

# EP – Prepper - 30 Days of Food: Preparation and Storage

## Why is this important?

- There are NO FOOD STORES besides Zogs on the Island; there are NO EMERGENCY SUPPLIES either.
- Survival in adverse conditions takes protein and calories, and fats to keep you warm.
- Calories and protein take time and/or money to store

## 1. Just keep a big pantry

### **Advantages**

- Easy to buy a little at a time, so does not feel like a financial burden
- Will likely be food you already eat so that is comforting
- Easy to rotate out boxes, cans if you check expiration dates

### **Disadvantages**

- Without your house or power, you may not be able to cook the food
- Without house or power, you may lose access to or lose the food supply, if much is frozen
- You have to be pretty strict about checking expiration dates and rotating stock
- You need also be strict about making sure you have enough food on hand

## 2. Purchase your food already prepped. Here are options to feed four adults for 30 days.

<p><b>BePrepared.com - \$1319.96/\$759.96</b> Based on their Emergency Essentials 30-day food kit/person at \$329.99/\$189.99 2007 calories/42 grams protein per day</p>	<p><b>BePrepared.com - \$1746.72</b> They have a “Balanced &amp; Hearty” kit for 30 days/person at \$586.68/386.68 sale 2535 calories/110 grams of protein per day</p>
<p><b>MyPatriotSupply.com - \$948/\$708</b> Based on their basic 4 weeks/1 person survival kit - \$237/\$177 on sale 2000+ calories per day They sell a lot of ReadyHour products</p>	<p><b>SurvivalFrog.com - \$2045.95</b> Breakfast &amp; Entrée Premium Food Container 2000+ calories per day, 185# total Prepared by Legacy Food Storage</p>
<p><b>4Patriots.com - \$1119.80</b> Based on their 4-week survival Food Kit per person at \$279.95 1302 calories/day</p>	<p><b>CampingSurvival.com - \$2599 / \$1899 on sale</b> These are MRE’s(Meal, Ready to Eat), complete with meal heaters and utensils. Main disadvantage is the 3-year shelf life. 12 MRE \$129.95/\$94.95 sale, assume 2 MRE/adult/day</p>

### **Advantages**

- Takes minimal effort to obtain and should be shipped in ready-to-store, reusable containers.
- Lots more variety which might be helpful in a survival situation.
- Easy to prepare, most need only to combine with water and cook for a short time.
- Some companies can even send stoves and water treatment kits

### **Disadvantages**

- Pricey! BUT, time is money and that is important too.
- Difficult to accommodate dietary needs outside of vegetarians and gluten-free.

### **3. Make your own food kit – approximately \$500-\$650**

**Daily Menu:** about 1600 calories/60+ grams protein/day

- Coffee/creamer/sugar along with Oatmeal/peanut butter/milk
- Bean soup with added meat protein
- Cornmeal cake with peanut butter

This can all be purchased from local groceries, Home Depot, Amazon, and BePrepared.com. You can add or subtract items to suit your tastes and protein needs.

**Advantages**

- This is half-price or less of all the other options
- A big pot of soup is easy to share, which is a likely scenario
- There is still a bit of customization you can do to this menu

**Disadvantages**

- It will take you about 1-2 days to purchase, assemble, and properly prepare the ingredients.
- You will be pretty much eating the same thing every day.
- Some of the ingredients will take 1+ hour over a fire to cook but it is very simple cooking.

**Shopping List:**

1. Home Depot	6, 5-gallon plastic buckets – to keep rodents out	6, Gamma lids(water-tight seal, screw-on)
2. Amazon	10, 1-gal mylar bags with oxygen absorbers – 2400cc	1 box of 2000cc oxygen absorbers
3. BePrepared.com	2 - Dried milk, large container	*3, 1lb 4oz #10 cans dried chicken
4. Costco	2, 10-lb boxes of Oatmeal 4, 5-lb plastic jars of Peanut Butter	*5, 6-packs of canned chicken, 12 oz can
5. Grocery	10 pounds white rice 4 pounds barley 10 pounds dried, mixed beans 4 pounds green lentils 4 pounds dried split green peas ½ ounce Bay leaves 120 servings instant coffee	4 pounds white sugar Chicken Bouillon 1 pound salt 2, 5-lb bags cornmeal 2, 5-lb bags white flour 16 oz Baking Powder 2, 1.4 Liter bottles of Olive Oil

\* Its more convenient to use freeze-dried chicken, but it adds about \$160 extra.

**How to Store:**

- 1) Place all the rice in 2, 1-gallon zip-lock bags, and place all the barley in a 1-gallon zip-lock bag
  - 2) Mix all the beans, lentils, and split peas together and place directly in a 5-gallon mylar bag
  - 3) Place 5 pounds each of flour and cornmeal in 1-gallon zip-lock bags, as well as the sugar
  - 4) Put oxygen absorbers into each zip-lock bag, then seal tightly
- Put the 2400cc Oxygen Absorbers in each 5-gal Mylar bag, place in buckets, seal, and close buckets

**Buckets #1 and #2** – 10 pounds oatmeal, 1 can instant coffee

**Bucket #3** – the beans mixture

**Bucket #4** – rice, barley, salt, bay leaves

**Bucket #5** – Cornmeal, flour, sugar, baking powder

**Bucket #6** – Miscellaneous (I stored some tea, dried chicken, extra rice, creamer)

## **LABEL THE BUCKETS and LABEL THE BAGS!!!**

**Purchase already prepared for 25-year storage:** Dried Milk, Dried chicken(optional)

**Purchase to be recycled annually:** Peanut Butter, Olive Oil, Canned Chicken, bouillon  
My family eats these foods, so it is not a problem to keep large quantities on hand.

**Everything else must be placed in mylar bags, sealed, and put into 5-gallon buckets with tight lids.**

Or, some other rodent-proof container. Plastic storage boxes would work as the 10-mil thick mylar bags are pretty heavy duty.

### **Basic Utensils needed to cook and eat:**

Grate for placing pots over the fire

5-quart or larger pot with lid, ladle/spoon for stirring and serving

Smaller pot for morning oatmeal and cooking the cornbread

Measuring cup

Cups, bowls, spoons

Can opener for cans, as well as a knife for opening the mylar bags

Matches and fire starters just in case you have wet wood.

Nice to have would be a metal pot dedicated to boiling water.

### **Recipes – each one serves 4 people**

#### **1. Oatmeal**

4 cups oatmeal

4-6 cups water (depends on how soupy you like your oatmeal)

#### **2. Bean Soup**

a. Let soak overnight to cut down on cooking time(if you have an extra pot)

¾ cup rice

¼ cup barley

1 1/2 cups of the bean mixture

3 quarts/12 cups water – makes a pretty thick soup

2 teaspoons or cubes bouillon

Entire can of canned chicken, or rounded cup of dried chicken

4 tablespoons Olive Oil

Bay leaf and salt to taste

b. Cook until it is soft and thick. Will take up to 2 hours if beans don't soak overnight.

#### **3. Cornbread cake**

- Mix 1 cup each cornmeal and flour, 1 Tablespoon baking powder, 1 big Tablespoon sugar, 1 tsp salt

- Mix in 1 cup water or more to make a biscuit-like consistency

- Meanwhile heat pan, add 2 teaspoons oil

- Cook on one side, then flip adding 2 more teaspoons of oil to the pan.

- Serve with the peanut butter for a very filling snack or dessert.