

APPALACHIAN HOMESTEAD



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Appalachian Homestead Network Emergency Food Storage Class

FEMA recommends:

- Three-day supply of nonperishable food and manual can opener.
- Three-day supply of water (one gallon of water per person, per day)Source:
<https://www.fema.gov/pdf/library/f&web.pdf>

Does this appear adequate?

While FEMA does recommend additional preparation for exceptional circumstances, this action would likely contribute to chaos at stores, as seen in every instance.

The responsibility falls upon YOU to feed yourself in emergencies. Your family and pets also depend upon YOU. You cannot push that responsibility onto others, or the government. You CANNOT count on others sharing their food storage either.

Don't get offended that no one will share their hard-earned food and water storage. Morals, values, and charity will be out the window. How many people do you know that share their retirement/401K when times are good? Those that carelessly share or give away food surplus will find themselves starving.

BUILDING FOOD STORAGE ON A BUDGET

People with unlimited resources may be able to purchase several years of food storage on a whim. Most of us simply cannot do that. There are many survival food companies out there; way too many to list. Here is a pretty thorough comparison on 11 such brands:

<https://www.toptenreviews.com/services/home/best-food-storage-services/>

Another seemingly popular idea is to purchase the ever-popular military Meal Ready to Eat (MRE). This self-contained full meal requires little water, and most include a small water-activated heater. Yes, it is typically a very filling meal, and provides plenty of calories. However, they are not economical at all, and the shelf life is quite limited. It serves its purpose, and could play an important role in your Get Home Bag or Bug Out Bag. It is not something that should be considered as a household emergency food supply.

The pre-packaged survival-specific freeze-dried options offer an acceptable overall cost. This type of meal requires a sizeable water storage. Many of the packaging options, such as bins and buckets make storage somewhat practical, until rooms begin filling up. These containers can also serve long after the food is gone, especially the bucket type.

Several companies offer a more practical freeze-dried food that can be both used as long-term storage AND regular household use now. Take Thrive Life for instance; most of the foods last a minimum of 10 years, many up to 30. Since the items are freeze-dried separately, the menu options are limitless. If you need peas for tonight's dinner, you simply pop a can and take only what you need. You'll have an entire (on average) to use the rest of the can before it begins to spoil.

The price point seems high on food from Thrive Life and Emergency Essentials, except when you account for how much we actual pay for water weight. When figuring in the amount of food waste from regular grocery store shopping and how fast it spoils, these freeze-dried options are on point. This is not even taking into account how non-nutritious fresh food actually is. Exactly how fresh are most items in the fruits and vegetables section?

Watch this: <https://youtu.be/Ifi2jqByns0>

WHAT ABOUT BULK DEALS ON RICE, ETC?

This option is the biggest “bang” for the buck, except when factoring in the need to buy storage containers and more rigid control of the environment it is stored in. In other words it is a risk, but if handled properly, a worthwhile risk. The best scenario is to buy bulk when you can get the best deal, and then begin using it. The last thing you want to find is that your 50lb bag of flour or rice is inedible.

There will be an expanded class on this topic at a future date. There are ways to extend your storage of bulk purchases.

ARE CANNED GOODS A GOOD OPTION?

Yes....and no. If purchasing bulk amounts of canned items at regular prices, you’re making a horrible decision. Watch your local supermarket fliers for upcoming sales. If you are hell-bent on name brand items the best you’ll get is likely a 10-for-10 deal. Off-brand cans are slightly less in quality, but offer even bigger deals when going on clearance. Many canned items will last much longer than the date stamped on the can. Be sure to control the type of environment they are stored in to prevent excessive temps.

HOW MUCH FOOD SHOULD I STORE?

I’ll be frank. You will need to be on a rigid diet if facing a long-term emergency. Remember, even if you are facing a few hours or days of “struggling” due to a storm, your food storage is a major investment. When expecting a couple days before returning to normal, you should have plenty of perishable food in the fridge and freezer that should be eaten first. If there is a long-term, unknown type of emergency (EMP, etc.) you will also begin with the fridge and freezer and eat it all before it spoils. Enjoy it and keep eating. You’ll need the calories. It is a different story when cracking open the lids on your survival buckets. You may consider eating one large meal (supper) per day. A mid afternoon larger meal will go better for everyone, and allows a small snack in the morning, and a treat before bed. Keep in mind that you will need to adjust your sleep to correspond with sunset and sunrise. Prepare meals well before sunset, leaving time to clean up the mess and enough time for hygiene practices before retiring. It will likely take a few days to settle into a new routine of sleep, but you will adjust. Keep in mind that anything you left outside that you don’t want stolen needs to be secured before supper. Most predators spring to life at night, and they will have even less respect for you and your property in a SHTF scenario. Now, many people believe that a 3 or 6 month food supply is adequate. Others target a full year. In most foreseeable scenarios, the food production and transportation methods will be crippled for a very long time. This means you will need to become a farmer, or have a very close relationship/agreement with a farmer. Along with planning your food storage goals, particular attention should be spent on what crops you will need to plant and harvest. If the lights go out in the summer, you will have missed your best chance at planting an effective garden. This means you will need not one year’s worth of food, but at least 18 months. Do you have enough seeds sealed for next year? Fertilizer? Ability to store the harvest? Do you even know how to plant/harvest/store the garden bounty? **More later!**