

PREPPER'S SUPER FOOD

PANTRY ON A BUDGET



LONG-TERM NO REFRIGERATION FOODS
TO STOCKPILE, ANTI-AGING ENERGETIC
RECIPES FOR MODERN PREPPERS,
AND HOW TO PRESERVE THEM
WITHOUT SURPRISES

BY JIM GRYLLS

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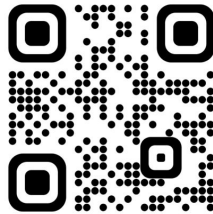
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TABLE OF CONTENTS

[ABOUT THE AUTHOR](#)

[INTRODUCTION - THE 'SURVIVAL VALUE'](#)

[PART 1 LONG-TERM NO REFRIGERATION FOODS TO STOCKPILE](#)

[WATER](#)

[CANNED FOOD](#)

[*SUPERFOOD* DRY FOOD](#)

[SALT](#)

[COFFEE AND TEA FILTERS](#)

[SUGAR AND *SUPERFOOD* RAW HONEY](#)

[*SUPERFOOD* CACAO POWDER \(NOT COCOA\)](#)

[ALCOHOL](#)

[DRINK MIX](#)

[RICE](#)

[*SUPERFOOD* OATMEAL](#)

[*SUPERFOOD* GRANOLA BARS](#)

[FLOURS + BAKING GOODS](#)

[PASTA AND NOODLES](#)

[WHOLE-WHEAT CRACKERS](#)

[MILK](#)

[*SUPERFOOD* AVOCADO, COCONUT, AND OLIVE OIL](#)

[*SUPERFOOD* GHEE](#)

[*SUPERFOOD* APPLE CIDER AND RAW APPLE CIDER VINEGAR](#)

[*SUPERFOOD* PEANUT BUTTER](#)

[PANCAKE MIX](#)

[*SUPERFOOD* SOY SAUCE](#)

[POTATOES](#)

[*SUPERFOOD* DIGESTIVE ENZYMES AND FIBER](#)

[*SUPERFOOD* SPICES - TURMERIC AND BLACK PEPPER](#)

[*SUPERFOOD* VANILLA EXTRACT](#)

[DISPOSABLE CARDBOARD DISHES](#)

[BISCUITS, CHOCOLATE, JELLY](#)

[PART 2 ANTI-AGING ENERGETIC RECIPES FOR MODERN PREPPERS](#)

[FIRST, WHY THE SUPERFOODS?](#)

[*SUPERFOOD* 6 BEST SUPERFOOD RECIPES](#)

[*SUPERFOOD* BEST SUPERFOOD TO REVERSE AGE AND LIVE LONGER](#)

[Recipe 1. Inulin](#)

[Recipe 2. Salmon](#)

[Recipe 3. Sulphorofane Leafy Greens](#)

[Recipe 4. Carotenoids](#)

[Recipe 5. Blueberries](#)

[Recipe 6. Avocado](#)

[PART 3 HOW TO PRESERVE FOOD WITHOUT SURPRISES](#)

[DRYING](#)

[SALTING](#)

[SUGAR COATING](#)

[FOOD STORAGE - CLEAN AND FAR AWAY FROM HEAT AND SUN](#)

[STORAGE METHODS](#)

[FOOD CONTAINERS - THE PROPER ONES](#)

[PRESERVING POWDERED FOOD AND SPICES](#)

[PRESERVING RICE](#)

[PREPPER'S CONSERVATION TECHNIQUES](#)

[STOCKPILING - INSTRUCTIONS](#)

[BONUS: 7-DAY SURVIVAL KIT](#)

[BONUS: CHECKLISTS](#)

CAN I ASK YOU A FAVOR?



ABOUT THE AUTHOR

Jim Gylls is a writer, mountaineer, and military man. He learned to free climb and sail from his father at the early age of 7. He also earned the rank of second dan black belt in Karate when he was a teenager. But mostly, as he likes to point out, he is a prepper who spends his life learning how to survive an eventual end of the world.

He trains themselves and other families to be prepared for every scenario, teaching food supplies storing and how to build shelters and customized evacuation plans.

Gylls also teaches people (even kids) how to deal with pandemics and natural disaster complications, which are insights.

He traveled 6 continents, challenging himself to survive various dangerous situations, especially in contact with wild nature, training strength and endurance and the mind.

“It is never too early to prepare for the end of the world”, he usually says to his students.

INTRODUCTION - THE 'SURVIVAL VALUE'



On September 8, 1941, Nazi forces surrounded Leningrad from the west and south and through Finland to the north. With the population starving, it is not uncommon for people to murder for ration cards and eat corpses. Although the number of cases of cannibalism was minimal compared to the size of the population, the widespread fear of cannibals caused hysteria. The police even threatened the unruly citizens by imprisoning them in cannibal cells to maintain order.

In many cases, the corpse eaters were often the most desperate people in society, primarily single, unemployed mothers. Most of those caught cannibalistic were pitied and imprisoned rather than killed.

Despite the desperate state of the people, there was a food source that remained untouched if one knew where to look. The Leningrad Institute of Plant Industry Gene Bank was the largest collection of seeds in the world: the most

comprehensive catalog of plant genetic information available to us.

They feared that desperate people would storm the gene bank and devour a lifetime's work or that invading forces would destroy the building to prevent its contents from being used. So, when the Red Army of the Soviet Union finally lifted the siege nearly two and a half years after it began, 1943, the seed bank was still intact.

This example is beneficial to understanding the importance of correct food storage to survive for a very long time without refrigeration and with the possibility of keeping the edibility of food intact. Of some food, of course. Not all foods can be stored for long periods of time: some, in fact, have peculiar characteristics that allow them greater resistance to the passage of time (if properly stored). What are they then? We'll find out in a moment.

Meanwhile, this focus on the ability and possibility of creating 'apocalypse-proof' food supplies also came after World War II, when bunker food to survive a nuclear attack became very popular.

During the Cold War, in fact, it was the president of the United States, John F. Kennedy, who encouraged the military but also personal defense of every single American, inviting them to build private shelters with food supplies to survive a possible nuclear crisis (the estimated number of which rose from 60,000 in June 1961 to about 200,000 in 1965).

By the early 60s, the U.S. Department of Agriculture also developed what is considered the ideal 'Doomsday food': nutritious, easily reproducible, long-lasting without

refrigeration, easy to prepare, and also reasonably priced, with a long shelf life.

From that point on, however, many mathematicians, scientists, and also experts in military training began to experiment and attempt to build the most useful foods in their ratio of calories, energy, and even low cost. Among the results, moreover, they arrived at a bulgur wheat biscuit called the ‘All-Purpose Survival Cracker’ (also called the ‘Survival Biscuit’) or to establish the ‘Doomsday Ration,’ which consists of a food ration that can cost only 37 cents a day. We will discover the recipe for this decade-long cookie in Part 2 of this guide.

In the military world, however, building a perfect and infallible ‘attack-proof pantry’ became a ‘private’ matter. Preppers but also family’s fathers and mothers worldwide, in fact, understood that they could approach their recent but also past history to preserve that food that would have allowed them to live for one year and even more if properly stored. They looked to the U.S. military tradition but also to the European and Viking history in search of the best superfood to have in the pantry for the eventuality of every single attack.

By reading the trend of history, one thing is clear: during a traumatic event, an irremediable attack, or a crisis with no possibility of return, the element that has a survival value stops being wealth in terms of possessions and money. In fact, these goods become worthless. The only way to survive is food. Better if in stock and stored to survive the catastrophe for several years. The food, therefore, maintains the real ‘survival value’ for the prepper.

Because if you can't eat paper, you can build a reasoned, efficient and useful stockpile in times of need that can guarantee you a prolonged survival.

On the other hand, this practical way of thinking and reasoning saved hundreds of thousands of American families from the crisis of the Great Depression when, in fact, the stocks allowed them to live worthily without starving even if the crisis flared up outside.

That's why the time to start Stockpiling is NOW!

Being in the know, starting to prepare and build your pantry without anxiety but consistently with superfoods and goods that keep intact over time, therefore, can make all the difference in the world if and when the moment of the apocalypse arrives.

One more question arises at this point: are there examples of ancient meat that stand the test of time? You have to look at the frozen northern permafrost or the animals trapped in the glaciers.

If civilization were to suddenly disappear, how that happened would determine what we could safely eat. According to experts of Food Chemistry at the University College of London, unless something happened to contaminate the food - like a nuclear or chemical incident - it would still be possible to walk into a supermarket and be sure to eat anything that is not in the aisle of fresh products. Thus, in the event of a natural disaster or a sudden collapse of normal food supply chains, canned or dry foods and, depending on their shelf life, frozen foods may still be consumed.

However, if something were to happen and the food on the surface became inedible.

Buried deep under a mountain and layers of ice on Norway's Arctic archipelago of Svalbard, 986,243 seed samples from plants around the world are stored within its walls. The samples, stored at -18°C in metal crates and wrapped in aluminum foil, are designed to last forever. Even if a global apocalypse were to knock out the electricity, the vault's location beneath the Arctic permafrost should allow the samples to remain frozen.

Anyways, rather than taking the risk, you're better off turning to foods that have been specifically lab-produced for durability. Technology allows us to obtain foods whose shelf life could put the best efforts of our ancestors to shame.

For example, foods designed for space travel might be a good choice. Designed to be lightweight and stay safe for a long time in fluctuating temperatures, Space Foods are dehydrated and vacuum-sealed. Similarly, general military rations, known as 'Meals, Ready to Eat (MRE) in the United States, can be consumed for three years at 27°C , according to U.S. Army guidelines. They're also designed to withstand a host of conditions that commercial foods aren't subjected to, such as being dropped from an airplane.

It goes without saying that commercial products are not formulated to meet extended shelf-life requirements. The mission of the commercial industry is to sell products quickly. Still, there are companies that offer a nutritionally complete diet in powder form and use freeze-drying and grinding to create moisture-free powders. These companies can be

confident that their products have a very long shelf life due to the amount of processing the powders undergo to make them stable.

Conversely, entering a supermarket that has been abandoned for several years should present some interesting options. If you know where to look, there would probably be plenty of foods that are still safe to eat.

And this happens because when we know how to choose, preserve and keep certain superfoods intact over time, they can remain without mutations of bacteria and, therefore, be consumed as if they were just canned.

After understanding the importance of keeping foods as adequately as possible in order to build a ‘doomsday pantry’ (we will discuss this extensively in Part 3 of this book), in Part 1, we will discover together which are the best superfood foods to stockpile in your prepper’s pantry which can be stored for more than a year without a refrigerator.

Nutritious, energetic, long-lasting, and, of course, on a budget!

PART 1

LONG-TERM NO REFRIGERATION FOODS TO STOCKPILE

A few years ago, before 2020, a person who did their shopping in larger quantities in order to prepare their food reserves at home was directly judged as someone who was a little too 'survivalist.' To a certain extent, anyone can relate to this: why stockpile food in abundance at home when there is plenty to burst in the supermarkets?

The answer is obvious: when a sudden crisis arises, stores are the first targets. But even in the face of this, we can still very often hear 'we were in the 20th century, it is modern times, we can plan everything in advance. Still, let's go back a few years in time.

In March 2020, more particularly when the confinement relating to the Coronavirus pandemic was announced, supermarkets were, as said above, literally taken over by citizens. Everyone was fighting to be able to enter the store or even find a small place or park. The first signs of the collective hysteria were the lack of toilet paper (an element for which the 'hard core' prepper still has a certain mistrust) and flour.

So, you never know when and how you are running out of toilet paper!

That's why a long-term superfood pantry brings many advantages in normal times, including the following:

- No time to shop? No worries because we always have products for cooking and eating in your pantry;
- The possibility of realizing serious savings when buying in bulk or during promotions;
- The inflation, you know? Well, make him wait by eating at the price of the previous year;
- An accident in life can happen very quickly. Loss of a job, for example. This long-term food storage will act as insurance and will allow you to find a job serenely without having to throw yourself on the first comer.
- A health crisis? Don't panic; you no longer need to fight in the supermarkets.

If you think it's finally the moment to make a survivalist food stock to survive one year and even more in case of war or major crisis, you are already one step ahead of 99% of people! In fact, stocking up on food is an invaluable guarantee in the event of a problem.

In this 1^o Part of the book, you will discover the economic survivalist food stock to make for one year (and more) for one person.

For these estimates, we take the example of a man with a low daily physical activity, having a need of 2200 cal per day.

——> **That is, 2200 kcal x 365 days = 803.000 kcal per year.**

In summary, here is a brief example of a survivalist's food stock list with quantities for one month:

- 1 kg of raw rice = 3 kg of cooked rice
- 750 g of raw pasta = 1.5 kg of cooked pasta
- 750 g of raw semolina = 1.5 kg of cooked semolina
- 180 crackers
- Four jars of strawberry jam
- 6 kg of fruit salad

- 1.5 kg mixed nuts
- 60 cereal bars
- 300 grams of sugar
- 500ml olive oil
- Two jars of 300 grams of peanut butter
- One jar of 300 grams of mayonnaise
- 1.5 kg of lentils
- 1.5 kg of dried beans
- 4 liters of vegetable soup
- 15 cans of tuna of 100 grams
- 15 cans of mackerel of 100 grams
- 800 grams of dried meat
- Five jars of 200 grams of terrine
- 600 grams of almonds
- 3 liters of soy milk
- Three hundred sixty-five days of vitamins (especially vitamin C for the immune system).

To calculate the food stock for one year, you just need to multiply the example above by 12. It's also recommendable that you diversify the food more. This stock can be very useful to you in the event of a future food shortage.

Now, let's start building the best superfood pantry you will want to have that DOESN'T NEED refrigeration! And which is, it goes without saying, on a budget!

WATER



Simply the best first choice. Do you know the ‘Rule of three’? It’s a simple way to remember that you can generally survive 3 minutes without air, 3 hours without shelter in dangerous conditions, three days without water, and three weeks without food.

That’s why water is our simple and most important ‘superfood’ to store in difficult times.

Water is essential to survive in the event of a crisis and must be permanently stored in dry, clean, and odorless places, away from the sun and heat sources so as not to freeze it.

The advice is to choose different storing methods: in small, medium, and large bottles and also in gallons that are comfortable with cramming.

Finally, one of the best ways to obtain a good conservation-price ratio is to always keep a water filter on hand in the pantry in order to ensure drinking and germ-proof water even in complex conditions.

Survivalist Food Stock Notes

Since it is recommended that each member of the family drinks at least 2 liters of water a day, we can count that the annual water requirement is around 730 liters per year (60 liters in a month of 30 days).

CANNED FOOD



Surviving without food or drink is impossible, but don't skimp on your food survival stocks.

The best way to guarantee varied nutrition that includes carbohydrates, fish, meat, fruit, and vegetables, after all, is to rely on canned food. Even if you wouldn't normally prefer it and you're into the 'fresh food' party, then never give up on this option to build your pantry on a budget.

