
EMERGENCY FOOD PREPARATION FREEZE DRIED OPTIONS

BRAD GRAFF 23MAY2018



OPTIONS FOR COOKING

- Pre-packaged (retail) freeze dried foods & preparation (focus today)
 - 25 year+ shelf life, retains 99% of nutritional value
 - Easiest to make (and no dishes)
 - Tastes good/great (subjective)
 - But... most expensive
- Make your own dehydrated food...
 - <https://www.backpacker.com/skills/dehydrate-your-trail-food>
 - Will lose 20% of nutritional value, lasts 10-20 years
 - Cheaper, but more work
- Or, Actually cook with ingredients... (bulk food)

IF YOU WANT TO COOK YOUR OWN FOOD (LONG TERM)

1. Only store low-moisture foods: Any food you're planning to store long-term needs to have less than 10% moisture content.
2. Store at 24°C/75°F or cooler: Storing your food in a cold and dry place will extend the shelf life of your long-term storage. Most basement cold storage areas will meet this requirement. It's important to keep your food storage up off the floor when possible to keep it dry and to allow for air circulation.
3. Use the right packaging: Do not leave food you plan to store in its original bag or container. Store all of your food in:
 - #10 cans
 - Polyethylene terephthalate (PET) plastic bottles, like used gatorade bottles.
 - Food grade plastic buckets
 - Foil pouches

Add oxygen absorber packets inside these containers. They preserve the taste and nutritional quality of your food by eliminating food-borne insects.

Low-moisture food products	"Life-sustaining" shelf-life (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

Dry foods to avoid

- Pearled barley
- Dried meat (jerky)
- Dried eggs
- Nuts
- Flour, whole wheat
- Brown rice
- Milled grains other than rolled oats
- Brown sugar
- Granola
- Dehydrated fruits and vegetables not dried enough to snap when bent

HOW MUCH FOOD TO HAVE?

- How many days do you want? 3, 7 (short term), 45 (medium term), 90+ days (extended)
- Many freeze dried foods last 25+ years... Option to start with a 1 week supply, and add over time

Emergency Food Supply



Number of People x Meals Per Day x Length of Time = Servings



2 PEOPLE

X



3 MEALS PER DAY

X



90 DAYS

= 540
SERVINGS

CONSIDERATIONS FOR CHOOSING FOOD

- Store at least a three-day supply of non-perishable food.
- Choose foods your family will eat.
- Remember any special dietary needs.
- Avoid foods that will make you thirsty.

A WORD ON WATER

- One gallon of water per person per day for at least three days, for drinking and sanitation
- **Never ration drinking water unless ordered to do so by authorities.** Drink the amount you need today and try to find more for tomorrow. Minimize the amount of water your body needs by reducing activity and staying cool.
- **Drink water that you know is not contaminated first.** If necessary, suspicious water, such as cloudy water from regular faucets or water from streams or ponds, can be used after it has been treated. If water treatment is not possible, put off drinking suspicious water as long as possible, but do not become dehydrated.
- **Do not drink carbonated or caffeinated beverages instead of drinking water.** Caffeinated drinks and alcohol dehydrate the body, which increases the need for drinking water.

EMERGENCY PANTRY OPTIONS (TO SUPPLEMENT)

- Ready-to-eat canned meats, fruits, vegetables and a can opener
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Food for infants
- Comfort/stress foods
- Peanut butter
- Whole wheat crackers (consider vacuum packing to prolong freshness)
- Nuts and trail mix
- Cereal
- Power bars and granola bars
- Canned soups and chili
- Sports drinks
- Sugar, salt and pepper
- Powdered milk
- Multivitamins

EMERGENCY FOOD BARS

SOS Food Labs, Inc.

SOS Food Labs, Inc. 185000825 S.O.S. Rations EMERGENCY
3600 Calorie Food bar - 3 Day/72 Hour Package with 5 Year
Shelf Life, 5" Height, 2" Wide, 4.5" Length



770 customer reviews | 77 answered questions

Amazon's Choice for "emergency food"



List Price: \$9.50

Price: **\$7.86** Free shipping for Prime members when buying this Add-on Item. [Details](#)

You Save: **\$1.64 (17%)**

Your cost could be \$0.00. Eligible customers get a \$10 bonus when reloading \$100.

Note: Available at a lower price from other sellers, potentially without free Prime shipping.

In Stock.

Want it tomorrow, May 22? Add it to a qualifying order within **2 hrs 39 mins** and choose **One-Day Shipping** at checkout. [Details](#)

Ships from and sold by Amazon.com.

Flavor Name: **Coconut**

Cinnamon

\$9.99



Coconut

\$7.86 Add-on Item

Coconut + Cinnamon

\$13.99



- Plastic cookie wrap
- Made in USA or Imported
- Emergency food
- 3600 + calories per package
- 5 year shelf life
- Us coast guard approved
- Made in U.S.A.

