

CL #1 Emergency Food Reserves Checklist for 2 Weeks Bug In at Home

June 2014

Purpose: To gather and store 3 days or 2 weeks of food for you or you and your family.

_____ **0)** To survive in your home, how many people will you need to store food for _____?

Orientation:

_____ **1) Start by educating yourself as to what is available.** Google “emergency food” for companies like www.wisefoodstorage.com, www.augasonfarms.com, www.nitro-pak.com.

_____ **2) Google** “long term emergency food storage containers” and check out this link <http://sorbentsystems.com/longtermfoodstorage.html>

Most emergency food items 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. Have a non-electric can opener and cooking pans & utensils that will work with the off grid method of cooking you plan to use during power outages. Use the Off-Grid Cooking Checklist for data and ideas.

Costco or other “large quantity discount” stores near you will have a wide selection for you to choose from both in stores and through their online websites. Look for bulk, large containers (must be resealable) and quantity discounts (like 8 to a pack) of your families favorites.

Choose items that fit your families needs and correct diets for them. These are broken out into proteins, grains, beans, fruits, vegetables, fats, spices & misc. Think in terms of breakfast, lunch, dinner and snacks.

_____ **3) Buy a few extra items** for your emergency food storage each time you go shopping.

Write the amount/quantity stored beside each item you have chosen to fit your families needs.

_____ **4) Protein Sources:**

_____ Canned meats

Chicken

Beef

Spam

_____ Canned fish

Tuna

Salmon

Clams

Sardines

_____ Dehydrated Meats

Beef

Chicken

Turkey

_____ Freeze Dried Meats for Food Storage - www.preparewise.com/

_____ St Dalfour French Bistro Meals in a can - www.vitacost.com/st-dalfour-gourmet-on-the-go

_____ Dry roasted nuts

_____ Raw nuts:

Pecans

Walnuts

Almonds

Brazil Nuts

Cashews

Macadamia

Pistachios

Hazelnuts

_____ Raw seeds and sprouts:

Sunflower

Pumpkin

Chia Costco – also www.purehealingfoods.com

Pomegranate

Apricot

Sesame

Flax

Cumin

Grape

_____ Wild rice

_____ Indian rice grass

_____ **5) Grains:**

_____ Hot cereals

_____ Cold cereals (“Ancient Grains” Costco)

_____ Granola (“Ancient Grains” Costco)

_____ Rice

white Costco has in 25pd bags

brown Costco has in 10pd bags

red

_____ Wheat

freekin

winter wheat

bulgur wheat

kamut

wheat berries

spelt

_____ Quinoa

_____ Amaranth

_____ Barley

_____ Buckwheat

_____ Millet

_____ Triticale

_____ Sorghum

_____ Meals in a box

_____ Pasta & cheese packages

6) Beans:

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

 Cans of a variety of soups (check to make sure no additives and heavy preservatives)

 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.)

7) Fruits:

 Canned fruits

 Dehydrated or dried fruits – Google for various suppliers

 Do your own dehydration and storage of fruits

 Freeze dried fruits – Google for various suppliers

 Plant fruit trees in your yard – also check out planting dwarf fruit trees

8) Vegetables:

 Canned vegetables

 5 pounds of potato flakes or buds

 Dehydrated vegetables – Google for various suppliers

 Do your own dehydration and storage of vegetables

 Sources of fresh vegetables in planning for emergencies:

fresh vegetables from your garden

fresh vegetables from your hydroponics system

fresh vegetables & fresh fish from an Aquaponics system

fresh plants from your edible landscaping

Sprouts of 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.

9) Fats:

- _____ Olive Oil – the Mediterranean Markets & International Market on Main St, Dunedin has gallon jugs
- _____ Gape Seed Oil
- _____ Coconut Oil
- _____ Ghee

10) Spices and Miscellaneous:

- _____ Salt, pepper and all your favorite spices in large enough quantity to get you through
- _____ Sugar, honey, maple syrup, Xylitol, Stevia
- _____ Organic dehydrated soups – one sources is: www.wholefoodfarmacy.com
- _____ Canned soups
- _____ Powdered milk
- _____ Almond, Rice or Soy Milk that don't have to be refrigerated until open
- _____ Nutrition bars (LaraBar, cliff bars, zone bars, power bars **read the labels** for what's really in them)
- _____ Instant coffee, ground coffee or coffee beans and hand grinder
- _____ Teas-black,green, herbal
- _____ Nutella
- _____ Instant hot chocolate packets
- _____ Baby foods or any specialty foods needed

11) Get a 5 gallon plastic bucket with a snap down lid and

use to store your emergency food stocks that must stay dry. Canned foods and other supplies can be store under a bed if you start running out of space to store items.