Ready to eat meat

All types of meat, chili meat, and soups can also be eaten straight out of the can and provide a great variety of nutrients and calories. And even if normally you would go for low-sodium options, that's not necessary during times of crisis and

health-threatening situations. Salt, in fact, is a great ally for your stability.

On the other hand, one of the foods that never fails in a prepper's pantry is Spam. Short for 'spiced ham,' Spam is a type of canned meat-based on pork and spices born in 1937. It has become a typical dish of Hawaiian cuisine and also a great ally for the prepper's pantry.

As well as the aforementioned 'survival biscuit,' Spam was indicated among those inevitable foods to be kept in the bunkers built during the cold war and promoted by government communication. Even today, half a century later, Spam is mentioned in every self-respecting prepper's list of foods to stockpile :)

If you don't always want to eat meat in tin cans, moreover, you can take stock of dried meat with you. In general, the most popular and most seen jerky is beef jerky. You can also make your own jerky even if you have an oven. Dried meat can be eaten during a meal but also as a snack. We will address dried meat in Part 2 of this book.

Canned protein items, including beans, chili, chicken, salmon, tuna, and turkey

They generally last at least one or two years in the pantry; that's why canned beans and fish meats provide the vital protein intake in little space and with easiness.

Vacuum-sealed packs may come in handy if you forget your can opener. For your fish pantry, moreover, don't miss to purchase lots of packs with the lowest mercury count, making them a safer choice for pregnant women and kids.

You can obviously count on the ‘classic’ canned products that you can find in the rows of every supermarket, but you can also choose cans that last up to 30 years if carefully stored in a cool, dry place away from heat sources!

Canned fruits and vegetables

If seasonal fruit and vegetables are no longer a viable option, using canned ones is the only choice left. Fruit and vegetables, in fact, still maintain their nutritional principles if stored well, and they can bring essential vitamins, sugars, and mineral salts... especially when every single calorie is essential for survival.

In the absence of fresh fruit, dried fruit is an excellent ally for your nutrition. With a few grams of dried fruit, in fact, you can contribute to your calorie intake by ingesting not only energy in the form of calories but also nutrients and good fats useful for your psycho-physical health.

Canned fruit salads, although very different than homemade ones, are a good alternative to storing fruit too.

To make sure you can eat as many healthy vitamins and minerals as possible, also go for mixed vegetable cans. Inside each one of them, you can find several important vegetables (and vitamins) such as carrots, corn, peas, and green and lima beans. In that way, they can give you a well-balanced meal straight from the jar.

Canned pasta and sauces

Just like canned meat and fish, fruit and vegetables, pasta is also stored in cans in an emergency. In this case, we can

recommend both single-use tins of 1 or 2 servings but also larger tins in which the paste can be stored for several years.

Furthermore, to ensure a meal that is not only nutritious but also varied and delicious, it is also advisable to stock up on sauces and condiments to combine with the pasta so as not to get bored. Mental health, as well as the body's energies, are essential during times of crisis management and extreme survival.

Remember if someone in your household has dietary restrictions: in that case, look for gluten-free pasta or pasta made from chickpeas or peas (or other gluten-free alternatives).

Survivalist Food Stock Notes

Storing canned food (metal or jars) as well as freeze-dried food to last at least one year is essential and recommended by civil protection organizations around the world.

***SUPERFOOD* DRY FOOD**



One of the foods that are never lacking in the superfood prepper's pantry is dried foods.

Drying is one of the oldest methods for preserving fruit and vegetables. It is also one of the most economical and ecological methods, as well as natural, as it does not cause alterations such as industrial conservation and guarantees great savings. In addition, this process guarantees agile, safe, and long-lasting storage.

It is a very simple method: 80-90% of the water is extracted from the food in order to deprive the microorganisms of an element necessary for their metabolism. This usually occurs by subjecting them to a source of heat. In fact, it is precisely the water present in the products that causes the development of molds and bacteria. Without water, chemical reactions are greatly slowed down, the activities of enzymes are absent, and microorganisms find a hostile environment to multiply.

The extraction of water alone allows for to preserve of all the nutritional characteristics: vitamins, minerals, and organic compounds without altering, for example, the caloric content (as in preservation in oil) or the taste (as with vinegar, salt, sugar, alcohol, lemon, etc.).

Other non-secondary advantages are the cost-effectiveness of the method and the drastic reduction of volumes and weights that allow the transport and the storage to become easy.

It is also one of the most ecological and economic systems for preserving food: a dried product can be preserved without the need to have cold rooms or without bearing the costs of preserving it in oil, vinegar, or salt. Another advantage is that dried products take up less space.

Furthermore, once dried, the foods must be hermetically sealed in containers or waterproof casings to prevent the food from reabsorbing the water from the air. By eliminating the water through drying, we will obtain a product that can last over a year if stored indoors and away from light (for example, in glass jars in a cabinet).

Survivalist Food Stock Notes

Essential dry foods and superfoods to stockpile in your prepper's pantry:

- Meat-appropriate cuts include flank, round, brisket, tenderloin, and sirloin);
- Dry fruits (walnuts, almonds, pistachios, hazelnuts, cashew, peanuts);
- Fruits (bananas, apricots, dried pineapple, dried banana, peeled chestnut, ginger);
- Vegetables (tomatoes, green beans, peas, edamame, beets, chickpeas, carrots, mushrooms) - With a shelf life of 30 years, dried beans are an excellent protein option when storing food for the long term. Their texture and taste will not be the same after long periods of time, but they will still be edible;
- Oil seeds (sesame, flax, sunflower, pumpkin, chia);
- Spices (ginger, turmeric, curry, chili, paprika);
- Natural dried berries (gojii, acerola, inca, maqui etc.).

Calories intake: 1.5 KG of dried fruit mix = 4971 cal!

SALT



Salt is an essential product and so common that we pay almost no attention to it. Yet its food preservation qualities make it one of the first victims of shortages caused by crisis situations. Among other things, it greatly extends the shelf life of meat, fish, vegetables, and tubers. To obtain good dehydration and thus prevent the development of bacteria, you need about 15% salt depending on the weight of the product to be treated. This treatment gives meat products a characteristic flavor, texture, and pleasant color and makes them last longer.

Salt is also the essential element for the artisanal manufacture of bleach.

It costs nothing, does not expire, and is very easy to store: buy as many as you can, and you won't regret it during an emergency time.

COFFEE AND TEA FILTERS



Sugar and coffee will soon undergo a significant price increase that will continue over the years. For both products, the cause is to be found in the scarcity of supply on the market caused by the great climatic changes on the rise, especially with regard to coffee, whose cultivation is extremely delicate and closely linked to the environment and the conditions of the climate and soil. The Ico, the International Coffee Organization, is sounding the alarm about what could be one of the worst years for coffee harvesting in those countries that historically export the raw material the most. For Brazil, for example, this is the least prolific year ever for harvesting Arabica beans.

Stock up on a hundred, then, cause they still cost nothing (now) and have essential benefits for the body, mind, and soul.

Survivalist Food Stock Notes

In case of lack of supply due to a prolonged emergency scenario, you can use the coffee grounds as compost for the garden. The same goes for plant waste, especially if you

already have the possibility of having space for a composter in the garden.

If you want to perform the prepper's method, still, we are talking about storing it for months or years. This is not something you can achieve with floor espresso bought at a grocery store or with whole roasted beans. The best and quickest solution to building your emergency express stash is to buy it outright. There are lots of companies that sell freeze-dried emergency meals and 'prepper's coffee.' Availability comes conveniently in different sizes and portions in layer zip-lock bags, which guarantees a shelf life of 25 years!

SUGAR AND *SUPERFOOD* RAW HONEY



If you drink coffee or tea and like to have sugar or milk with those, you can add them to your survivalist food stock. Sugar cubes can also be useful to give you a boost if you are going on an excursion and you need to exert yourself.

In fact, in case of low blood pressure or the need to reactivate the body and give it an energy boost, one sugar cube is enough to recover in a short time.

Sugar has other 'survivalist' properties. It is a flavor enhancer when incorporated into a recipe, it is a colorant when it is caramelized, but it is also a preservative thanks to its hygroscopic power (element tending to absorb moisture).

As for raw honey, furthermore, this food is a superfood that never fails in the prepper's pantry list (especially when it's raw and not pasteurized). After all, honey is rich in carbohydrates (which are present in the form of monosaccharides) but also in proteins, vitamins, flavonoids, polyphenols, and bioactive compounds with antioxidant action. The high presence of

vitamin C, tocopherol, and phenolic compounds in greater quantities in honey that has a darker color, makes this food a powerful antioxidant. It also has an anti-inflammatory effect. Those responsible for the anti-inflammatory action attributed to honey are the phenolic compounds and flavonoids that inhibit the action of the main ones responsible for modulating the inflammatory process.

This is why in difficult moments of crisis, it is also an important remedy for inflammatory affections of the oral cavity, antipyretic, vermifuge, and antiseptic.

Moreover, honey never expires. While most commercially purchased honey shows two years of expiration, the truth is that honey can be stored almost indefinitely when stored in a cool, dry place.

Why can it stay so long? It reveals a reduced water content and a consistent level of acidity, characteristics that make it a staple food not subject to attack by bacteria and molds.

Survivalist Food Stock Notes

100 grams of sugar / honey = 400 kcal/ 300 kcal

If you store sugar in airtight food containers, you can use it for many years to come, perhaps even forever. Storing it is pretty easy; you just need to make sure you keep it away from moisture, heat, and insects. You can put it in a cool, dark place. There is no need to use an oxygen absorber to store it; an airtight container is sufficient.

Best Alternative: among other sweeteners, another food that never expires is pure maple syrup. If stored sealed, maple syrup has the potential to last forever. Even if mold forms on

the surface of the syrup, it can be boiled, skimmed, and stored again without compromising on quality or flavor.

***SUPERFOOD* CACAO POWDER (NOT COCOA)**



One of the foods that can never be missing in a prepper's pantry is cacao powder. Beware cacao and not cocoa. What is the difference? Two fundamental processes: the Dutch-processed and the alkalized methods used to transform the cacao beans into cocoa powder. These two processes, in fact, are chosen to make the powder easier to handle for making desserts and for culinary use. However, in doing so, they cause pure cocoa to lose all its nutritional properties, which a prepper does not want to give up at all. Here they are:

- It contains proteins, lipids, carbohydrates, various mineral salts, and B vitamins;
- It also contains serotonin, tyramine, caffeine, theobromine, and phenylethylamine, which are useful for mood, energy, and boost performance;
- Antioxidants in cocoa help fight the action of free radicals, while theobromine and caffeine help maintain concentration.

Survivalist Food Stock Notes

Just add one teaspoon of unsweetened cacao powder to smoothies or also flour preparation every day to benefit from the anti-aging action of cocoa flavonoids.

The EFSA (the European Food Safety Authority) recommends the daily consumption of 2.5 g of cacao powder or 10 g of dark chocolate (containing at least 200 mg of flavonols) to have cardio-protective effects. Better if not mixed with milk since the calcium contained in the milk limits the intestinal absorption of cacao polyphenols.

Moreover, when stored properly, the shelf life of cacao powder is quite long. If kept in a sealed vacuum container and stored properly, cacao powder will keep for one year. Although there are differences in the production of natural and processed cocoa, the duration is the same.

ALCOHOL



Alcohol is used for cooking and medical care; it makes excellent fuel in cocktails and has a high barter value.

It is important to always have a supply of alcohol set aside in the prepper's pantry, therefore.

As we have just seen, it has several purposes. First of all, its disinfectant power in case of wounds, trauma, and also to clean utensils.

But the most important aspect of keeping alcohol in our pantry is this: its social power. When we live in stressful situations, in fact, it is always good to get together, talk and even relax. And that's what alcohol does: it warms up, relaxes our muscles, and helps us cope with complex situations.

Survivalist Food Stock Notes

Store at least twenty liters of unbranded vodka. It will serve you sooner or later, for one reason or another.

The taste may change from what you are used to, and some liquid may evaporate from the bottle, but it will still be safe to drink.

But be aware that wine-based ones like vermouth or sherry will spoil more quickly, while “white” ones like rum, grappa, vodka, tequila, and gin will keep you company for a long time! Also, consider them in your stock as a barter item.

DRINK MIX



Following the same principle as alcohol, even a mix of drinks, including tea and coffee, helps with mood, relaxes, and allows us to establish an important daily routine. Sipping flavored water, if you are a lover, or even a fruit tea, brings us closer to that feeling of home, normality, and intimacy that are very important in moments when everything is chaos.

The same goes for hot chocolate or other flavors that we have a sweet tooth. We also have protein powder mixes of the same idea in our pantry, which in addition to flavor, also have the function of allowing us to take on the daily protein

requirement necessary, essential for dealing with difficult situations.

Survivalist Food Stock Notes

Logically, since we cannot carry liquids with us due to weight and inconvenience, it is always better to choose thin bags or oxo containers to cram them into powder.

In addition to their primary function, moreover, coffee or tea filters are very useful for filtering water.

RICE



It is essential to integrate into your food stock: rice. It is a food that takes up little space when raw, that can be kept for years, and that is very good as an accompaniment.

Rice is a source of fiber but also vitamins and allows you to have a feeling of satiety for a few calories ingested.

Rice can be stored in 1 kg packs, in #10 cans (which increases its expiration date by many years - depending on the provisions of each individual company), or you can opt for an even more convenient version. Although many preppers do not prefer it as an option, ready-made flavored rice sides that only need to be reheated are a portion of food you want in your pantry for its convenience of preparation, ease of storage, and also for the small space it occupies.

Survivalist Food Stock Notes

The ideal is to have 3 kg of cooked white rice for one month, which generally corresponds to an average of 1 kg of raw rice.

These are the components for one year of supply (39 kg of white rice):

- Kcal: 4446 calories
- Proteins: 348
- Sugars: 3720
- Fats: 378

***SUPERFOOD* OATMEAL**



Rich in iron, calcium, phosphorus, and magnesium, oats have many health benefits. They are easy to digest, low in fat, and useful for transit due to their high fiber content.

Including oats, in your breakfast, every day can help you feel full for a long time. Indeed, its viscosity slows the exit of food from the stomach and delays signals related to hunger in the intestine.

We can build a supply of oats in our prepped pantry by relying on several solutions:

- instant oat powder;
- rolled oatmeal;
- ground oatmeal from flakes, to also create sweet mixes together with protein flours.

***SUPERFOOD* GRANOLA BARS**



For your snack, to eat in the morning with your coffee, or for dessert, cereal bars are good food. The pepper pantry list should always contain a few snacks that you can take with you. You can also put cereal bars in your survival bag.

They are therefore rich in minerals, vitamins, calories, and dried fruit in a very small space. They are ideal for recharging the batteries and are comfortable to eat at any time in any situation. Each prepper recommends stocking up on cereal bars over time, as they have a long shelf life and are ideal for their function.

