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)

- I. 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. <u>Use the right packaging</u>: 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 I week supply, and add over time

Emergency Food Supply



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



2 PEOPLE

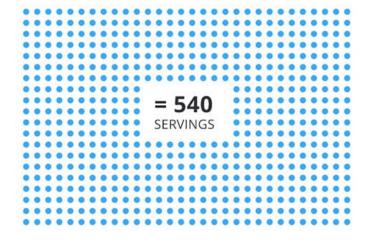






3 MEALS PER DAY

90 DAYS



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 ✓prime

Coconut \$7.86 Add-on Item

Coconut + Cinnamon \$13.99 ✓prime

- 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"



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
- 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 amazonsmile 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 I 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)



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

POUNDS	<u>day</u>	<u>week</u>	month	<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

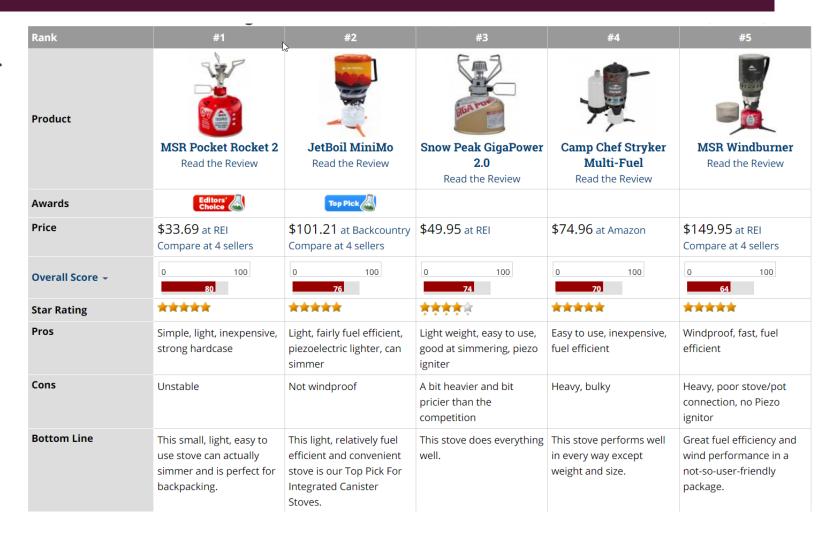
(values rounded)

GALLONS	<u>day</u>	<u>week</u>	month	<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





WATER BOILING (CAMPING)

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

