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GUIDE TO FOOD & WATER STORAGE

VERSION 3.0

By Jesse Reed

posted January 23, 1999

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What To Store

Grains

The foundation of all food storage programs should be grains, which are nutritious, as well as inexpensive and easy to store. (See below for a list of bulk food suppliers. You should also be able to get these products locally.)

Hard red winter wheat is a good variety of wheat for baking bread and sprouting. Thus you will probably want the majority of your wheat to be hard red winter wheat.

Corn should also be a part of your food storage program. Whole corn has a longer shelf life and retains its nutritional value better than storing cornmeal. Dent corn can be stored for making tortillas.

Brown rice has an advantage over white because of its high nutritional value. However, because of its high fat content, it will not store very long (up to 2-3 years at room temp. with low oxygen levels). White rice will store many years.

Oats are most easily stored in their "rolled" form, as whole oats will have some of the hulls left on.

A variety of other grains such as rye, barley, millet, and pastas can also be included in your storage program.

A grain mill will also be needed for grinding these grains. Sources below: Christian Family Resources, Azure Standard and Millennium Outfitters, L.L.C.

Beans

Soybeans are an essential part of any food storage program, because of their high protein content. Soy can be used in baked goods, or as milk and meat substitutes. Soybeans have a shelf life of only 3-4 years unless packaged in an oxygen-reduced atmosphere.

It would be good to have a variety of other beans, including ones that cook quickly, such as lentils and black beans.

Dehydrated and Freeze-Dried Fruits, Vegetables and Dairy Products

Fruits, vegetables and dairy products, etc, should be purchased professionally dehydrated and prepackaged from a reputable food packing company. The following dehydrated food products are recommended: Milk, butter, egg and cheese powder, and a variety of fruits and vegetables.

Freeze-dried foods are more expensive, and take more space than dehydrated food. However, they have better flavor, and meat is only available freeze-dried.

Sprouts

Because of the fact that storage foods do not include fresh fruits and vegetables, which provide important vitamins and minerals, it is important to be prepared to grow sprouts to replace those "live" foods. Sprouts have higher concentrations of vitamins, minerals, and amino acids than either the seed or the grown plant. Sprouts are fun and easy to grow, and can be used in a variety of ways. Add them to salads, sandwiches, meat loaf, casseroles, bread recipes, etc. Liquify them and add to beverages.

How to Sprout

Soak seeds, beans or grain overnight in 1-Qt. wide-mouth jar filled 1/2 full with warm water. (Start with 1-3 Tbsp. seeds and adjust amount later depending on how full jar becomes when sprouted.) Cover top of jar with cheesecloth, gauze or pantyhose and secure with rubber band or jar ring. In AM, drain water and rinse and drain again well. Store jar in dark place, such as inside kitchen cabinet, or just covered with towel. Rinse seeds 2 - 3 times daily for 2 - 4 days, draining well each time. They may then be eaten or stored in a plastic bag in the refrigerator. If sprouts seem tough or bitter, they probably were sprouted too long.

Caution: Do not sprout seeds intended for agricultural use as they have been treated with insecticides. Also, tomato and potato seeds are poisonous and must not be sprouted.

Miscellaneous Foods

Items like baking soda, baking powder, gluten, yeast, sugar, honey, salt, bouillon, oils, nuts, peanut butter, etc. also need to be stored. Several of these, including Crisco and oils, can be purchased at a supermarket and stored in their original container safely for a couple of years.

Also you should have a sprouter and sprouting seeds because of their high nutritional value.

Travel / Camping Foods

Travel and camping foods are definitely not essential to a food storage program, but would be useful in certain types of emergencies, such as when you need to leave your home for a period of time.

MRE's (meals-ready-to-eat) are military meals that are packaged in metalized bags, and can be eaten directly from the package. They have a shelf life of up to ten years if

kept at the right temperature. MRE's can be purchased as either entrees or complete meals. When purchasing MRE's it is important to be sure that they are fresh and have not been sitting in a hot warehouse for an extended period of time.

Unlike MRE's, emergency food bars, such as "MainStay" brand, (not to be confused with sports bars), can be stored in a hot environment like the trunk of a car without going bad.

How Much To Store

The following list gives approximate amounts for each type of food for one adult for one year, at approximately 2450 calories per day.

- Grains = 300 pounds
- Beans & Legumes = 75 pounds
- Dairy = 40-50 pounds
- Meat/Meat Substitute = 10 - 20 pounds
- Fruits & Vegetables = 20 - 30 pounds
- Sugars = 60 pounds
- Fats = 20 - 30 pounds

For anyone on an extremely tight budget, the U.S. government recommends the following as a minimum amount to sustain life for one person for one month:

- Wheat = 20 pounds
- Corn = 20 pounds
- Soybeans = 10 pounds
- Ascorbic Acid (vitamin C) = 15 grams
- Salt = 1 pound

Where To Buy It

CAVEAT EMPTOR -- LET THE BUYER BEWARE:

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We also suggest that you obtain the name of the shipper (e.g. UPS, FedEx), the shipping charges, the estimated time of arrival (ETA), and ask for full disclosure of the company's return policy in the event that items are not shipped on time, with accuracy, or are damaged or

destroyed in transit.