Survivalist Food Stock Notes

Why are granola bars a reliable superfood for survival? First of all, 60 granola bars are 5976 kcal.

FLOURS + BAKING GOODS



One of the goods that disappeared from circulation quickly during the first days of the chaos due to the pandemic from Covid 19, in addition to toilet paper, was undoubtedly flour.

And you can well understand why: when the climate, an adverse condition, quarantine, or even an illness force you to stay at home for a long period of time, learn to knead and make essential and energetic foods such as bread, homemade pasta, pizza and even flour mix for breakfast is vital. The flour, therefore.

It is very important to choose the best all-purpose flour. Wheat flour is, therefore, flour that is suitable for a large number of preparations thanks to its variations in the degree of refining. From a nutritional point of view, it is rich in protein but depleted in minerals, fiber, and vitamins when refined and may have additives to maintain it. Whole wheat flour, on the other hand, is great for filling up essential minerals, vitamins, natural antioxidants, and even protein.

Among the other flours useful to be consumed, we can include the flour of spelt, barley, spelled and the gluten-free corn,

rice, millet, quinoa, chestnut, and legumes (beans, red lentils, peas).

It is also very important to keep flours hermetically (preferably in oxo containers) and away from heat sources. In this way, the flours last for years, becoming an essential element in the survival prepper's pantry on a budget.

Survivalist Food Stock Notes

An important reminder: together with flour, never forget its 'corollaries' for cooking: baking goods. Here's the list:

- Baking soda;
- Baking powder;
- Yeast;
- Corn Starch;
- Cocoa powder;
- Dairy;
- Vegetable oil;
- Vanilla extract.

PASTA AND NOODLES



Pasta is, like rice, an essential food to integrate into your survivalist food stock for one month or one year. It's advisable

to take whole pasta for a better nutritional intake.

With pasta in addition to rice, you will be able to vary the pleasures so as not to always eat the same thing.

Survivalist Food Stock Notes

The ideal is to have 750 g of raw pasta = 1.5 kg of cooked pasta per month. Better if stored in oxo containers. One year of pasta supply:

- Kcal: 2041,5 calories
- Proteins: 300
- Sugars: 1620
- Fats: 121,5

WHOLE-WHEAT CRACKERS



We have already spoken in the introduction of the ‘survival cracker,’ which was specially designed to last for years, to not spoil for long periods of time, and that was also economical and nutritious. Well, even if we don’t have to bother with Cold War supplies, we can think of stocking up on regular crackers in our pantry.

They are excellent for breakfast with jam or spreads; they are quick and tasty snacks (especially if salty) and an easy substitute for bread. Moreover, due to their hermetic closure and the little space they occupy, they are a classic example of prepper’s food to stockpile!

MILK



Milk has always been an element that is never lacking in homes and families across the globe. How so? Because it is a complete food, which we nourish ourselves with since birth and which allows us to satiate ourselves and to take on minerals and vitamins essential for our well-being and our energy.

Milk is a precious ally in the daily diet of adults, above all the little ones. A complete and nutritious food rich in calcium and vitamins, essential nutrients for bone growth and health. It also contains proteins, sugars, and fats of animal origin. Specifically, we are talking about vitamin D, which is also linked to the health of bones and teeth, and vitamins B2 and A, which are important for the well-being and beauty of hair, skin, and tissues in general.

Obviously, if there are children (and especially for them), having a supply of milk is mandatory. This is why, in a prepper's pantry, it is useful to organize both stocks of long-life liquid milk but also powdered milk.

On the market, there are various artificial kinds of milk for children, which reproduce in large parts and in different percentages of the nutritional principles of breast milk, but there are also some for adults, used for domestic preparations, which help to facilitate the cooking of products without leaving them excessively liquid.

How is milk powder obtained? It is a solid product made by eliminating water from whole, semi-skimmed, or skimmed milk, cream, or a mixture thereof - the water content does not exceed 5% by weight of the finished product.

Survivalist Food Stock Notes

Drying is a technique that consists in transforming a liquid into very small drops, which are then exposed to a current of hot air: since their dimensions are extremely small, it is a very useful element for the purpose of building a prepper's pantry even if you can count on a portion of food consumed, loved and that is good for the mind and spirit.

In addition to animal milk, however, there are many plant options (oats, almonds, hazelnuts, rice, soya) that can become valid substitutes. Furthermore, you can also be able to make artificial milk at home, starting from dried fruit.

***SUPERFOOD* AVOCADO, COCONUT, AND OLIVE OIL**



Olives, dried tomatoes, mushrooms, aubergines, artichokes, pistou, and small dry cheeses are among the products that can be preserved with oil. The principle is simple: the oil serves as an insulator for both air and water and prevents the development of germs. It allows good conservation of nutrients and facilitates the consumption of fatty acids, provided that the oil chosen is of good quality. Guarantees are not always bacteriologically equivalent to alcohol or vinegar.

Extra virgin olive oil is recommended for its taste (fruity flavor) and nutritional qualities. In addition, all these preparations must be flavored with organic aromatic herbs in order to optimize conservation.

Other vegetable oils that are very important for their supply of nutrients, flavor, and superfoods are avocado oil and coconut oil. They can be used for cooking, frying, and seasoning in the same way as extra virgin olive oil and also have the advantage of lasting longer, as you need very few drops for every single use.

Survivalist Food Stock Notes

You can estimate one bottle of olive oil of 500 ml for one person for 30 days.

Also, remember that all the health precautions must be taken upstream, such as the sterilization of the jars.

Finally, once opened, these products can generally be kept for several weeks, provided that rancidity is avoided. Indeed, if the oil plays a preservative role, you must take care of its exposure: it does not have to oxidize in light and air.

***SUPERFOOD* GHEE**



Ghee butter is Part of the Ayurvedic tradition but has begun to be known and used by western societies too. It is clarified butter made with the usual unsalted butter. It is heated over low heat to eliminate water, proteins, and lactose.

Ghee is rich in saturated fatty acids, most of which are short-chain. These types of fats are those that convert quickly into energy and are not stored; they are easily digested and easily absorbed.

Ghee also contains vitamins A, D, E, and K, fat-soluble vitamins essential for various functions.

It is an antioxidant, antiviral and anticancer food; it is free of salt and free of hydrogenated fats (those of margarine, so to speak).

Furthermore, those who are lactose intolerant can use it because they are lactose-free; those who have high cholesterol problems or fear a rise can replace classic butter with ghee since the latter has a very low cholesterol content, about 8mg per teaspoon.

Survivalist Food Stock Notes

When unopened, ghee can be stored in a cool, dark, not-necessarily-refrigerated place for nine months. Once opened, a jar can be kept on your countertop for three more months. So that makes it one of the best superfood allies for the prepper's pantry.

As the solid parts and water have been removed previously, ghee plays an important multi-use role in the prepper's pantry. You can apply it to the skin for burns, and it is also great on the lips as a lip balm.

It is more caloric than fresh butter (900 calories per 100 g against 750) and contains more saturated fatty acids since clarification removes that 15% of the water that is in fresh butter. Still, you need a very small quantity.

***SUPERFOOD* APPLE CIDER AND RAW APPLE CIDER VINEGAR**



It is a natural, slightly alcoholic drink prepared with only one raw material: apples. It can be used for the preparation of brandy (obtained from the distillation of cider) or for the production of vinegar. Rich in antioxidants, vitamins, trace elements, and mineral salts, it has a slightly decisive but fruity taste and a distinctive color, which can vary from pale gold to deep and very important amber. Apple cider also has beneficial properties for the stomach and intestines.

Survivalist Food Stock Notes

While apple cider vinegar is traditionally known for its slimming properties, cider and cider vinegar are instead considered natural remedies to combat various ailments. Let's take some examples:

- The consumption of cider and cider vinegar, thanks to the countless properties present in them, can counteract cough and feverish states;
- Furthermore, these drinks appear to have both important diuretic and laxative properties;
- Apple cider, when consumed regularly and in moderate doses with meals, appears to have beneficial effects on the stomach and intestinal health. Thanks to the action of its

enzymes, in fact, it stimulates digestion and helps regulate the pH of the intestine;

- Acetic acid, which we find in both cider and cider vinegar, proves to be an excellent adjuvant for people with diabetes, to keep blood sugar under control and decrease the desire for sweets. This also allows you to limit the assimilation of fats in the body;
- According to some research, cider has anti-fungal properties and, therefore, would be an excellent remedy against candida, genital infections, and mycosis of the skin;
- Furthermore, being rich in potassium, apple cider prevents muscle cramps. Therefore its use is particularly recommended for athletes.

Considering an emergency situation, apple cider and apple cider vinegar are great allies for your well-being and survival. The reason why any self-respecting prepper's pantry must have it at hand (and in good supply).

Just make sure it says "raw with the mother," which means that it maintains the probiotic elements, the good bacteria that can help you with intestinal transit.

***SUPERFOOD* PEANUT BUTTER**



Like olive oil, peanut butter is a nutritionally valuable food. Try to get peanut butter that is not overly processed to avoid too much-added sugar in it. Peanut butter can be eaten in the morning with rusks and jam or as a snack.

Arginine and magnesium, naturally contained in it, support performance, while potassium helps replenish glycogen stores after training. This makes peanut butter the perfect food for all athletes and preppers around the world.

Survalist Food Stock Notes

One tablespoon of peanut butter— about 96-100 calories— provides 3.5 grams of protein, 8 grams of fat, and 3.5 grams of carbs.

Try dry peanut butter: once rehydrated, that powder ends up with even more peanut butter than what's on your shelves. It can go a long way! Get powdered peanut butter, then, for a good supply in your prepper's pantry.

PANCAKE MIX



Having different mixes of protein pancakes available in the prepper's pantry is essential to be able to have a breakfast or snack rich in nutrients, which guarantee strength and also the speed of execution.

There are all kinds and flavors on the market.

Survivalist Food Stock Notes

The advice is to always choose an option with proteins and a long-life guarantee. For this reason, it is always better to opt for airtight or oxo containers or for mylar bags to store them properly.

***SUPERFOOD* SOY SAUCE**



Thanks to its high salt content, soy sauce can be considered a food that never expires because it will last for many years if stored well.

Its intense taste is perfect to be enjoyed with white rice or to accompany meats in cooking.

Soy (and so is the sauce) is rich in flavonoids, natural chemicals that have been researched for years, which are

attributed with various beneficial properties, including anticancer, cardiovascular, and anti-inflammatory effects. They also help counteract bad cholesterol. Moreover, it's salty and flavored, which is really helpful in a difficult situation such as a metropolitan apocalypse.

POTATOES



Potatoes can be considered the top survival food. They are one of the best sources of storable energy we can grow and our main source of vitamin C in cold weather.

While these vegetables lack some key nutrients - such as unsaturated fats - for long-term health, they are high in carbohydrates, proteins, and nucleic acids. In addition, potatoes are easy to grow, are able to adapt to a wide variety of soil conditions and climates, keep well, and can be prepared in a variety of ways.

Survivalist Food Stock Notes

A great advantage of potatoes as a survival food is that you can store them in the cellar for up to six months.

If you don't have a cellar, a basement, or a cold and dark closet are possible alternatives: a dark and dry place that maintains a temperature between 7 ° C and 19 ° C. Higher temperatures cause potatoes to sprout and dehydrate them prematurely.

Another important option for the prepper is to rely on freeze-dried potatoes or ready-made mashed mixes. With the addition of milk or water, in fact, they are a complete dish at a very low cost. Furthermore, if stored in airtight bags, they take up little space and can be maintained for a long time.

Potatoes also have a fundamental characteristic: the suggested shelf life, up to 25 years old. Preppers claim that if you taste the products after 35 years of storage, you can find them still edible, albeit with a loss of flavor.

***SUPERFOOD* DIGESTIVE ENZYMES AND FIBER**



Digestive enzymes are substances of a protein nature, produced spontaneously within our body. Their activity is fundamental: it breaks down the food we eat into nutritional factors so that our body is able to absorb and assimilate it.

Poor digestion, food intolerance but also the inability to consume properly cooked foods during a general crisis - the scenario for which we are potentially building a prepper's pantry - can contribute precisely to the incorrect functioning of these enzymes (and of our body in general).

To support digestion and in all cases of lower efficiency of enzymatic activity, the intake of food supplements based on digestive enzymes is useful, especially not to overload the pancreas and small intestine with extra work and to allow enzymes to perform other functions in the body as well. An appreciable effect can be observed by taking digestive enzymes for a couple of months and also evaluating a possible improvement in symptoms related to food intolerances.

Supplements with an antacid and protective function on the stomach mucosa can also complete the action on digestion.

In this context, the combination of supplements with digestive enzymes with turmeric extract, known for its interesting antioxidant and protective properties, is also effective, counteracting the reduction of liver and biliary tract functions. In addition, the activity of digestive enzymes is assisted by coenzymes, substances that intervene in their activation and are fundamental in metabolisms, such as B vitamins (especially P.P.), vitamins A, C, K, and the minerals zinc, magnesium, copper, and calcium.

On the other hand, the importance of dietary fiber is considerable. Dietary fiber, in fact, has a series of beneficial effects, such that it is an integral part of any balanced and healthy diet. In fact, there are all the benefits of dietary fiber:

- It regularizes intestinal function, opposing ailments such as constipation, hemorrhoids, and diverticulitis;
- It interferes with the absorption of lipids (fatty acids and cholesterol) and carbohydrates (i.e., sugars), making it a very valuable ally in the fight against obesity and different types of diseases;
- by speeding up intestinal transit, it reduces the time spent in the intestine on toxic substances for the intestinal mucosa, which has a protective effect against colon and rectal cancer;
- It favors the maintenance of an intestinal pH which depresses the growth of that harmful intestinal bacterial flora associated with the development of colon and rectal tumors;
- it stimulates the growth of that beneficial intestinal bacterial flora (prebiotic effect), with protective effects on the intestinal mucosa;

-
- A top-down view of a variety of fiber-rich foods artfully arranged on a light-colored surface. In the center is a rustic wooden cutting board with the word "FIBER" written in white chalk. Surrounding it are numerous items: a heart-shaped bowl of almonds, a bunch of cinnamon sticks, a head of broccoli, a banana, several small bowls containing different types of seeds and grains (like quinoa, flaxseeds, and chia), a corn cob, a red bell pepper, a yellow bell pepper, a slice of orange, a whole avocado, a bowl of cherry tomatoes, a piece of bread, a bunch of kale, a small bowl of dark chocolate chips, and a small bowl of black lentils. The overall composition emphasizes a healthy, plant-based diet rich in dietary fiber.

For these reasons, stockpiling up on digestive enzymes and fiber in your prepper's pantry is critical to ensuring your body has a lifesaving net even in complex and chaotic conditions (like the end of the world).