➤ [See more product details](#)



FOOD SUPPLEMENTS

[The Survival Tabs](#)


Survival Tabs 8-Day 96 Tabs Emergency Food Ration Survival MREs Food Replacement for Outdoor Activities Disaster Preparedness Gluten Free and Non-GMO 25 Years Shelf Life Long Term - Mixed Flavor

★★★★★ [211 customer reviews](#) | [46 answered questions](#)

Amazon's Choice for "the survival tabs"

 Best Deal 

Price: **\$22.95** ✓prime

 FREE One-Day Pickup. [Details](#)

Your cost could be \$12.95. Eligible customers get a \$10 bonus when reloading \$100.

Get FREE Delivery **Tomorrow** if you order within 2 hrs 35 mins and choose this date at checkout.

[Details](#)

In Stock.

Sold by [Lohas Farms](#) and [Fulfilled by Amazon](#). Gift-wrap available.

- Contain 100% of 15 Essential Vitamins & Minerals. Made with the highest quality protein. GLUTEN FREE and NON-GMO.
 - The 'Just in Case' Food Supply, The Survival Tabs backup for the situations such as natural disasters. This is the best possible food in the smallest possible volume. Created to supply the body with all the daily essential vitamins and minerals needed when facing uncertainty. The compact design allows for easy storage and is perfect for individual emergency kits.
 - This convenient portable, personal pouches will sustain a person for 8 days | This calculation is based upon one average person. Consumption requirements may vary from person to person.
 - Flavor: Mixed Flavor - Each pouch is 1 flavor - Butterscotch, Vanilla, Strawberry and Chocolate. | Contains: 24 Tablets x 4 pouches = 96 Tablets. | Servings: 12 Chewable Tablets - 20 Calories per tab.
 - Weight: Approximately 10 ounces per pouch. Dimensions (inches): 5.5 x 8.5 x 2.75 (W x H x L).
- › [See more product details](#)



MOUNTAIN HOUSE (THE GOLD STANDARD) – 14 DAY SUPPLY

Mountain House

Mountain House 14-Day Emergency Food Supply Kit



54 customer reviews | 23 answered questions

4 Price Changes



List Price: \$299.99

Price: **\$240.00** ✓prime

You Save: \$59.99 (20%)

Item is eligible: No interest if paid in full within 6 months with the Amazon.com Store Card.

FREE Delivery by **Wednesday**

If you order within 6 hrs 9 mins or

Need it faster? Upgrade to faster paid delivery at checkout.

Eligible for **amazon smile** donation.

- 100 Total servings with approximately 1,800 calories per day
- 30 Year Taste Guarantee makes it perfect for emergency food or survival food
- Easy to store! Measures less than 20" (L) x 20" (W)
- Lightweight! Net weight of 12.9 lbs
- Requires 72.25 cups of water



MOUNTAIN HOUSE 1 YEAR FOOD STORAGE (COSTCO)

Mountain House 1-Year Food Storage 3,986 Servings

★★★★★ [Write a review](#)

Item #995320

Your Price **\$4,699.99**

Shipping & Handling Included*

Features:

- Grains, Fruits, Vegetables, Proteins, Dairy and More
- 1,986 Calories Per Day On Average
- Total Servings - 3,986
- Up to 25 Years of Shelf Life on Freeze Dried Foods
- 10-Year Shelf Life on Peanut Butter



BOILING WATER

TWO-BURNER CAMP STOVE FUEL CONSUMPTION (PROPANE)



coleman camp stove propane

Both burners on high
1-pound cylinders
(values rounded)

POUNDS	<u>day</u>	<u>week</u>	<u>month</u>	<u>year</u>
1hr/day	1	8	31	370
2hr/day	2	15	62	739
4hr/day	4	31	123	1.47

TWO-BURNER CAMP STOVE FUEL CONSUMPTION (WHITE GAS)



Slightly higher values assumed for unleaded gasoline (burns a bit cooler than white-gas)
Both burners on high
Gallons
(values rounded)

GALLONS	<u>day</u>	<u>week</u>	<u>month</u>	<u>year</u>
1hr/day	0.2	1	4	53
2hr/day	0.3	2	9	105
4hr/day	0.6	4	18	210

WATER BOILING (PROPANE CANISTER)

- \$33-\$100 for a great water boiling stove.
- 100g of propane/camping fuel will boil approx. 10-12 liters of water (\$10-\$13)
- Stored properly, can last 10-20 years



Jetboil
Jetboil Jetpower 4-Season Fuel Blend, 100 Gram
★★★★★ 179 customer reviews | 28 answered questions

Best Deal Prime
Price: \$12.01
Get \$70 off instantly: Pay \$0.00 upon approval for the Amazon Prime Rewards Visa Card.








