

## Your 1st Game Plan

Have everything you need to survive *in your home* for 1-2 weeks.

\_\_\_\_\_ I have enough food stored to last my family \_\_\_\_\_ number of weeks  
(this includes sources of protein, grains, beans, fruits, fats & spices)

\_\_\_\_\_ I have stored or access to \_\_\_\_\_ weeks of clean, safe water for my family

\_\_\_\_\_ I also have backup methods of purifying water

\_\_\_\_\_ I have 2 methods to cook off grid and a 3<sup>rd</sup> backup method

\_\_\_\_\_ I keep 1 month supply of any supplements or medications that my family takes regularly

Surviving in your home for anywhere from 3 days to 2 weeks requires Food, Water & Fire for cooking. (You'll also want to check for heat, energy, and other solutions in the appropriate categories on this website.)

Food, Water & Fire have been broken up into 2 sections; first are the fastest and easiest solutions to surviving in your home during a natural or man made disaster, pandemic and/or electrical grid going down for more than a few hours. You'll see the second section is devoted to more involved solutions which require more time, effort and/or money to acquire and set up in your home.

The other place to get a lot of data about food storage is from the Mormons. They are the experts in this area as they typically have a year's worth of food stored. Watch this 2 min video. <https://www.lds.org/topics/food-storage>

### **Section 1: *These are the fastest & easiest solutions.***

*Choose what works for you & your family.*

#### **FOOD:**

*A one month food stored in portable 6 gallon weather proof bucket at Costco for \$99.99 (online only)*

*(this is 1 month for 1 person so 2 weeks for 2 people, 1 week for 4 people)*

*Chef's Banquet ARK 1 contains the following:*

- 330 Total Servings
- 2,100 calories/day for 30 days
- Oatmeal - 60 Servings
- Hearty Potato Soup - 60 Servings
- Chicken Vegetable Stew - 30 Servings
- Mixed Vegetables - 30 Servings

- Instant Potatoes - 60 Servings
- Pasta - 30 Servings (includes 30 Servings of Cheddar Cheese Sauce)
- Beef Flavored Vegetable Stew - 30 Servings

No High Fructose Corn-Syrup No MSG

*ARK II One Month Food Storage Costco for \$109.99 (online only)*

(this is 1 month for 1 person so 2 weeks for 2 people, 1 week for 4 people)

Each Chef's Banquet™ 308 contains the following:

- Real Freeze Dried Cubed Chicken - 38 Servings
- Cinnamon Rice Pudding - 60 Servings
- Cheddar Potatoes with Peppers and Onions - 30 Servings
- Polenta - 60 Servings
- Spanish Rice - 60 Servings
- Louisiana-Style Red Beans and Rice - 30 Servings
- Alfredo Pasta - 30 Servings

No High Fructose Corn-Syrup No MSG

**Google “emergency food” for more companies like [www.wisefoodstorage.com](http://www.wisefoodstorage.com), [www.augasonfarms.com](http://www.augasonfarms.com), [www.nitro-pak.com](http://www.nitro-pak.com)**

**Also check out this link: <http://sorbentsystems.com/longtermfoodstorage.html>**

As you can see above are quick solutions to emergency food supply & safe storage of it. But, you can also see that you could do the same thing yourself and just stock the items that you & your family like and that fit your diets. Most of these items do have a shelf life so it makes sense to stock foods you would normally eat as emergency surplus also, that way you rotate & use them up before expiration.

Costco or other “large quantity discount” stores near you will have a wide selection for you to choose from both stores and their online centers. Look for bulk, large containers (must be resealable) & quantity discounts (like 8 to a pack) of your families favorites: Don't forget to look online for more food ideas & resources.

*Here are some quick & easy ideas of things to stock up on (check section 2 for more food suggestions).*

5 minute oatmeal or other quick cook hot cereals

Dry cereals & granola

Powdered milk

Almond, rice or soy milk that don't have to be refrigerated until open

Large (up to 25 pd) bags of white rice

(brown rice also available but it takes 45 minutes to cook compared to 20 minutes for white rice. If you prefer brown rice, plan for that in the cooking method; see fire section below)

Canned meats

Canned fish, etc.