***SUPERFOOD* SPICES - TURMERIC AND BLACK PEPPER**



They are the oldest, simplest, most natural, and handy way to flavor foods, enrich them, preserve them and make them safer to consume, thanks to their antibacterial effect. For this reason, spices have always accompanied the history of humanity.

Only recently have experts begun to study the mechanisms of action on the human body, in which they carry out digestive, antioxidant, antidegenerative, anti-inflammatory, and antiproliferative effects.

First of all, comes turmeric, on which researchers have the most hopes because its active ingredient (curcumin) is revealing many positive effects: antioxidants, antivirals, antiproliferative and anti-inflammatory. That's why it is suggested in many situations: to protect the intestine (for example, in those suffering from Crohn's disease), to fight arthritis and cognitive impairment (and prevent Alzheimer's), and to prevent tumors and mitigate the effects of toxicants of chemotherapy.

In this case, we want to recommend a mix of this important spice with black pepper to enrich the prepper's pantry with a powerful superfood. For their properties, in fact, turmeric and black pepper are complementary, which amplifies and not just the effect that each one has individually on the organism. Turmeric products are often associated with black pepper since piperine has been seen to interfere with the conjugation of curcumin in the liver, improving the bioavailability of this molecule.

Therefore, for some time now, supplements have been available that contain both turmeric and black pepper extracts so as to have a more bioavailable and consequently more effective product.

Survivalist Food Stock Notes

It is advisable to buy the two long-life spices individually, mixing them together and storing them in the appropriate way to increase the shelf life.

Spices do not have a real expiration date: they can also be kept for years, but they could lose their flavor, thus becoming useless.

How do you know if some spices are still usable? Of course, having no fixed expiration dates, the only tools we have are the sense of smell, followed by taste. In any case, there are some 'estimates' for the conservation of turmeric and black pepper: from 2 to 3 years for turmeric, up to 4 years for black pepper in grains.

***SUPERFOOD* VANILLA EXTRACT**



Vanilla extract is Part of the list of foods that last for decades thanks to its composition with alcohol. And it is surely Part of the pantry of pro preppers thanks to its ability to flavor dishes but also remove odors in the house.

Vanillin in powder or vials available on the market at low cost, ‘snubbed’ by professionals and connoisseurs, on the other hand, is an artificial flavor obtained by chemical synthesis in the laboratory, usually starting from eugenol, cellulose lignin, or petroleum residues.

Conversely, vanilla beans have the disadvantage of drying and ‘drying out’ easily if they are not used in a short time and, given that they are expensive, wasting them is a real shame.

Otherwise, the extract obtained from them does not expire and improves with the passing of months.

Survivalist Food Stock Notes

The vanilla extract can be stored for years in a cool, dry, dark place away from sudden changes in temperature, but it should

never be kept in the refrigerator and must be thrown away without delay in case it changes flavor, molds, or you happen to recognize signs of deterioration in the taste or appearance of the product.

Survivalist Food Stock Notes - Do not forget

DISPOSABLE CARDBOARD DISHES



Disposable dishes are particularly useful when the water runs out. Being able to get rid of your dishes rather than letting them pile up and attract pests is appreciable when the situation arises. Cardboard products are preferred for their ability to serve as fuel, funnels, or writing paper. Lots sold by a hundred for a pittance should find their place in your home, especially when you are stockpiling.

BISCUITS, CHOCOLATE, JELLY



For mood swings during the crisis. Nothing more to add!

A top-down view of a diverse array of healthy foods artfully arranged on a dark, textured surface. The collection includes fresh produce like a halved grapefruit showing vibrant red segments, a bright green apple, a head of broccoli, a halved avocado revealing its creamy pit, and several green Brussels sprouts. There are also leafy greens, including a bunch of spinach and some green beans. Nuts and seeds are scattered throughout, with almonds in a small white bowl and others loose on the surface. Grains and legumes are also featured in small white bowls, including cooked quinoa, lentils, and oats. A small bowl of blueberries and a bowl of dark, possibly fermented, beans or lentils are also visible. The overall composition is rich in color and texture, emphasizing a variety of nutrient-dense ingredients.

They are recipes dedicated to superfood foods that, in the space of a cereal bar, contain the equivalent of a meal and the caloric intake needed to survive the apocalypse.

Finally, we will also discover together some anti-aging recipes precisely by exploiting the ancestral power of superfoods to be able to use the prepper's experience also in a healthy way that can enhance age reversing.

Are you ready? Let's find out together... and enjoy your pepper's meal!

FIRST, WHY THE SUPERFOODS?

What are superfoods? These are foods that, due to their particular characteristics and nutritional properties, have particularly beneficial effects on the health and well-being of the whole organism.

There are many types of superfoods, extremely different in nature, appearance, and texture, but they share one element: they all contain various molecules (proteins, essential fatty acids, etc.), antioxidants, mineral salts, and vitamins in significantly higher percentages than other foods.

Superfoods, therefore, are excellent adjuvants and supplements to balanced diets, but they can become vital during a situation in which we cannot eat everything we want. When we are in 'survival mode,' in fact, we do not have enough food available to increase our energy, but we cannot give up vitamins, mineral salts, and calories to allow our body to function properly during the crisis. Therefore, superfoods come to our rescue in this situation.

Let's take an example, considering one of the most important superfoods we also met in Part 1 of the book: dried fruit!

If there is food with superpowers, well, this is dried fruit! Oily (or fat) nuts, such as walnuts, almonds, peanuts, and carbohydrates (dried and dehydrated) nuts, such as dates, dried figs, steamed chestnuts, ginger, and ginseng roots, dehydrated apples, and coconut, are an incredible mine of nutrients.

Vegetable proteins and fats, vitamins (in particular, C, K, A, and those of group B), carbohydrates, and, above all, mineral salts such as copper, magnesium, potassium, and manganese are found in excellent quantities in all varieties of dried fruit. In addition, it is an excellent supply of energy, caloric but useful for counteracting weight gain, so it is a much-loved food by all athletes. Among the points in favor, there are also their organoleptic characteristics. The texture and flavor of dried and dehydrated fruit are real joys for the palate!

Furthermore, in emergency situations, we can also count on superfood oil seeds such as chia, pumpkin, sunflower, flax, sesame, and poppy - rich in protein and omega 3 - or, as we have already seen previously turmeric. While turmeric isn't exactly a superfood, it's an ingredient packed with super properties. The active ingredient in turmeric, curcumin, promotes the proper functioning of the liver, controls cholesterol, relaxes the nerves, and promotes good digestion. Turmeric is also useful in the prevention of seasonal diseases, as it has anti-inflammatory and antiviral properties and is excellent dissolved in herbal teas. The only precaution is that the daily dose of the dried and powdered rhizome should not exceed one and a half grams. So, prepper: don't overdo it!

Now that we have understood the importance of relying on superfoods in our daily diet but also and above all when we are preparing for the arrival of an apocalyptic situation let's find out together which foods we can prepare at home that we can keep for years. In fact, they already have, also passing the test of time!

Here are the recipes for the best Superfoods for the prepper's pantry on a budget!

***SUPERFOOD* 6 BEST SUPERFOOD RECIPES**

Recipe 1. Pemmican



Directly derived from Native American tradition, pemmican is made from dried meat and traditionally bison (you can also use moose, caribou, deer, or beef). The word comes from the Cree 'pimikan', which means 'prepared fat.'

The meat is reduced to a coarse powder and then mixed in equal parts with lard (fat) and, sometimes, with saskatoons, cranberries, and even, for special occasions, with cherries, currants, chokecherries, or blueberries. Once cooled, the mixture was inserted in the past in batches of 41 kg into buffalo hide bags.

Pemmican is a dense food, high in protein and energy. In fact, it is considered the best 'pepper's superfood': it has the quality of not molding and, most importantly, it can be kept for decades. That's why it was used to supply fur trade travelers who frequented the prairie regions where food could be scarce, especially in winter.

Pemmican was also prepared and used elsewhere, for example, by the Royal Navy, which supplied several Arctic expeditions with beef pemmican made in the U.K.

The process has changed considerably over the years once the meat was cut into thin slices and dried over very low heat, although generally, it dried in the sun until it became hard. Then it was cut until it turned into dust and mixed with the fat. The mixture was stored in leather bags and kept until it was to be consumed. Traders who were forced to travel did not have time to get food and therefore prepared pemmican for the duration of the entire journey. To date, it can be said that the preparation is highly appreciated, even if it is no longer used for the same purposes.

As we have seen, the preparation is very simple, it does not require many ingredients, and it is also accessible to everyone because meat does not have a high cost.

The principle is simple: fat (lipids) + dried meat (proteins) + berries or dry fruits (carbohydrates) = a complete dish. The whole ingested has the same effect as an energy boost for the organism... exactly what we need as preppers under the size of a bar.

That's the pemmican's 'nourishing' recipe for your pepper's pantry... even if one thing is certain: if you are a lover of meat and protein foods, once you try it, you will never want to go without it! Apart from apocalypse!

Cooking time: 4-5 hours

Degree of difficulty of preparation: medium

Ingredients:

- 600g beef
- 200ml of duck fat (or other animal fat like beef lardo)
- 15ml of honey
- $\frac{3}{4}$ cup dehydrated cranberries (or also blueberries, dry banana, or apricots)
- $\frac{3}{4}$ cup salted toasted soy nuts

Procedure:

- Slice the beef as thin as possible against the grain of the meat;
- Place the thin slices on the trays in a dehydrator. If you don't have such a machine, you can also buy pre-pulverized and dried veal;
- Dehydrate everything at the desired temperature (between 145 and 155 degrees Fahrenheit, let's say 165). The dehydration steps can be done on a traditional stove at 170 degrees Fahrenheit. Leave the door slightly ajar. Remember that you want to dry meat and not cook it;
- When the meat is dehydrated, becoming a bit like potato chips, grind it with a small food processor or a pestle. The goal here is not to produce a fine powder but rather a fluffy meat powder, much like ground coffee. This step gave you two cups of jerky for 600gr of beef;
- Also, grind the dry fruit (cranberries, soybeans, and all you selected), leaving small pieces of them if you like the taste, and then add it to the meat powder;
- Melt the duck fat (or the type of fat you selected) and add it to the meat in a mixing bowl;
- Mix everything together until you get a smooth texture;
- Incorporate the honey by mixing everything with the preparation;
- Transfer the mixture into a pyrex covered with parchment or wax paper and compact everything;
- Put the preparation in the fridge for a couple of hours to sear the fat, which acts as a binding agent;
- Once cooled, cut into desired portion size according to your appetite;

- Wrap the pieces in parchment paper and then slip into a freezer bag, removing as much air as possible;
- You can also store it in a vacuum-sealed bag to make it last for years.

The preparation time of 4-5 hours refers to the preparation having all the ready-made ingredients available. Anyway, now you are finally ready to eat... and to wait for the next crisis!

Nutritional values: Homemade Beef Pemmican, 100 gr ration

Calories: 450 • Carbohydrates: 2 g • Fats: 40 g • Proteins: 23 g

Conservation techniques: pemmican is a slice of dry meat that can last for years. At room temperature, pemmican can generally last up to five years, but there are legends of cool cellars kept pemmican that has been stored for over a decade. Vacuum packed, then, it can remain edible even for a century.

Still, pemmican loses its tone beyond 25C, which makes it much more malleable. This is also the reason for making individually wrapped portions. This aspect does not change conservation.

Recipe 2. Beef Jerky



The ultimate survival food for meat lovers. In fact, it's easy to prepare, to bring with you and very tasty and energetic to eat.

Beef jerky is a preparation of beef cut into thin strips, salted and spiced, and finally dried for better preservation. We owe the recipe to the Incas, who prepared it with a llama or alpaca meat. Today, it is mainly found with beef and sometimes with turkey.

For the record, jerky is, above all, a means of preservation, as the drying of meat is the oldest method of getting it. It is economical and requires no energy and very little equipment. These slices of delicious salty meat last for months if kept away from moisture.

Cooking time: 8-9 hours

Degree of difficulty of preparation: medium

Ingredients:

- 500g quality beef
- For the marinade sauce:

- Soya sauce
- Honey
- Olive oil
- Garlic powder
- Sugar
- Salt
- Ginger
- Orange juice
- Onion
- Worcestershire Sauce
- Pepper
- Pepper
- Paprika
- Cumin
- Curry

Procedure:

- Choose quality beef meat. For the cut, the leaner the meat, the better! For example, topside, tenderloin, etc.;
- Remove all the pieces of fat from the meat and then cut them into thin strips. A cool piece of advice: put the meat in the freezer for two hours to facilitate fine cutting. For the size, just remember that the meat will dry out and therefore shrink;
- Make your marinade: take a container and throw in the meat and whatever you like (we suggested the list of ingredients) for the sauce. The marinade can be both sweet and savory: make a mixture of 2 to 6 ingredients of your choice and let the meat marinate overnight or all day;
- Dry the marinated meat. There are three possible options here: dehydrator (electric or not), microwave, or oven (we are doing it this way);
- Spread the slices on a grid (think of the tray below to avoid getting marinade everywhere);
- Put the oven to 104-140 F° and let it go for 4-7 hours;
- Take a look every hour from 3 hours, to be sure not to heat it too much, or it becomes too dry);

- Now that it's ready, store it in an airtight box, dry, without direct light, and at room temperature. Otherwise, you can also eat it directly if you can resist!

Nutritional values: Beef Jerky, 100 gr Ration

Calories: 410 • Carbohydrates: 1 g • Fats: 26 g • Proteins: 33 g

Conservation techniques: exposed to the open air, the meat undergoes a reduction in its water, which reduces the development of microorganisms. On the first day of drying, the rate of evaporation is greatest; it decreases the following days continuously, and a weight loss of 60 to 70% is noted within three or four days of drying. As muscle and connective tissue shrink, pieces of meat become smaller, thinner, and tougher. The characteristic flavor of fresh meat disappears in favor of an aroma specific to dried meat.

If you want to transform the dried beef jerky meat into powder for even easier preservation, just chop it up and store it in an airtight glass container. This way, it will last for years! This powder is excellent for flavoring salads and soups and also to be consumed on its own as a snack.

Alternative: Bilton

Beef Jerky dried meat is made of sirloin steak, chicken breast, or salmon. The meat is hand-cut and marinated with simple and natural ingredients such as soy sauce and apple cider vinegar; finally, the meat is slowly cooked and smoked using apple or beech wood.

Jerky beef comes in a wide range of flavors: slightly spicy according to the Texan recipe, barbecue and honey, sea salt and black pepper, chili, and many more, to make sure you can find your favorite flavor.

Biltong dried meat, on the other hand, is made entirely of beef sirloin: cut first and hand massaged with herbs and spices later. The beef sirloin is then dried and carefully chosen when it is at the right level of humidity.

At this point, the Biltong dried meat is cut and prepared in two very tasty flavors according to the original South African recipe: original and chili. Finally, it is packaged in convenient packages for your consumption.