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If you do not receive satisfactory service from any of the vendors listed below, please list your complaint in writing and [send us a copy](#). If you know of other vendors not listed here, but some, based on your experience, you believe are worthy of consideration, please [e-mail](#) the vendor's name, and (toll-free) telephone number, website URL, or e-mail address.

Bulk Food Suppliers

Ashland Community Food Store

237 N. First
Ashland, OR 97520
482-2237

Azure Standard

79079 Dufur Valley Rd.
Dufur, OR 97021
541-467-2230

Complete line of bulk foods, health foods, and nutritional supplements, Country Living Grain Mill, etc.

Minimum order: \$400.00 per drop-off point; includes free delivery. Catalog: \$0.45

Butte Creek Mill

402 Royal N.
Eagle Point, OR 97524
541-826-3531

Some grains are in stock while others may need to be ordered. It could take a month to receive some items.

Cantwell's Market

310 Oak
Ashland, OR 97520
488-2120

Cantwell's Market

2630 E. Barnett Rd.
Medford, OR 97504
858-5444

Cash & Carry

2033 Cardinal Ave.
Medford, OR 97504
773-9849

Costco Wholesale

3639 Crater Lake Hwy.
Medford, OR 97504

541-734-0058

Beans & rice in 25 & 50 pound sacks, and dehydrated potatoes in # 10 cans.

Food-4-Less

2230 Biddle Rd.

Medford, OR

541-779-0171

Check with Bulk Foods Manager for large quantities.

Medford Grange Co-Op

2531 S. Pacific Hwy.

Medford, OR. 97501

541-772-4730

Grain not approved for human consumption, but for those of you who have animals to feed this is a good source.

Mormon Storehouse

7575 Pacific Ave.

White City, OR 97503

541-826-4220

Packing supplies and product by the pound. Good prices. #10 canner can be rented by the week to use in your own home.

Mountain People's Warehouse

12745 Earhart Ave.

Auburn, CA 95602

800-679-6733

Minimum order: \$500.00. Catalog: \$4.50

Shop'N'Kart

2268 Hwy. 66

Ashland, OR 97520

488-1579

Wheat Montana Farms

10778 Hwy. 287

Three forks, MT 59752

800-535-2798

4,000 pound minimum

Wild Berries Community Market

106 E. Main St.

Rogue River, OR 97537

541-582-3075

Bulk Dehydrated Food Supplier

Best Prices Storable Foods

1737 Cascade St.

Mesquite, (Dallas) Texas 75149

972-288-1262 (Bruce Hopkins)

Web Site: <http://web2.airmail.net/foodstr2>

This food would have to be properly canned, by renting the #10 canner from the Mormon Store.

Prepackaged Dehydrated Food Suppliers

Walton Feed Distributors

Emergency Essentials

National Catalog Sales Office

165 S. Mountain Way Dr.

Orem, Utah 84058

801-222-9596

800-999-1863 (order line)

Nitro-Pak Preparedness Center

147 N. Main St.

Heber City, Utah 84302

800-866-4876

Perma Pak Food Distributors

Preparedness Resources

3999 S. Main, Suite S-2

Salt Lake City, Utah 84107

801-268-3913, ext. 125 (Scott)

Emergency Food Storage

322 Buckingham Pl.

Prescott, AZ 86303

Perma Pak Food

1-800-822-0436 (Steve Shank)

Other Prepackaged Dehydrated Food Companies

Bigfoot

360-256-9131

Carolyn Ghena

2384 Upper River Rd.
Grants Pass, OR 97526
(541)-476-0620

Food counseling is provided for \$50.00, but is deducted from the price of your order.
\$350.00 minimum

Dehydrated prepackaged and bulk foods as well as other survival items.

Alpineaire Foods

PO Box 926
Nevada City, Nevada 95959
800-322-6325

Quality shelf stable foods which have a long storage life, and are free of artificial additives. We specialize in foods which require no cooking - just add water.

Country Harvest Foods

325 West 600 South
Heber City, Utah 84032
Orders: 800-322-2245 / 801-654-5400
Full line of dehydrated foods.

Future foods

PO Box 1922
Orem, Utah 84059-1922
800-949-3663

Buy a year's supply of groceries in advance for no money down and 0% interest for an entire year. Pay as little as \$50 per month for an entire year's supply. No shipping charges on multiple units purchased. Receive entire order within 14 days of credit approval and make no payments for 30 days.

Golden Eagle Enterprises

9449 N. 90th. St.
Scottsdale, Arizona 85258
1-(800)-447-7911 (Jack Webber)

Homestead Foods

PO Box 96
Victor, MT 59875
800-838-3132

Alpineaire gourmet reserves, shelf-stable food storage systems available.

Major Surplus & Survival

435 W. Alondra Blvd

Gardena, CA 90248
800-441-8855

Large selection MRE's; emergency food bars, dehydrated and bulk foods. 3 different catalogs available.