FREE Delivery by Friday
if you order within 23 hrs 58 mins.
Eligible for [amazonSmile](#) donation.

- High-performance propane/isobutane four-season blend
- Propane provides higher vapor pressure to the fuel for better performance in cold weather.
- Iso-butane provides more constant pressure as the fuel level gets low
- Jetpower microcanisters stow conveniently within the 1 liter cooking cup and the 1.5 liter pot.
- This item is not for sale in Catalina Island

New (\$5) from \$12.01 & FREE shipping.
Report incorrect product information.









Gerber Multi-tools
Quality for the outdoorsman
Shop now

"Alexa, what's in my cart?"

Rank	#1	#2	#3	#4	#5
Product	 <p>MSR Pocket Rocket 2 Read the Review</p>	 <p>JetBoil MiniMo Read the Review</p>	 <p>Snow Peak GigaPower 2.0 Read the Review</p>	 <p>Camp Chef Stryker Multi-Fuel Read the Review</p>	 <p>MSR Windburner Read the Review</p>
Awards					
Price	\$33.69 at REI Compare at 4 sellers	\$101.21 at Backcountry Compare at 4 sellers	\$49.95 at REI	\$74.96 at Amazon	\$149.95 at REI Compare at 4 sellers
Overall Score	0 100 80	0 100 76	0 100 74	0 100 70	0 100 64
Star Rating	★★★★★	★★★★★	★★★★☆	★★★★★	★★★★★
Pros	Simple, light, inexpensive, strong hardcase	Light, fairly fuel efficient, piezoelectric lighter, can simmer	Light weight, easy to use, good at simmering, piezo igniter	Easy to use, inexpensive, fuel efficient	Windproof, fast, fuel efficient
Cons	Unstable	Not windproof	A bit heavier and bit pricier than the competition	Heavy, bulky	Heavy, poor stove/pot connection, no Piezo ignitor
Bottom Line	This small, light, easy to use stove can actually simmer and is perfect for backpacking.	This light, relatively fuel efficient and convenient stove is our Top Pick For Integrated Canister Stoves.	This stove does everything well.	This stove performs well in every way except weight and size.	Great fuel efficiency and wind performance in a not-so-user-friendly package.

WATER BOILING (CAMPING)

- Camping stovs
- Runs on propane
- \$40-\$130

Rank	#1	#2	#3	#4	#5
Product	 <p>Camp Chef Everest Read the Review</p>	 <p>Eureka Spire LX Read the Review</p>	 <p>Primus Kinjia Read the Review</p>	 <p>Camp Chef Explorer 2-Burner Read the Review</p>	 <p>Coleman Classic Read the Review</p>
Awards					
Price	\$93.74 at Backcountry	\$127.46 at Amazon	\$143.49 at Amazon	\$99.99 at Amazon Compare at 2 sellers	\$42.88 at Amazon
Overall Score ▾	<div> <div></div> <div>0100</div> <div>86</div> </div>	<div> <div></div> <div>0100</div> <div>73</div> </div>	<div> <div></div> <div>0100</div> <div>67</div> </div>	<div> <div></div> <div>0100</div> <div>66</div> </div>	<div> <div></div> <div>0100</div> <div>64</div> </div>
Star Rating	★★★★★	★★★★☆	★★★★☆	★★★★☆	★★★★☆
Pros	Durable, wind-resistant, powerful, even cooking, auto-ignition.	Good wind resistance, easy to clean, ability to attach another stove or JetBoil, sturdy	Compact, flexible fuel hose, easy to clean, excellent simmer	Great simmering ability, freestanding, legs are removable, powerful burners, tons of cooking space	Affordable, fuel adaptor threads on easier than other stoves, windcreens are adjustable, compact dimensions
Cons	None.	Expensive, small burners, low BTUs, carry handle is shallow and uncomfortable	No windscreen, fuel stand is separate and could get lost, attachment for fuel hose is flimsy	No auto ignition system, does not operate on 16oz propane canisters, wind puts out burner easily	No auto-ignition, lower BTUs, small burners can cause hot spots
Bottom Line	This has been an Editors' Choice for more than four years.	A competent stove on its own, this contender will also allow you to connect a JetBoil or other Eureka stoves and run it all off the same fuel source.	Slim and sleek, this stove is small but beautifully built and it simmers like a dream.	With high BTUs, a large cooking area, and removable legs, the Camp Chef Explorer 2-Burner offers a lot of options for big groups and chef-minded camp cooks.	The Classic is a simple and straightforward two-burner that provides everything you need for basic meals at a very nice price.