However, beef jerky and Biltong, in comparison to other snacks, have fewer calories, little fat or sugar, and contain more protein. Most 25g sachets of dried meat contain less than 80 calories! Just remember not to eat exclusively dried meat to make sure to maintain a good intestinal transit... even during the apocalypse situation :)

Recipe 3. Hardtack



It's a hard biscuit that soldiers used to eat when the canned food was nowhere to be found. The name derives from 'tack,' the British sailor slang for 'food.' It is also known by other names, including cabin bread, sea biscuit or bread (as sailors' ration), pilot bread, soda cracker, sea bread, ship's biscuit, tooth duller or, in some cases, dog's biscuit!

Understanding why is not difficult. Thanks to its preparation and its very dry cooling formula, fact hardtack biscuit is able to last a very long time without losing its quality and the possibility of feeding travelers in search of fortune. Also, its taste is preserved for a long period of time.

It's one of the best pepper's survival food (we can address it as 'survival bread') and it can be eaten alone or dipping it into salty preparations such as soups and salads or also for breakfast with hot coffee or milk. Let's see how to make it easy and almost without cost!

Cooking time: 30 minutes

Degree of difficulty of preparation: easy

Ingredients:

- 2½ cups oats
- 2 cups whole wheat enriched flour* (with superfood niacin and also vitamins)
- Two teaspoons of yeast
- One teaspoon of salt
- Six tablespoons of melted butter
- 1 cup milk

*Enriched flour is made of the restored nutrients lost while being prepared. These include iron, B vitamins (folic acid, riboflavin, niacin, and thiamine), and calcium.

Procedure:

- Preheat the oven to 400 degrees F (200 degrees C);
- Combine rolled oats, flour, baking powder, and salt in a bowl. If your mix is still too sticky, make sure to add more flour until the dough is dry enough;
- Stir in the butter and the milk until the dough forms a ball;
- Divide the dough into three. Roll out very thinly on a floured surface using a notched rolling pin;
- Cut into squares (i.e., 3-inch squares), then poke narrow holes on the biscuits with a chopstick or a fork;
- Place the hardtack squares on a baking sheet;
- Bake the crackers until the top is lightly browned, for 10 to 15 minutes; make it 30 if they are not dry enough;

Nutritional values: Hardtack, 100 gr ration

Calories: 361 • Carbohydrates: 75,6 g • Fats: 1 g • Proteins: 9,8 g

Conservation techniques: like all products made with cereal flours, biscuits and crackers tend to absorb environmental humidity. To slow down this process, the bakers attempted to create extremely hard biscuits and cakes, baking them two to

four times and preparing them six months in advance of their actual consumption.

The dryness of hardtack is an essential property for long storage: if kept intact and dry, a hardtack cake can remain edible for years, survive extreme changes in temperature and withstand violent manipulation.

If they are too hard, just rehydrate them with a hot drink, and they are good to go! Don't remember to keep them in the dark, in a dry, oxygen-free environment. A great option is to put it in an airtight container, but if necessary, they fit Ziplock or Tupperware.

Recipe 4. Microgreens -



They are one of the superfoods that every prepper should know. They are vegetables with particular nutritional characteristics and consist of a step forward with respect to the germination of every single sprout. Let's take the example of the soybean sprout: when leaflets called 'cotyledons' sprout, those leaflets become the so-called 'microgreens.' Their germination period varies from 4 to 21 days, which is the time to flower permanently and when they can be cut with a knife to be harvested.

As we have said, these micro vegetables are superfoods, as they maintain very important nutritional elements for health. At the same weight compared to the large plant, therefore, microgreens have many more of these substances, even vitamins, and substances that are lost in the plant once it matures.

That's why harvesting micro vegetables can be only good:

- They are easy to grow - In this case, it is not so much a question of cooking microgreens as of growing them at

home, controlling the environment in which they grow. Usually, you don't even need to use pesticides to grow them because there are no parasites that need to be eliminated to protect microgreens;

- Growth time varies from 4 to 21 days - You don't have to wait long to consume them;
- They don't need a lot of space to be produced - For a fair amount, in fact, a few shelves at home are enough!
- They are a valid and quality alternative for the prepper - When you don't know how to grow, don't have time, or can't bring too many vegetables with you. A microgreen is easily produced from sprouts and ensures clean and healthy nutrition. Also, with microgreens, the food is fresh, which is not bad in a scenario where the foods we consume are mostly powdered, dried, or canned.

Some final considerations. Once cut, the plant dies. Therefore the prepper will have to count on a considerable supply of seeds to be able to feed on microgreens too. In addition, for cultivation, they need LED lights and air to caress the buds. However, in the case of bugging in during an emergency situation, being able to rely on a plant for the production of microgreens is a plus for the professional prepper.

Finally, consuming microgreens has another super advantage: some of them have undeniable anti-aging properties!

Basil microgreens, for example, have anti-inflammatory effects, regulate body functions, anti-aging, and prevent cancers. And that happens because it contains high polyphenols, vitamins (A, C, K), and various minerals.

Broccoli Microgreens are anti-aging as well. It is proven that not only vitamins but also minerals such as magnesium, manganese, calcium, iron, sulforaphane, and many others are present in micro vegetables in large quantities, much more

than in mature vegetables. While the manganese actively participates in numerous biological mechanisms useful for the balance of health, such as coagulation, thyroid activity, immune system, cholesterol, blood sugar, fertility, bone formation, etc., sulforaphane is a natural anti-carcinogenic and anti-aging ally for the body and skin.

Cooking time: a few minutes

Degree of difficulty of preparation: medium

Ingredients:

- lettuce, rocket, radishes, peas, lentils, spinach or onion, basil, coriander or sesame, sunflower, and mustard seeds
- containers (such as trays and trays), preferably in plastic that must never exceed 5 cm
- peat but for soilless cultivation (coconut fiber is very suitable, an alternative organic material, light and versatile, also used as a soil improver)
- small sprinkler or watering can

Procedure:

- The germination of microgreens must take place in the absence of light, at a temperature suitable for the species, including, on average, between 68 and 75 F°;
- In this ‘blackout’ phase, however, humidity must not be lacking, which favors germination: for this reason, after sowing, the cultivation trays must be covered (for example, with a black plastic sheet) to increase the temperature inside them and maintain the humidity of the substrate and the air;
- The soaking phase (technically defined as ‘activation’) of microgreen seeds, although it is often underestimated, is of importance above all for some species of hard-shelled seeds, in which the germination process occurs faster if their outer layer is softened with water;

- When the seeds of microgreens are subjected to soaking before germination, they remain immersed for no less than 12 hours: the water used in this procedure must be light and clean to avoid the risk of contamination, or that rot is formed on the seeds;
- Once germination has taken place, usually, after 2/3 days, the cover must be removed, and the ambient temperature must be lowered: during the growth phase, the ideal temperature for micro-vegetables is 60/64 F°;
- The water to be used to water the microgreens must have a pH of 7.3, so it must be neutral and pure, free of ions or other dissolved substances;
- After germination in the dark, to grow well, microgreens must be exposed to light for no less than 14 hours a day;
- It is possible to find on the market LED lamps specially designed for the lighting of microgreens in order for them to receive the right amount of light;
- The use of these lamps is recommended for various reasons: first of all, they illuminate without producing heat and emit a light similar to that of the sun, which stimulates chlorophyll photosynthesis; moreover, they are cheaper because they use a technology that allows a lower energy consumption compared to other types of lamps;
- The cultivation cycle is different for each species of microgreen: it can last from 7 to 21 days and is calculated starting from the moment in which germination took place;
- When the first true leaves appear (the so-called 'primary leaves' or 'cotyledons'), the seedlings are ready to be harvested: the height of the seedlings in this phase can vary from 3 to 7 cm, depending on the species;
- Harvesting can be done manually or with the help of a thin blade, cutting the seedlings a few millimeters from the base.

Nutritional values: Calories: about 5 kcal per 25 grams.

Microgreens are loaded with nutrients, often containing nutrient levels nearly 40 times higher than their mature

counterparts, giving them superfood status. Some examples of their nutrients than the mature plant:

Red radish, Vitamin E 40:1

Red radish, C vitamin 6:1

Coriander, Beta Carotene 4:1

Conservation techniques: they are always fresh and available for consumption in every season. These micro-vegetables can be grown without problems even by those who have no experience in agriculture and have an interesting added value: the young plants are always ready to be harvested and can find a place in the kitchen or on the windowsill. Being easily perishable, microgreens must be consumed as soon as possible; alternatively, they can be stored, after being washed, at a temperature of 35-41 F° up to a maximum of 2 weeks in plastic containers closed with food film.

Recipe 5. Bulgur



Low in fat, with 342 calories per 100 gr, bulgur is a source of complex carbohydrates, fiber, proteins, minerals, and vitamins. Thanks to the contribution of digestible starch, vitamin B2, phosphorus, iron, and potassium, the food is energetic, invigorating, and anti-anemic.

In addition, due to its richness in fiber, bulgur is satiating, highly digestible, and friendly to the intestine. The product is suitable for everyone, including diabetics, I.G. content, and pregnant or breastfeeding women.

According to studies, the food would have escorted the soldiers of the Mongolian leader Gengis Khan during their long raids around 1200. In fact, even in the remote periods, the cereal was appreciated because it was easy to preserve and prepare, ideal for the armies in war.

The product is stated because it involves a safe and practical system to be able to keep wheat for a long time without making it spoiled. The reason why it is considered one of the

favorite survival foods by the peppers and Bugging in enthusiasts.

On the other hand, bulgur was selected in a 1958 study by the U.S. Department of Agriculture and the Department of Health, Education, and Welfare because it is safe to eat, nutritious and high in fiber. A government note at the time said, *“a long shelf life may well be the single most important criterion for choosing bulgur in a stockpiling program.”*

Cooking time: 1 hour

Degree of difficulty of preparation: easy

Ingredients:

- 200 g bulgur (pre-cooked broken durum wheat)
- 250 ml of vegetable broth
- 20 g of raisins (anti-aging properties and superfood)
- 10 g of mixed spices (curry, cumin, cardamom, turmeric)
- 20 g of pine nuts
- 20 g of peeled and broken almonds
- parsley and mint: a bunch
- the juice of one lemon
- coconut oil to taste

For the sauce:

- 400 g of red peppers
- 500 ml of rice and almond milk
- a chopped red onion
- a spoonful of rice miso
- chives to taste
- One teaspoon of turmeric

Procedure:

- Put the bulgur in a pan with the vegetable broth, turn on the heat and boil, skim, cover, lower the heat to a minimum and cook for about 20 minutes. Remove the

saucepan from the heat and let the bulgur cool, stirring occasionally;

- Wash the raisins thoroughly and leave them to soak in a little water; toast the pine nuts and the broken almonds. Finely chop the parsley and coarsely mint, add them to the bulgur, along with the spice mixture and mix very well;
- Brown the onion in coconut oil until crisp. Add the peppers cut into small pieces, and sauté for a few minutes; pour the rice milk in which you have dissolved the miso and turmeric. Cook everything for 20 minutes, then blend;
- Stir constantly for 3-4 minutes. Remove from the heat and add the very finely chopped chives;
- Put the oil in the bulgur, adding the lemon juice, which will have to evaporate. Serve the bulgur with the pepper sauce next to it;
- Garnish to taste.

Anti-aging and superfood note: characterized by dark red berries, raisins have many of the typical properties of red-berried fruits. Rich in sugars that help keep blood glucose levels constant, mineral salts - in particular, potassium - and vitamins, it contains a high amount of resveratrol in the skin, a substance that protects cells and has proven anti-aging efficacy.

Nutritional values: Bulgur, 100 gr ration

Calories: 342 • Carbohydrates: 76 g • Fats: 1,3 g • Proteins: 12 g

Nutritional values: Raisin, 14 gr ration

Calories: 42 • Carbohydrates: 11 g • Fats: 0 g • Proteins: 0,5 g

Conservation techniques: raw bulgur in a still unopened package can be stored in the pantry for several years. Once opened, unused products should be transferred to an airtight container and consumed within six months.

Recipe 6. Edible Pine Tree Bark



In difficult situations, it may happen that you can no longer rely on food supplies. And while in this book we're talking about recipes to enjoy with your pantry supplies, it's important to know one of the main techniques for outdoor survival. It is simple, effective, and almost always makes food available even if you do not 'see' it: it is to obtain an edible and nutritious product directly from the pine plant.

If you have ever cut a pine tree, you have noticed that immediately after the bark and even before the hardwood, there is a white, spongy, and moist product: it is the bark cambium. This is how to harvest cambium to eat it in a survival situation, directly from the tree!

Cooking time: 5 minutes

Degree of difficulty of preparation: easy

Ingredients:

- a sharp, wide-bladed survival knife

Procedure:

- Just use a sharp, wide-bladed knife and start tapping the pine bark, being careful not to cut too deep;
- When you see the white layer immediately under the bark, you have found the cambium;
- If you pay attention, there are two different white colors: the darker one and the lighter one. White cambium is what you want to eat, and you can do it straight from the plant.

The taste is obviously reminiscent of pine, but it is not very strong, and it also becomes pleasant. Logically, we do not expect to feed only on the pine cambium, but in a condition where there is no more food available, knowing this technique is a plus.

Nutritional values: Some studies showed that inner pine bark is an energy-rich plant food that, due to its high fibrous content, could sustain energy levels during long-term survival mode and physical activity.

Conservation techniques: although bark cambium can be eaten when harvested, some survival experts put it to dry in the sun or over a fire to eat it directly like this. Other techniques, on the other hand, include grinding it into a fine powder which is then mixed with flour for all purposes (50 % cambium/ 50 % flour), making it a nutritious ingredient with practically infinite preservation. Traces of cambium crops throughout history have been found in India and Scandinavia to create pasta, pancakes, and snacks.

Let's summarize what we have discovered so far —> Take note

***Superfood* 6 Best Superfood Recipes to store on a budget**

1. Pemmican
2. Beef Jerky (or Biltong)

3. Hardtack
4. Microgreens
5. Bulgur
6. Edible Pine Tree Bark

***SUPERFOOD* BEST SUPERFOOD TO REVERSE AGE AND LIVE LONGER**

In addition to ancestral recipes that contain nutrients and superfoods useful in emergency situations, there are some superfoods that also work as anti-aging while deciding what to stockpile. In addition to nutrients that are good for health, therefore, these wellness allies can contribute to skin elasticity, hair, and wrinkles in general! Let's find out together.

Inulin



It is a completely natural ingredient and is appreciated for its health properties. It can be obtained from different vegetables, such as chicory, artichoke, dandelion, and dahlia bulbs. One of the most common is one extracted from murnong, an Australian root, from yacon and camas, respectively, Peruvian and Canadian tubers.

Technically inulin is a vegetable fiber and has a prebiotic action. That is, it is not digestible and stimulates and activates 'good' bacteria in the intestine. It is odorless, has a slightly

sweet neutral flavor, and is virtually zero calories (1.6 calories per 100g). When diluted in water, it creates a particularly creamy mass, which gives compactness and structure to the preparations and allows you to limit fat and sugar.