Cans of beans (beans & rice form a complete protein so great for emergency meals)

Cans of soup

Cans vegetables

Meals in a box

Pasta & cheese packages

5 pounds of potato flakes

Nutrition bars (cliff bars, zone bars, power bars read the labels for what's really in them)  
Dry roasted nuts  
Instant coffee & powder creamers & sugar packets – instant hot chocolate packets

***When you shop, buy 1 or 2 extra for your survival stock and buy the large size olive, coconut, sunflower oils, salt & other spices & condiments so you always have over a weeks supply on hand.***

## **WATER:**

Bottled drinking & water for cooking (1 gallon per person per day is a good target amount)  
Washing water; you can fill bath bath tub if possible before the emergency  
Also there is 30 or 40 gallons in your hot water heater depending on its size.  
Water Purification Tablets – available Wal-Mart and online.

## **FIRE:**

Propane Barbecue Grill  
Propane Single Burner  
Camp Stove  
BBQ's or fire pits  
Stero cans with portable fold out stove

## ***Comfort Foods***

During power outages or other difficult situations, it is always good to have some comfort foods, whether it be chocolate, granola, chips, crackers, cookies, etc. Just buy extra of what you already eat and be sure to rotate it.

If you lose power and don't have a generator or source of electricity, it would be a good idea to have a pressure canner, so that you can preserve any meat, fruits and vegetables that you have in the freezer or refrigerator. Also keeping some ice blocks on hand, in your freezer. Here is a link to a place that sells block ice: <http://freemansice.com/page2.html>

If you have a chest freezer, insulating it with blankets and opening it as little as possible, will allow it to retain cold for quite some time.

## ***Section 2 : these are more involved solutions***

*Choose those that work for you & your family.*

**FOOD: Ask yourself, "What other foods would work for us & our situation?"**

Coffee (plus hand grinder) & teas  
Steel cut Oatmeal  
Cream of Buckwheat  
Ancient Grains Granola  
Organic dehydrated food in bag or box (bean soup mixes, etc)  
Raw nuts:  
    Pecans  
    Walnuts  
    Almonds

Brazil Nuts  
Cashews  
Macadamia  
Pistachios  
Hazelnuts

Raw seeds:

Sunflower  
Pumpkin  
Hemp (<http://www.purehealingfoods.com> is a great & inexpensive source)  
Chia (<http://www.purehealingfoods.com> is a great & inexpensive source)  
Pomegranate  
Apricot  
Sesame  
Flax  
Cumin  
Grape

Dehydrated grains

Rice: white, brown, red  
Wheat; freekin, winter wheat, bulgur wheat, kamut, wheat berries, spelt  
Quinoa  
Wild rice & Indian rice grass  
Also; amaranth, barley, buckwheat, millet, triticale, sorghum,

Dehydrated beans

Adzuki beans  
Black beans  
Anasazi beans  
Fava beans  
Garbanzo beans (chickpeas)  
Kidney beans  
Lima beans  
Lentils  
Navy beans  
Red beans

**(NOTE: nuts, seeds, grains & beans need to be soaked to break down the natural protective coating they have - see "Lost Art of Cooking Beans" from Winston. These can be soaked and become edible and easier to digest with just soaking, or the 'live' (soaked) grains, beans can then become sprouts and greens as they evolve, so you can address many nutritional needs in a compact form.)**

Organic Dehydrated soups – one sources is: [wholefoodfarmacy.com](http://wholefoodfarmacy.com)

Dehydrated vegetables – Google for various suppliers

fresh vegetables from your garden

fresh vegetables from your hydroponics system

fresh vegetables & fresh fish from your Aquaponics system

fresh plants from your edible landscaping

Sprouts all kinds

Sprouts can be grown indoors. Sprouts are very nutritional and add variety. This means that you need to have sprouting seeds and a sprouter. You can grow a batch of sprouts about every 4-5 days, depending on the temperature. Here are two sources for

sprouting seeds and sprouters:

<http://sproutpeople.org/>

<http://www.sprouthouse.com/>

1 lb of seeds will produce a lot of sprouts. The other thing that will produce a lot of greens indoors is pea shoots. You can buy organic sprouting peas or you can just use dried peas from the store. These are grown in a shallow tray with layer of soil and once they are 4-5" high, you can start cutting them back, eating what you cut and in a few more days, you can harvest more.