Nitro-Pak Preparedness Center

147 N. Main Street
Heber City, Utah 84302
800-866-4876

Dehydrated and freeze-dried "no-cook" storage foods. Catalog - \$3.00

Preparedness Resources

3999 S. Main, Suite S-2
Salt Lake City, Utah 84107
Full line of dehydrated foods.

Ponderosa Sports & Mercantile, Inc.

PO Box 1016
Eagle, Idaho 83616
208-939-1513
26 page catalog - \$1.00

Ready Reserve Foods

PO Box 697
Beaumont, CA 92223
800-453-2202
100 different dry food products.

Sam Andy Foods

800 W. Airport Fwy., Ste.#1100
Irving, Texas 75062
214-445-4144 / 800-331-0358

Periodic newsletter - call to request your Free copy.

Star Food Processing Inc.

3444 E. Commerce St.
San Antonio, TX 78220
800-882-MEAL

Fully cooked Heat & Eat serving trays. Shelf stable and requires no refrigeration or freezing for storage. Shelf life - 2 yrs.

Storehouse Products

PO Box 690021
San Antonio, Texas 78260
210-690-7632

Complete line of dehydrated foods. Free catalogue.

How To Package Food For Storage

Preserving Your Own Food. Some foods need to be purchased prepackaged from a food storage company, but for dry foods such as grains and beans, you can cut back on the expense by packaging them yourself.

First you will need to purchase plastic food-grade buckets. After putting the food in your buckets, you will need to have some way of removing the oxygen to preserve the food. One way this is done is by displacing the air inside the bucket with carbon dioxide (CO₂), or nitrogen. To do this you will need a gas regulator and wand. The actual process is done by filling your bucket with food, and inserting the wand to the bottom of your bucket. Then just barely crack the valve of the gas cylinder. The bucket will fill with gas in about two to five minutes. To be sure all oxygen has been displaced, hold a lighted match over the bucket. If the flame goes out immediately, you have removed all the oxygen. You may now add an oxygen absorber on top of the food if you wish, to absorb any oxygen that may be left in the bucket, and put the lid on.

Another method is to use about 1/4 lb. dry ice, wrapped in butcher paper, in the bottom of the bucket, with the lid sitting very loosely over the top. Wait about 20-30 min. and close lid. Then watch carefully to see if lid starts to bulge. If it does, loosen lid and wait a few more minutes for dry ice to finish melting. Once the lid no longer bulges, you may close it.

CO₂ (dry ice or a CO₂ cylinder) has a disadvantage over nitrogen in that it sometimes causes the bucket to suck in and deform, making it impossible to open the lid. The problem is due to the fact that CO₂ expands and contracts with the temperature, so the trick is to: 1. Package the food when the temperature is not very hot or cold (lest the buckets collapse or bulge). 2. Be sure the buckets are filled as full and tightly as possible with food, so there is less CO₂ to contract, or expand.

NOTE: **DO NOT** store your food buckets on a concrete floor. Put boards underneath them to keep them off the concrete.

For ordering buckets, gas regulator and wand, and oxygen absorbers, see page 12 & 13

Related Food Storage Products

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M&M Industries Inc.

Chattanooga, Tenn.

423-821-3302

White food-grade buckets in various sizes, including 5 and 6 1/2 gallon, with latching screw-top lids and gaskets.

Make sure you **ask for white** buckets with gaskets, as they also carry **grey and black** buckets which **are NOT F.D.A. approved for food storage**.

Berry Plastics

Evansville, ID

208-266-1277

Standard white food-grade buckets

Olson's

800-258-4292

Standard white food-grade buckets

Medford Tool & Supply

2160 N. Pacific Hwy.

Medford, OR

772-0144

Gas regulator, hose & wand (for CO2)

A & L Welding Products

3100 N. Pacific Hwy.

Medford, OR

779-0167

CO2 Tank

Impap

419 Del Monte Ave.

Pasadena, CA. 91107

1-(626)-398-7300
Oxygen absorbers and mylar bags

Millennium Outfitters, L.L.C.

860 Board Shanty Creek Rd.

Grants Pass, OR. 97527

541-862-2486 / 541-865-3370

Fuel, water & food storage systems, non-electric lighting & appliances, grain grinders, sprouters, medical kits, portable shelters, & more.

Water Storage Products

Storing water is quite simple. In fact everything you need to know is included in the [printed copy of this Guide](#) which includes excerpts from the catalog which may be requested from the following address.

Optimum Preparedness Center

Yelm, WA

1-(360)-458-4602

50 page catalog \$3.00

What's New in Version 3.0

Addition of sections "Sprouts" and "How to Sprout" listed under "What to Store." Also removal of advice formerly listed as "Update 7-27-98" because, according to the author, it is not always true.

How to Order a Printed Copy of this Guide

Copies of the **GUIDE TO FOOD & WATER STORAGE** (including advertising copy not available in this HTML version) are available for \$2.00 each (including postage) by sending cash, check, or money order to:

Jesse Reed

PO. Box 442

Eagle Point, OR 97524

If you have any questions, please send them to the above address.

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