Industrially, inulin is widely used. For example, to make low-fat yogurt creamier, emulsify and improve the taste and texture of sugar-free ice cream, or add mass to sponge cake.

Survivalist Food Stock Notes

How can you use inulin to amplify your preparations with an anti-aging ally, then?

For example, adding it to your next chocolate cake, replacing some of the butter, and giving the compote a soft and compact consistency.

You can also mix it with soft cheeses to lower the amount of fat: the cheese is perfectly creamy and, at the same time, lighter and with less cholesterol. Sometimes, for elaborate desserts, you can use inulin for buttercream, halving the doses of the latter ingredient.

Salmon



In addition to being good, salmon is a food rich in nutrients that should never be missing on our tables. Introducing it to the diet at least once a week is a good habit.

The proteins contained in the salmon, above all the Omega-3s, help to keep the tissues toned and, therefore, to have smoother and wrinkle-free skin. In fact, the fatty acids contained in pink fish counteract free radicals and slow down cellular aging. Thanks to this anti-aging action, the signs of aging can be prevented. In addition to omega-3s, salmon is rich in vitamin D, which promotes calcium absorption. Consequently, it helps to prevent and fight osteoporosis, an aging effect especially starting from menopause.

Survivalist Food Stock Notes

Salmon stock can be stored in the pantry, obviously in cans, in a cool, dry place away from heat sources.

Sulphorofane Leafy Greens

Sulforaphane, a molecule present in brassicas, is a chemical compound that is found naturally in broccoli, kale, Brussels sprouts, cauliflower, cabbage, and turnip greens.

Thanks to its pharmacological properties and to the prolonged indirect antioxidant activity, which allows the elimination of free radicals before they cause cell damage and mutations, sulforaphane has antimicrobial, antitumor, anti-inflammatory, anti-aging, neuroprotective, and antidiabetic activities. It also offers protection against cardiovascular and neurodegenerative diseases naturally coming with aging.

Survivalist Food Stock Notes

It is complex to be able to rely on sources of fresh green leaves when we are preparing a prepper's pantry. Also, in this case, the tin containers come to the rescue, buying the vegetables contained in them in times of discounts. If, of course, we have a freezer available, it is useful to be able to count on stocks of these foods to be kept for years.

Carotenoids



Carotenoids are a group of bioactive substances, precursors of vitamin A. They are essential for helping our visual function and for skin health.

They are found mainly in red, orange, and yellow vegetables but also in Brassicaceae (for example, broccoli and cabbage). They are fat-soluble substances, so our intestine can assimilate them only in the presence of fats.

The most youth-friendly carotenoid of the skin is lycopene. Like all carotenoids, it must be taken together with fats because it is fat-soluble, but if it is combined with a fat-rich in vitamin E, it takes on a powerful antitumor action, protecting in a special way from prostate cancer.

Therefore, those who, to lose weight, seasoned the pasta with a fat-free cooked tomato sauce would deprive themselves of great advantage: a drizzle of extra virgin olive oil is enough to combine the two substances together... it's a win-win against aging!

Survivalist Food Stock Notes

Buy tomato sauce preserves with an expiration date that exceeds two years: you can count on lycopene stocks even in the prepper's pantry!

Blueberries



Whole fruits, berries in the first place, are a concentrate of well-being. And this has been known for some time now. But now, even science confirms it: blueberries help you age well!

What is the right amount? Half a cup a day, and here blood pressure is reduced, and blood vessels improve their functioning thanks to the presence of anthocyanins, responsible for the dark purple color of blueberries. Thanks to the action of polyphenols - as demonstrated with a test performed on a group of elderly people - blueberries can improve memory and allow for reversing, if taken in sufficient quantities, the course of the cognitive deficit. Finally, flavonoids play an important antioxidant action capable of counteracting cardiovascular, metabolic, and degenerative diseases.

Survivalist Food Stock Notes

The stock of blueberries must obviously be done by choosing and stockpiling this fruit in its dry version. Put aside and enjoy the benefits of blueberries even in extreme crisis conditions.

Avocado



Avocado fights premature aging and is able to significantly reduce small wrinkles, as well as deeply nourish the skin thanks to its pulp rich in beneficial substances. For this reason, we are witnessing a real ‘avocado mania,’ an era in which beauty goes crazy for this natural elixir of long youth.

The cosmetic properties of avocado are many, but the number one voice of its resounding success is its anti-aging. This drupe helps to keep the skin young and elastic because it contains a lot of vitamin E, the main ally in the battle against wrinkles and premature skin aging. Therefore avocado is often used in the formulation of face creams and masks, with a rejuvenating, toning, and elasticizing effect.

The anti-inflammatory action is also not to be underestimated by virtue of the presence of polyphenols, vitamin C, vitamin E, zinc, flavonoids, carotenoids, phytosterols, selenium, and Omega 3 fatty acids. All these compounds are able to fight free radicals very well, which we also find on the dock of joint inflammation, as well as on skin signs of oxidation that lead to premature aging.

To enjoy the anti-aging properties of avocado, in fact, just rub the inside of the peel of the fruit on the skin and leave it to act for 10 minutes, then continue with rinsing with cold water. In this way, the skin will still absorb the substances of the fruit, and you will not have sacrificed the pulp.

Survivalist Food Stock Notes

It goes without saying that avocado cannot be part of a prepper's pantry in its fresh variant. However, if we prepare for a bugging-in situation, storing the seeds and pit can become one of our future survival foods. Planting it, harvesting it, and feeding future generations. Another easier variation - we talked about it in Part 1 of the book - is to store avocado oil in the pantry, along with other types of oil. This way, we can keep the benefits of this magical superfood easily and effectively.

In Part 1 of the book, we discovered which are the foods that cannot be missing in a prepper's pantry.

In this Part 2, we have seen the ancient recipes of the superfoods most loved by preppers, taking care to show even the best ones with anti-aging properties.

In Part 3, instead, we will understand how to preserve these foods in such a way that they can last from 1 year upwards ... but also decades!

PART 3

HOW TO PRESERVE FOOD WITHOUT SURPRISES



If humanity were to face an apocalyptic crisis, be it a nuclear apocalypse or a world war, what foods would be safe for survivors to eat, and how long would those foods last? To understand this, we need to ask ourselves what causes food to degrade.

To a certain extent, we have already had the opportunity to address this subject in Part 1 of this book. In this Part 3, therefore, we want to deepen the discussion and focus on how to properly store food in order to build a prepper's pantry on a budget but also functional and with zero surprises.

Most foods, not all, spoil for the same reason: the growth of microbes. Foods can be preserved by drying, salting, refrigerating, or storing in airtight containers. All of these methods aim to limit microbial growth and have been used with varying degrees of success for millennia in different forms. Preservation techniques, in fact, aim instead to limit the growth of such microbes.

DRYING

Among all these types of storing, therefore, drying is the most effective, followed by salting, while storing in airtight containers is not enough on its own. Drying is effective because, in a water-poor environment, microbial growth is inhibited. Microbes need water to move the food they need into their cells and to expel toxins. Without this ability to transfer elements in and out of their cells, microbes cannot multiply. Low water concentrations also prevent oxidation, which is another way food spoils.

If storing food in airtight containers is less efficient, it's because there are probably a lot of microbes already on the food before you put it in the container - and some of those microbes are perfectly happy in low oxygen environments. Some of the microbes that spoil meat, for example, are anaerobic; that is, they breathe without requiring oxygen. These microbes are likely to be very bad for humans, which is why drying is preferable to removing air.

SALTING

Salting (meat, for example) is also effective for preserving food without spoiling it, as it also removes moisture, creating an environment where microbes cannot survive. A highly salty environment prevents bacterial cells from functioning properly in a process called osmotic shock. Salt pulls fluid and other substances out of microbe cells, disrupting the way ions move across their membranes.

SUGAR COATING

The sugar coating can create osmotic shock too. In general, foods high in sugar tend to last a long time. In its dried form, refined sugar does not support microbial growth at all. Caramels, boiled candies (which are typically 80% sugar in the form of sucrose and glucose), and other hard candies also show low microbial growth and tend to last for years.

But as soon as one starts adding other ingredients, such as dairy products, nuts, starch, gelatin, or eggs, to confectionery, their shelf life begins to decrease. Caramels and chocolates, for example, are prone to yeast and mold, while bacteria introduced during manufacturing can also reproduce slowly in these products.

Honey, for example, is almost impossible to spoil because it is high in sugar and low in the water, so it keeps very well, as we already said before. Samples of 3,000-year-old honey have been found in tombs of nobles in Georgia and in the tomb of Tutankhamun in Egypt.

Let's go back to the meaning of this Part 3: establish effective methods to preserve food for at least one year but also for 20-30 years without ruining it in order to be able to count on a prepper's stock that does not need to be revised and modified year after year - despite a brief six-monthly review, it is always advisable.

Also, very often, the food we eat and store in stocks is not so much what we cook or prepare ourselves but what we buy already packaged. Preservatives are used in foods like these to extend their shelf life in supermarkets or during storage in kitchens. Retailers want their products to provide a consistent consumer experience whether purchased after one week or after four weeks on their shelves. Therefore, expiration dates do not refer to when a product becomes unfit for consumption but when it becomes soft, stale, changes color, or generally falls below a level of appearance acceptable to the final consumer.

Still, there are some ways in which each prepper can intervene in order to extend the shelf life of some products. Knowing how ancient foods have stood the test of time can provide clues to the toughest items in our own cupboards, which may in the future be unearthed by our descendants.

Very high-fat foods can be stored for a long time, for example. Things like butter and cheese, tallow, or oils. Fat excludes water, which means these things keep well. Bog butter, highly fermented kinds of butter that have been found buried in bogs 4,000 years old, for example, have been unearthed in Ireland and Scotland. It is believed that the ancients buried butter - or animal fat according to one theory - in peat to preserve it or hide it from thieves.

And although peat butter looks rather waxy, it is theoretically edible - the acidic, oxygen-deprived water of the bog prevents decomposition, which is why trees and even human corpses are found in bogs, surprisingly well preserved. Some people have even tried peat butter, but their description of the 'rancid' taste doesn't make it very appealing. A modern experiment, burying butter in a bog for three months, has given it a 'game' taste and a bit of 'salami,' according to those who have tried it.

Furthermore, burying food is a good way to make it survive for long periods of time, provided the conditions are right. In China, mummies have been found adorned with collars of cheese - probably some kind of kefir. The arid, salty soil is thought to have helped preserve both the mummies and the cheese.

The oldest known bottle of wine, found in an ancient Roman tomb in Speyer, Germany, pushes the boundaries of what is acceptable. The contents of this 1,700-year-old bottle are thick, congealed, and discolored. No one dares to open the wine to test its contents.

Yet some of the world's oldest champagnes, 200-year-old bottles of Clicquot discovered in a shipwreck at the bottom of the Baltic Sea, were perfectly mouth-watering when drunk in 2010. It has been described as having a 'very mild taste' and said it was still fizzy. The location of the wreck, far below the surface of the sea in frigid, dark waters, helped protect the wine from degradation.

One of the recovered bottles was eventually sold at auction in 2011 for €30,000. The sinking was dated between 1825 and 1830, which makes these bottles the oldest known drinkable champagne, if not the oldest.

What do these examples teach us? That if kept in an impeccable way and away from external agents that could affect its chemical composition or, above all, cause the development of internal microorganisms, foods can extend their life by many and many years. Exactly the 'Holy Grail' that the prepper is looking for to build his apocalypse-proof pantry!

Building up your survivalist food reserve does not only go through the simple purchase of your food but also through thoughtful sorting so that it is easily accessible. Just looking for a tin can doesn't mean wasting all your energy already... the goal here is to survive intelligently.

Let's have a look at the best conservation techniques and methods for building the best and most efficient prepper's pantry on a budget!

A controlled process - buy a little every time.

When you buy the items slowly over time, you make sure you own the entire process of creating a prepper's superfood pantry on a budget. Moreover, you can go together with what your budget allows in any specific month or year.

That's true, especially if you are just getting started: buy just one or two items more each time you go to the stores and... start stockpiling them.

Take a lesson from families that save on groceries regularly by shopping at stores that offer coupons and by buying generic items everyone may need one day. Canned foods, for example, are often less expensive to stockpile when bought with discounts and coupons.

Plus, even though we're reading a book that suggests how to build a list of foods to buy for any self-respecting prepper, a pro prepper knows that saving food and not consuming it is the antithesis of survival. Therefore, your pantry must also reflect who you are and what you eat. Put aside those foods you really eat, along with everyone in your family. Go around your cupboards and review your eating habits and write them down. Think first of all about your family. It is not only a question of feeding all the members of the latter but also of maintaining a correct atmosphere. It is therefore out of the question to skip a stock of cookies and candies if the children consume them from time to time. This could lead them to feel less reassured or even less secure.

FOOD STORAGE - CLEAN AND FAR AWAY FROM HEAT AND SUN



The environment in which we choose to stockpile our pantry, then, must be functional but also respect the principles of conservation: a place that has a door and shelves and that is dry and protected from heat and sun sources. A chest of drawers, a wardrobe inside a closet, for example.

The ideal would be to have shelves with many floors to store as much food as possible while taking up as little space as possible. They are easily found online at very reasonable prices.

Also, always make sure to check what you are storing: rotate foods, check expiration dates and keep an inventory of those foods that, as we have seen, are in perfect condition and can last up to 20-30 years.

Furthermore, while some prefer to dedicate a room or a wing of the house to the pantry and its intact preservation, others do not have this space available. In this case, they can dilute the items in different points: wardrobes, house pantry, passageways (but always away from humidity and heat), and attics.

STORAGE METHODS



Once you have carefully chosen where to store your supplies, you also need a method of storage. After all, accumulating food without knowing where they are is the exact opposite of a clear, precise, and crisis-proof organization that can help you take what you need and consume it together with your family in the shortest possible time.

There are different storage methods; first of all, the one that is based on the duration of the food itself.

We can start with Short term (6 months - 1 year) items, Medium-term (2 years or more) items, and, of course, Long term (5 years or more - 30 years) - the pepper's best friends!

In this case, having clear in mind which foods have a short duration, which ones have average conservation, and which, finally, can

remain in the pantry for a very long period of time helps us with the conservation of the pantry itself. Rotate foods monthly, consume those that are about to expire from the pantry, and make a periodic inventory of foods that last a few years to understand where they are. Of course, also buy those that have a shelf life of many years from time to time. This way, you can count on a pantry that is perpetually organized, fresh, and ready for Doomsday!

Another method of storage, on the other hand, is the one that divides foods by type: only water, only canned food, only sauces, only the source of carbohydrates, etc. This method is effective, but it forces you to multiply the expiration checks for each individual food. However, it turns out to be one of the quickest ways to organize your prepper's pantry. Not to mention that, in this way, you can control all those agents that affect the preservation of every single food: light, humidity, heat, the passage of air, etc.