There are videos on how to do this on You Tube.

**Below are 2 commercial sprouting kits that are available and these will give you great ideas for creating your own sprouting kit - but don't wait for an emergency to start sprouting.**

*Food For Health™ USDA Certified Organic Food Storage Sprouting Kit Costco \$79.99 (online only)*

1 x Variable Volume Stack-able Tray System (7-piece)

- 1 x Sprouting for Health Booklet
- 1 x Complete Instruction Booklet

10 x 1 lb seed package - Non-GMO seeds:

- Alfalfa
- 3 Part Salad Mix
- Bean Salad
- Green Pea
- Crunchy Lentil Fest (3 color lentil mix)
- Protein Powerhouse
- Garbanzo
- Mung Bean
- Green Lentil
- Wheat

*Organic Non-GMO Ultimate Triple Sprouting Kit Costco \$119.99 (online only)*

Seeds sprout within 72 hours

- Non-GMO: absolutely no genetic modification
- Complete how-to instruction manual on sprouting and seed safety
- Seeds packaged in resealable metalized PET pouches
- Shelf life of up to 5 years.†
- Net Weight: 11 lbs (4.99 kg)

Ultimate Triple Sprouting Kit Contents:

- Alfalfa (4 oz.)
- Garbanzo Beans (16 oz.)
- Mung Beans (16 oz.)
- Healthy Blend – Clover, Alfalfa, Radish and Broccoli (4 oz.)
- Lentil Fest – Green, Red and French Lentil (16 oz.)
- Mung Bean Crunch – Adzuki, Lentil, Mung and Garbanzo (16 oz.)

- Protein Power Surge – Adzuki, Garbanzo, Green Pea, Radish and Broccoli (16 oz.)
- Rocky Mountain Blend – Alfalfa, Mustard and Radish (4 oz.)
- Sandwich Stack-Up – Alfalfa and Radish (4 oz.)
- Stir-Fry Blend – Peas, Lentil, Garbanzo, Adzuki and Wheat (16 oz.)
- Wheat-Hard Red Spring (16 oz.)
- Pea-Sprouting (16 oz.)

Sprouting tools:

- 5 Sprouting Seed Trays
- 2 Sprouting Tray Lids
- 3 Sprouting Seed Jar Lids
- Trail Hemp Sprouting Seed Bag
- Water Filtration Bottle

Storing your seeds in a cool dry place will increase longevity of the seeds. We recommend rotating seed stock every 4-5 years

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Water Purification Tables – available Wal-Mart and online.

Rain water collection, storage & filtration system

Large water storage container

Create portable water filtration system as shown in Prepper Academy data on our site.

## **FIRE:**

All suggestions from Section 1

Rocket Stove

<http://www.ebay.com/itm/like/121129535141?lpid=82>

[http://www.ebay.com/itm/Rocket-Stove-camping-hunting-survival-/300957403989?\\_trksid=p2054897.l4275](http://www.ebay.com/itm/Rocket-Stove-camping-hunting-survival-/300957403989?_trksid=p2054897.l4275)

<http://sustainablog.org/2011/09/how-to-build-a-rocket-stove/>

Also you can Google rocket stove & click images

tools for cooking over open fire:

caste iron skillet

dutch oven

Stainless Steel Mess Kit

Electric burners run off solar or other generator

Solar Ovens - they run from \$100 - \$350

Home made solar cookers & ovens. Plans are available at Prepper Academy and videos on You Tube