- You will be ready for extreme situations or be in a position to help neighbors and friends who are less prepared.





Future Water

- You may not be able to store or carry all the water you will need following a disaster.
- Water may be available in local lakes, rivers, streams or canals but will definitely be unsafe to drink.
- Having the necessary supplies to treat water and make it safe to drink is extremely important. Be prepared to treat hundreds of gallons. Both at home and on the move.





Cooking Without Electricity



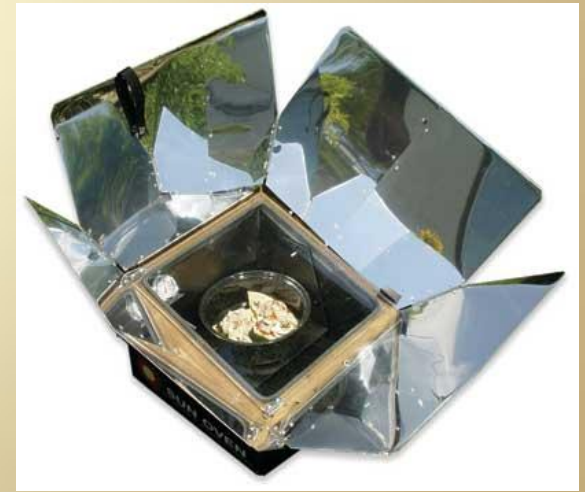
Cooking Without Electricity

- If you choose food for your Emergency Evacuation Kit and your 90-Day Food Supply that does not require cooking, you can last for quite some time without needing to cook at all.
- However, some cooking may be necessary. Also, a warm meal can bring some normalcy to an otherwise tough time.
- Some meals that require basic cooking are acceptable in your 90-Day Food Supply if you have the necessary fuel and equipment on hand.
- Boiling water to make it safe to drink as well as rehydrating freeze dried food can also be necessary.
- Here are some ideas of what to store:



Cooking Without Electricity

- Solar Oven
 - A “Must Have” in Arizona
 - Free Fuel “Sunshine” more than 300 days a year.
 - Bakes, Warms, Boils Water





Cooking Without Electricity

- Wonder Box (Heat Retention Cooker)
 - Cotton Material and Bean Bag Filling
 - Bring food to a boil at heat source
 - Place pot in Wonder Box
 - Food will continue to cook for hours without burning.
 - Reduces Fuel Consumption
 - [See pattern here](#)





Cooking Without Electricity

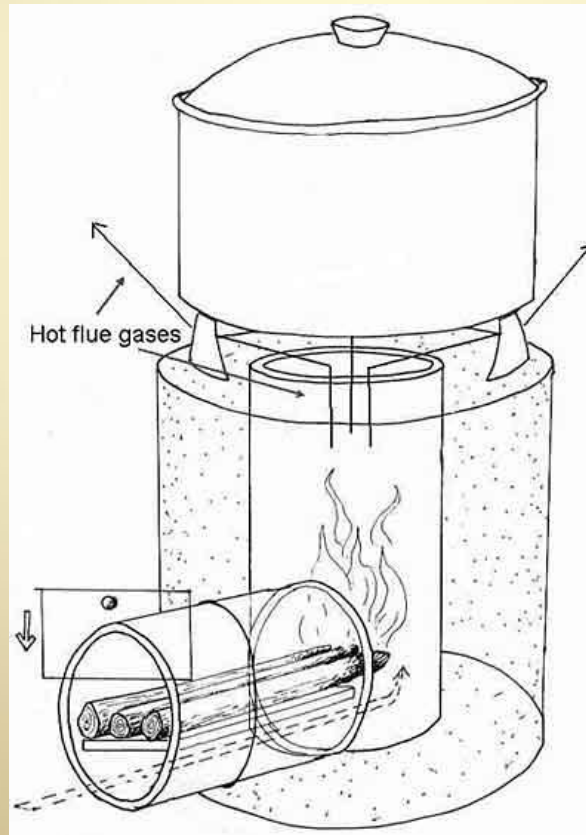
- Alcohol Stove in a 1 qt. Paint Can
- Toilet Paper works as wick, fill with alcohol
- Can be used indoors, has no toxic fumes
- Use Denatured Alcohol or yellow HEET (methanol) or 90% Rubbing Alcohol





Cooking Without Electricity

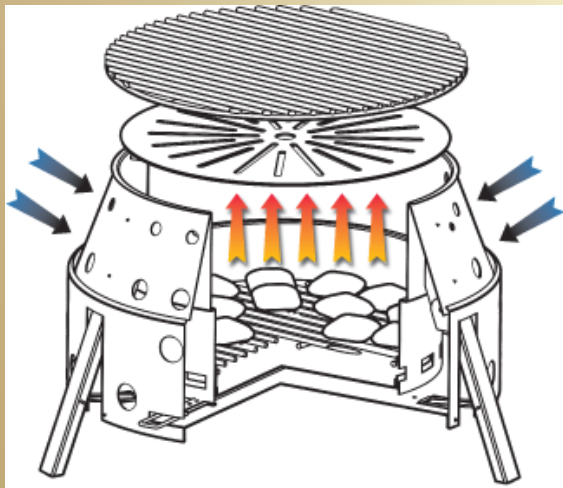
- Rocket Stove
 - An efficient cook stove that burns more of the fuel and produces less smoke.
 - A meal can be cooked using just a handful of twigs.





Cooking Without Electricity

- Volcano Stove
 - Efficient Stove similar to Rocket Stove.
 - 300 lbs. of charcoal = 1 hot meal a day for a year.
 - Using with a wonder box and it can be 2 hot meals a day.





Cooking Without Electricity

- Propane Stoves and BBQs
 - Propane has a very long shelf-life and easy to find and use.



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Emergency Preparedness