The last method, strictly linked to the previous one, is to choose a place that is ideal for its environmental characteristics for one type of food rather than another. In this sense, obviously, this requires large spaces and a considerable availability of organization. The prepper, we know that for sure, is certainly not discouraged by that!

Whatever the storage location, however, it is essential to also count on the right food containers.

FOOD CONTAINERS - THE PROPER ONES



You have to be aware that bacteria grows inside the water contained in food, and the oxygen is what allows it to live, so when we remove these elements and seal our containers correctly, we can create foods that will last for decades in your stockpile.

So choosing the proper ones is crucial. Food containers such as glass bottles, cans, plastic bottles, airtight glass containers, ziplock bags, and mylar bags, and also devices to control the amount of oxygen inside the packaging or to remove it completely, such as vacuum sealers and oxygen absorbers, can be the perfect storing choice. Let's analyze them one by one.

Airtight glass containers: preserving food in glass jars or bottles has been one of the most effective methods since ancient times. By that technique, you are able to enjoy fruit and vegetables even out of season, in the most common versions as the preparation of jams and marmalades or even for the preparation of tomato sauce, peeled tomatoes, or cherry tomatoes - but also for vegetables in oil such as courgettes, aubergines, peppers, stuffed peppers.



However, the sterilization of these containers is a fundamental and necessary step to be able to taste the preserves in complete safety, avoiding incurring health problems such as botulinum or food poisoning.

There are several methods for sterilizing glass jars: the important thing is that they are made of glass and suitable for cooking at high temperatures. They can be sterilized in the oven, in the microwave, or with the classic method of grandmothers, in the pot.

In order to better appreciate their taste, preserves should be consumed at least 2-3 months after preparation. If the preparation methods have been carried out correctly, storage times can be very long, even a year and a half or two. Exactly what the prepper is looking for.

Method 1 - For oven sterilization, the oven is heated from 100 ° to 150 ° maximum. Arrange the jars and lids on the baking tray of the oven, far from each other. Leave them in the oven for about 20-25 minutes, then remove the jars one by one. The time may also vary depending on the size of the jars and the temperature of the oven. They should be filled immediately with the preserves you prefer.

Method 2 - Another very quick method, if you have one, is microwave sterilization: wash the jars with dish soap. Rinse them

thoroughly, and then fill each jar with about half of the water. Set the temperature to maximum (i.e., adjust the microwave power) and leave them to a boil (no more than a minute will serve). Remove the jars with the help of pot holders or oven mitts. Remove the water and leave them to dry upside down on a clean cloth. An important note with this method: the caps cannot be sterilized unless it is specified in the instruction booklet of your microwave that metal objects such as caps can also be inserted. Therefore, always use new caps that have been thoroughly washed.

Method 3 - Pot sterilization is the oldest method, the longest but perhaps the safest and most effective. Place a clean tea towel on the bottom of a large pot with high sides. Place the open jars and lids in it. Place another tea towel between the jars to prevent them from touching and breaking during boiling.

Remove the jars and caps from the water and place them on a clean cloth upside down to dry.

Cans: we already talked about can containers during Part 1 of the book, and indeed these containers are the best for storing food for several years. There are some on the market that allows food to last even 20-30 years in perfect storage conditions. Logically, we are talking about cans that have been industrially packaged in sterilized environments and with the guarantee of not finding any surprises inside them!

The reason behind canning is simply that of killing microorganisms present in food and keeping new microorganisms or external insects away. Food is sealed in the can, while the can is heated to a temperature that destroys harmful animals that can spoil the food inside.

Is it possible to do this process at home?

Depending on the type of product, different operations are carried out to prepare them for the scanning procedure. Before being

canned, then, a heat treatment is carried out, which can be a more or less prolonged pre-cooking. Packaging must take place in such a way as to form a partial vacuum inside the container by canning the hot product, blowing steam into the space under the lid, or by heating the containers that are not completely closed for 10-15 minutes at 140-158 °F. All these methods are designed to replace the air present in the package with water vapor.

At the end of the process, the food is sterilized at the appropriate temperature and time.

As you can see, it is a very complex process that does not allow mistakes: only one of these procedures performed in an imprecise way can jeopardize the very preservation of the food you want to take with you for 20 years in an apocalyptic and even post-apocalyptic scenario. Therefore, the advice, in this case, is to buy canned products a little at a time, making the most of coupons and store discounts.

Store cans in a cool, clean, dry place where temperatures are below 85 F (between 50-70 F is ok). Just make sure they are not freezing temperatures. As we saw earlier, remember to rotate foods, so the oldest is used first. Try not to keep canned foods for more than one year. Still, you can use canned meats and seafood within three years of the shelf life written on the package. Canned goods that contain high acids, such as fruits and tomatoes, moreover, should be eaten within 1-2 years past their expiration date. Vegetables and soups that are low acid canned goods can be eaten within 2-3 years past their expiration date.

Plastic Bottles: over the years, plastic has become increasingly popular as a packaging material. In fact, we find it as packaging in many sectors and no less in the food sector. From the packaging of water to that of cold cuts or fruit and vegetables, plastic is now present everywhere. The advantages it presents are undoubtedly its

lightness, resistance to breakage, and also its economy in production.

But unfortunately, there are many disadvantages that are being encountered with plastics used in contact with food. Among the main risks, we certainly find the possible release of toxic substances in the food we consume, especially in contact with high temperatures. Furthermore, another problem concerns the disposal of this material in the environment and the consequent pollution, as we have also seen when talking about alternatives to plastic straws.

In summary, due to the intrinsic characteristics of glass as a material, foods are preserved better and longer when you choose this option instead of plastic. Not only do the sensory and qualitative aspects remain unchanged, but it is also safer than the product is hygienically compliant, has not suffered attacks from external agents, such as microorganisms or atmospheric agents, and since glass is an inert material, there is no danger of transfer of substances from the packaging to the food contained.

Answering the question of whether glass positively changes the taste of food is difficult: you cannot give a single answer, even if what is certain is that the taste or flavor expected from the product remains unchanged. Then, if you go to buy the same food, but with different packagings such as glass and plastic, many times it happens to hear that the taste of the food contained in the glass is better.

Finally, **water bottles**: logically, it would be better to create a pantry of glass bottles, but this could become a nuisance. If you opt for the choice of different formats of plastic bottles, therefore, at least remember to keep them in a place away from direct sources of sunlight and heat.

Ziplock bags: vacuum bags help you to ensure that your food stays fresh after you have cooked and chilled the food and subsequently

stored the product in the refrigerator or freezer, thus extending the life of your food.



Ziplock bags are available in various shapes, sizes, and styles. In order to best choose the correct bag, there are a number of characteristics that you should take into consideration.

Some bags are clear; others are opaque. Some allow a 'label' on the front where you can write the date and content, while others don't. It is important to consider your needs when choosing the best bag for you and what your preferences are for its use.

You should consider how much food you will need to store and how much space you will need. It is best that you use larger bags, as you can always reduce the bag by making a cut and sealing both sides (with the sealing machine) of the cut bag, or consider purchasing bags or rolls of different sizes.

One last consideration: have you evaluated the vacuum-packed option? This solution prevents the bacteria from feeding. Therefore, with vacuum storage, foods last much longer than normal, even if less than in the freezer. It is perfect for fruit, vegetables, cheeses, and cold cuts that not everyone likes defrosted.

It is also possible to vacuum seal food at home without a vacuum sealer, approaching different methods. However, since we are talking about storing food for several years, we do not suggest trying those for the prepper's pantry purpose: they are not 100% safe and, therefore, you may end up with the food you have set aside spoiled and unusable. Plus, these bags are great for storing food inside the fridge or the refrigerator, which is not the case we are considering.



Mylar bags: mylar bags - consisting of multiple plastic films combined by a bag-making machine - are used for packaging food, pharmaceutical industrial products, daily necessities, etc. Also referred to as Foil Bags, mylar bags are widely used in households, the food safety industry, and the chemical industry. Moreover, they are the best option for storing food in the prepper's pantry.



Aluminum bags usually refers to vacuum packaging bags made of aluminum-plastic composite material. This type of product is suitable for moisture-, light- and vacuum-proof packaging of large precision machinery, chemical raw materials, and pharmaceutical intermediates. The four-layer structure is mainly used, which has good water and oxygen barrier functions. Without limitation, you can customize the packaging bags of different specifications and styles. They can be made into flat bags, three-dimensional bags, organ bags, and other styles.

Once sealed, a Mylar bag can keep food items like pasta and cereals fresh for ten or more years. A Mylar bag is also very difficult, making it difficult for some notorious creatures to chew through and more puncture resistant than other storage bags. You need to seal a Mylar bag properly to keep the food fresh.

Let's take the example of how to store pasta in the mylar bag. First, put the pasta in the Mylar bag. Immediately after that, set the bag on a table on its side, then gently press the bag down to release the air in the bag. Run a straw through the bag in one corner, then gently press the bag to remove all the air inside. Finally, suck the remaining air out of the bag through the straw, then remove it and fold the opening of the bag, holding it level with your hand.

Then set the iron to the lowest setting, and hold it in place on the bag (put a cotton cloth on top) for at least 20 seconds. If you can still pull the bag apart easily, repeat until the bag is completely sealed. When you realize it is, the process is ready.

PRESERVING POWDERED FOOD AND SPICES



Any food can be dehydrated and ground into a fine powder. The most shocking aspect of powdered food is that it maintains the 98 % of its nutritional principles, and you can use it in multiple ways: to flavor, to make smoothies, and soups, to create a tasty puree, to make recipes as if it were flour and, finally, as a food in itself during an apocalyptic scenario. Simple, effective, light: just add water, and it is instantly ready.

You can store it in mylar bags with oxygen absorbers and also silica gel to prevent the creation of moisture. Both these processes prevent food spoiling for up to 30 years!

Since, in this way, the prepper is completely bypassing the expiration date of the foods, we need to be able to understand if and when they are really inedible in the form of powder. And this happens in two ways: with the sense of smell, if we notice pungent odors that we have never noticed before; with the view, if we notice

some strange formations that can mean the presence of molds or microorganisms.

Powdered foods can also be stored in airtight glass containers.

Powdered foods that every prepper must consider on their list:

- eggs;
- peanut butter;
- skim milk;
- hemp;
- veggie protein;
- baking;
- cacao;
- cinnamon;
- chocolate whey;
- cheese;
- pancake;
- potato flakes;
- chickpea;
- curry and turmeric;
- a chicken soup based;
- garlic salt;
- cornmeal;
- fruit juice mix;
- corn starch;

In order to prepare the powdered food yourself, you may want a harvest right freeze dryer: it costs a bit, but it removes all the moisture naturally contained inside the food you want to dry, and for that very reason, it is definitely worth it, and it is an essential ally for a pro prepper's pantry.

Its use is pretty simple: just cut the food you intend to pulverize and dry, insert it into the machine, operate it and then wait for the process to finish. Afterward, with a mixer, you can pulverize the dried food: your powder is ready to be stored!

Use airtight glass jars: both ground and whole spices must be stored in glass jars that are clean and dry to avoid humidity problems that could spoil them. Banned plastic and aluminum milk, least of all

plastic bags, do not allow for preserving the organoleptic properties of spices.

Each food has its own label: it might seem pointless to put labels on jars that don't have an actual expiration date, but in the case of several different types of food and spices, it isn't. When you are in the kitchen, in fact, you will not always recognize curry from turmeric, or corn starch from flours, because the colors can vary according to the mix and types. So it's always better to be clear with your name and date of purchase or some notes you want to remember; this can also come in handy.

Choose the right place and temperature: probably where you store your spices is the most important factor in making them last longer. Never do it near the stove or windows: light and heat are the elements that contribute most to deterioration. The ideal is a shelf in a pantry that remains closed, therefore in the dark, but that is also cool: in fact, humidity can affect their duration. The wall unit door can also work, but let it not be the one you open all the time. Each spice has a preferred temperature, but to find a compromise, we could say that they should never be in a place that exceeds 64-68 °F.

Clean and dry your hands before touching powdered food: if you touch food and spices with dirty hands, you will end up not only spoiling their taste and scent but also contaminating them, rendering them useless and even cleansing their long-term storage.

PRESERVING RICE

For many people, rice is one of the few foods that can be found. For others, however, rice is a major source of calories. In any case, in times of need, this food is one of the first to be purchased, stored, and consumed due to its caloric intake, its wide tolerability, and because it is easy to transport and, in fact, store.

For this reason, therefore, rice is one of the favorite foods of preppers: it is cheap, can be stored in large quantities, and is

extremely versatile in the kitchen. It is food that should never be missing in your pantry and, even less, in your emergency supplies.

The great thing is that out of 1 glass of uncooked rice comes out at least 3 or 4 of cooked rice: with a little rice, then, you can feed many people.

Another advantage of rice is the storage time. Classic white rice, properly packaged, can last up to 30 years, if not longer (as we saw earlier). The most important feature of rice is its price. For less than € 1, you can buy a kilo of rice, making it one of the most accessible foods for every budget.

Moreover, storing large quantities of rice may seem complicated, but it really isn't. Let's see step by step how to do it.

First of all, brown rice is not a good candidate for long-term storage. The same goes for wild rice. The problem is that these types contain natural oils that risk becoming rancid over time. As a result, they can last for months but not for several years. Not to mention the high cost of the instant rice, which is pre-cooked and subsequently dehydrated.

That's why classic white rice remains the best choice. It is easily available in every supermarket, and you can also find it wholesale. Also, you can choose from many varieties: carnaroli, arborio, Roma, basmati, jasmine, etc.

There are several 'enemies' to watch out for when deciding to store rice for the long term in your prepper's pantry: light, oxygen, humidity, heat, and insects.

The light and heat will end up depriving the rice you have stored of its flavor and nutrients and can also change its texture. Humidity contributes to the formation of mold, while oxygen leads to oxidative rancidity. Finally, insects can damage the rice or, at the very least, the confection where you are staying to store it (and make it last longer).

Oxygen and humidity are particularly important to consider when buying large rice packs (like this 5 kg one) if you decide to store them in smaller and less bulky containers or if you are planning to repack the rice from the supermarket in proper storing containers.

To avoid all of the above, you need these precious allies:

- Oxygen absorbers: small packages that contain an iron powder that, during the rusting process, absorbs oxygen from the atmosphere. The larger the container, the more oxygen absorbers you will need to fit inside;
- Silica gel: the silica in each package absorbs water vapor from the air, making the environment dry and protected from mold. As said before, you will need to insert more or fewer packages based on the size of the container you use;
- Alcool and correct sealing: if you think about packing rice with oxygen absorbers inside, the problem of insects and their eggs is solved. The case of protecting the rice from the animals that are outside the containers, such as mice and ants, is different. If so, using these elements will help you prevent them from spoiling the rice.

The first method of storing large quantities of rice is relatively simple. Use containers with tight-fitting lids. Before storing them, put each bag of rice in the freezer for a week to get rid of any eggs and parasites, then stack the bags in the container. There is no need to repackage the rice.

If you want a little extra protection, put each bag of rice in a larger zip-lock bag. Inside each bag, also put a few packets of desiccant silica gel.

This is a good way to store rice for a period of 4-5 years.

The second method is perhaps the best prepper's method for storing bulk grains for a long time. All you need is Mylar bags, some oxygen absorbers, and buckets with lids. To make your perfect long-term storage bucket, grab a Mylar bag, pop in an oxygen absorber, and start filling it with rice. As you fill, add more absorbers. Once

filled, leave some space at the top to fold the bag and push out as much air as you can.

To seal the Mylar bag, seal it with a heat sealer. We recommend that you always do at least three seals in each direction for greater protection.

Once the packaging is finished, put a label on the package and mark the date. With this method, your rice should be kept for up to 20 years!

Periodically check the bags to see that they are always vacuum-packed and that there are no breaks or other damage.

PREPPER'S CONSERVATION TECHNIQUES

Alteration of the atmosphere

- Vacuum packaging reduces the amount of air around the foodstuff and, therefore, the action of oxygen on it. This makes it possible to prevent the development of microorganisms, the proliferation of which is one of the causes of product deterioration, on the one hand, and oxidation reactions, which also cause product degradation, on the other;
- Modified atmosphere packaging (airtight packaging) replaces the air surrounding the foodstuff with a gas or a gas mixture (depending on the type of product) and thus extends its shelf life. This preservation technique is associated with storage at low temperatures throughout the life of the product. A statement on the labeling indicates 'packaged in a protective atmosphere.

Separation and disposal of water

- Dehydration and drying consist of partially or totally eliminating the water contained in the food. Due to low water activity (A_w), microorganisms cannot proliferate, and most chemical or enzymatic deterioration reactions are slowed down;
- Freeze-drying consists of freezing food and then placing it under a vacuum: the water thus passes directly from the solid state to that of vapor (sublimation). The shape and appearance of the products are well preserved; their aromatic quality is much higher than that of dried products. Because of its cost, this

technique is reserved for foodstuffs with high added value, such as mushrooms, soluble coffee, certain instant soups, and breakfast cereals;

- Salting aims to subject the foodstuff to the action of salt either by spreading it directly on the surface of the food (dry salting) or by immersing the product in a saltwater solution (brining). This technique is mainly used in cheese, charcuterie, and for the preservation of certain species of fish (herring, salmon, etc.) or vegetable foodstuffs (condiments);
- Brining consists of immersing food (charcuterie, cheese, fish, condiments, etc.) in a preparation made up of salt, water, various ingredients (herbs, sugars, etc.), and possibly authorized additives;
- Candying consists of preparing foodstuffs with a view to preserving them by cooking them slowly in fat (pork, goose, duck), coating them with sugar, dipping them in sugar syrup (confectionery, candied fruits), or putting them in jars in alcohol (fruits in brandy), vinegar (capers, pickles, gherkins, onions) or in a sweet and sour preparation (chutney);
- Smoking consists in subjecting a foodstuff to the action of gaseous compounds, which are released during the combustion of vegetables. Smoking plays the role of flavoring and/or coloring. It mainly applies to meat products for which drying followed by smoking makes it possible to preserve meat and fish thanks to the combined action of dehydration and the antiseptics contained in the smoke.

STOCKPILING - INSTRUCTIONS



Stockpiling food is an easy way to be prepared for emergencies, often putting aside provisions that will take weeks to account for a worst-case scenario. Either way, the focus is on foods that provide a balance of nutrients, remain edible over the long run, and take up as little space as possible.

Planning - Locate your long-term emergency pantry in a cool, dry, dark place. Basements are great choices, as are large closets and garages.

Measure and note the exact size of storage space. Before you can decide what to save, you need to be realistic and determine how much physical space you need to dedicate to food storage.

Set the space - Choose carefully the place where you want to allocate your pantry. Draw the space for access: floor where you'll put large stocks of water, where you'll store cans, and where you'll store boxes or bins. Install shelving if necessary. As we have seen, always keep in mind that this space will house not only your 'usual' stocks but also your prepper's

stockpiling in a time of crisis: therefore, make sure that it is clean, organized, and rather cool and away from heat sources. It is really important to ensure the success of the whole operation.

Pantry Selection - Water is the most important thing you can store (as we already saw in Part 1 of this book). Still, you can limit the amount of water you need to set aside from storage water purification tablets, a quart of bleach, or a portable water purifier as backpackers use. Put the water in a large plastic drum with a pump, in 5-gallon buckets, in gallon jugs, or individual bottles, whichever best fits the space you have available. As for the selection of foods, however, here is what follows (plus, you can go back straight to Part 1 of the book).

Stock up on carbohydrates - In the event of a crisis, you'll get most of your calories through carbohydrates like grains, pasta, and rice. Carbohydrates should make up about 50 to 60 percent of the food you put in long-term storage.

Store canned meat and beans - As we said before, they are excellent long-lasting sources of protein. Protein bars are also useful sources of protein and other essential dietary needs. Expect protein sources to be around 25 percent of what you store.

Supplements and dry food - Supplement with dry foods such as powdered milk, powdered eggs, dehydrated fruit, and vegetables, or ready-to-eat dehydrated meals. All are ideal long-term, space-saving food items. Include dried beans as space allows, which take up less space than canned beans, but the trade-off is that you'll need to use water for cooking.

Seasonings - Set aside salt, pepper, garlic powder, and sweeteners such as sugar, honey, or maple syrup. Include your favorite spices. Tasteless food can be demoralizing. Include olive or corn oil for cooking and flavoring foods.

Tools and utensils - Box to point basic food preparation tools and utensils to store with emergency food supplies. Make sure you have a can opener, silverware, and a cup. Also, store a gel-fuel or butane stove with fuel backups for cooking.

Preserving - Containerize loose bags of rice, dry beans or vacuum-sealed or dry food packages, or mylar bags. Keep safe from pests and insects by placing them in plastic or metal bins with resealable lids. Arrange cans and jars on shelves, lined up by type with labels facing forward for easy rotation.

Rotating and checking - Rotate foods into long-term storage regularly as you buy new food. This will keep your stores from failing in the long run.

BONUS: 7-DAY SURVIVAL KIT



If, until now, you have worked to learn how to build your apocalypse-proof prepper's pantry step by step, it could happen that you find yourself in a situation for which, on the contrary, you cannot stay at home (and goodbye stocks prepared with all the scrupulousness of the world). At that point, you have only one option: relying on your Bug out Bag Ready for any eventuality, situation, and even season of the year.

If you want to become a survivalist, you will necessarily, at some point, seek to acquire quality survivalist equipment.



In this part of the book, finally, you can learn how to build your own 7-day survival kit to always carry with you. Survival items, medical kit, food, and much more. Here's what to bring to survive an emergency condition like the one just described for seven days:

- Survival Knife and Multitool
- External battery with solar charging (ideal in the event of a power cut)
- Water filter straw and bottle
- Survival Food Emergency Rations RME
- Fire kit (Firesteel – Lighter – Matches)
- Lights (Powerful Tactical Light and Headlamp)
- Emergency Radio with Solar Charging + Survival Walkie Talkies
- Paracord Survival Bracelet
- Signal Mirror
- Survival Mylar Blanket
- First Aid Kit
- Hygiene Kit
- Sleeping Bag
- Extra warm clothing for winter
- Toilet Paper
- Your Item _____

Even if this list of survivalist equipment is complete, it is still probably missing many tools that have not been integrated.

It is by gaining experience, training, and by practicing that you will be able to determine which are for you the most important elements to integrate into your list of survivalist equipment for seven days.

The most important thing is to have solid equipment that lasts over time and, above all, that does not let go if and when you need it.

That is why the tools in your 7-days list of survivalist equipment should be maintained regularly, and their working condition should be checked at least once a year, especially for electronic equipment.

Let's check each one of the mentioned items briefly.

Bug Out Bag

The Bug Out Bag is your most faithful ally when you find yourself forced to organize an escape or the trip to the Bug Out Location (BOL). Precisely because you need it at the worst moment or when the crisis flares up and you don't have time to think, this bag must always be ready, at hand, updated, and organized in every possible way.

Online there are many models of Bug Out Bag suitable for survival use, but obviously, every person is different and knows what they find comfortable and what they do not tolerate. So, the main advice is the following: choose a Bug Out Bag that suits your needs that can fulfill its main function. Making you survive for seven days, but also many, many more.

Survival Knife

Regardless of whether you've ever owned one or not, a survival knife is mandatory when you're about to leave home and head to your shelter. Outside, dangers and unexpected events are the order of the day, and having a knife allows you to fulfill several functions: cutting ropes, slicing, hunting, cutting wood, defending yourself, disinfecting, etc. In short, it is the most comfortable weapon to carry due to the small space it occupies and is also an indispensable multipurpose. You can find different models and costs, but the advice remains the following: choose a quality knife and take care of it. Maintenance will help ensure it lasts a long time and is reliable and accurate when needed.

Multitool

A similar consideration to that just made for the survival knife must be done for the multitool: a multipurpose object that can help you in different moments of your survival.

Wire cutter, driver bits, scissors, saw blade, file blade, can ad bottle opener, ruler, awl: there are many functions that such an object can have, and all of this in the smallest space of a hand. It goes without saying that you will use this tool almost every moment of your seven days of survival, so it's always recommendable that you buy one that is reliable, powerful, and long-lasting.

External battery with solar charging

It's ideal in the event of a power cut, when the solar light it's your only option, but also for normal daily use of recharging the electronic devices you carry with you. Also, in this case, do not skimp on the purchase and make sure you have a

powerful, reliable device with a large charging capacity to ensure that you can do different charges even when the weather conditions are adverse and the sunlight is feeble.

Water filter straw and bottle

We have seen it with the Rule of 3: the human being can survive only three days without water. It goes without saying that this element is fundamental and cannot be missing in a 7-day survival kit (and never ever, of course). Logically, we don't bring the equivalent of 2 liters of water per day per person for seven days with us... therefore, the filter is the only salvation in this case. It helps you to clean the water you find as you move, with the certainty of not running into bacteria and microorganisms that can cause intestinal discomfort and disease.

In this eventuality, there are two recommendations: opting for a recyclable bottle with a built-in filter or, an even lighter element, using a portable filter straw for as many members of the family. In this way, you will avoid jeopardizing the health of every single member with a negligible expense.

Survival Food Emergency Rations

Emergency rations are foods and beverages that a person stores and relies on during an emergency. You can buy emergency food supplies for camping trips or wilderness adventures or, of course, for your 7-day survival kit. These stocks are expected to last several days, so online, you will easily find those suited for your needs - that is, seven days for each member of your household. What's inside these Rations:

- Ready-to-eat canned meats, fruits, and vegetables;
- Dry cereals and granola bars;

- Peanut butter;
- Protein or fruit bars;
- Canned juices;
- Non-perishable pasteurized milk;
- Dried fruit;
- High-energy foods.

As we have seen in Parts 1 and 3 of this book, there are some foods that last for years while others that last a few days. Logically, in this case, for seven days, you can also choose those foods that have a shorter expiration date. Still, even the ready-made rations also take into account much longer durations.

In any case, if you want to extend the shelf life of the rationed food, just go back to Part 1 of the book and choose the long-life foods according to your preference. For seven days, however, the advice is to organize meals that cover the needs of proteins, carbohydrates, vitamins, and energy for you and the members of your household.

Fire kit

Firesteel, lighters, matches: having a dedicated fire ignition kit available is important in a survival scenario. It serves many purposes: as a light during the night, to keep warm, to cook food, and also to ward off wild animals. In a fire kit, you can never miss different methods to light the dim but also - fundamental - flammable materials. A favorite with preppers is washing machine fluff - it comes on easily and weighs zero when you want to take it with you. Essential, however, is also the normal wooden sticks to always keep with you in the kit. Finally, it is also advisable to dedicate a space only to the fire

kit to avoid scattering the objects in the Bug out Bag and not finding them as needed.

Lights

One of the must-haves in your 7-day survival kit is light. An apocalyptic scenario is unpredictable but could easily involve a lack of light and electricity. In any case, going out at night in the dark to reach a safe place or your Bug Out Location means you can rely on your own light.

If so, two lightweight and easy-to-handle options are powerful tactical light and, of course, the headlamp.

While the first allows you to illuminate very long ranges of action, with the certainty of illuminating the environment safely, the second assist you when you need to do an activity that involves the use of the hands. In that case, having a light source that does not immobilize you is essential to act quickly and easily.

Emergency Radio

One of the preppers' favorites and bought tools is the emergency radio. It is a radio that broadcasts normal frequencies plus the possibility of using radio waves to know the updates on emergency situations.

The peculiarity of this radio is that it works both in sunlight with the solar charging, bypassing the need to necessarily carry batteries with you, and by a hand crank. In the latter case, you will be the one to recharge the radio in case of need. A reliable and inevitable tool that keeps you company and can also represent your salvation.

Survival Walkie Talkies

The communication through survival walkie-talkies takes place through high-frequency bands: they allow you to send and receive audio communications in real-time at a distance between the same terminals tuned to the same frequency.

It goes without saying that this possibility allows you to always stay in touch with the people who travel with you, especially if there are no other communication tools available. Walkie-talkies are lightweight, easy to use, and energy-efficient. The advice is to choose long-range walkie-talkies, which function even at a distance of kilometers.

Paracord Survival Bracelet

The term paracord defines a rope originally used by paratroopers to keep their parachutes anchored. It is, as you can well understand, a very resistant cord made of nylon. Inside there are seven other nylon cords, which in turn are made up of 2 other nylon threads to reach a diameter of about 4 mm. It is a very resistant cord; in fact, it can hold up to 250 kg of weight. This feature makes it almost a climbing rope, even if the weight and dimensions are very small. The latter feature is particularly appreciated by those who practice survivalism.

If you can't carry a rope in a 7-day survival kit, a paracord bracelet can be a great compromise. You can give one to every member of the family, relying on marvelous survival tools at low cost and with extreme ease of reach.

The paracord bracelet can be purchased in hiking shops or simply online, where you can compare prices and quality so as to choose the best product. Usually, the paracord is sold in skeins of different lengths (the best-selling is the 30 m one)

and available in the most disparate colors. Also on sale online are some accessories that facilitate the weaving of the paracord rope so as to make bracelets or key rings in paracord more easily.

Signal Mirror

The signal mirror is a very light instrument, easy to carry, and very useful at the same time. It is a mirror that, in contact with light, sends signals over a long distance to highlight the presence of people. When used correctly, then, this tool can reflect sunlight with life-saving accuracy (as far as 7 miles on a clear day) and alert you of your location. It goes without saying that it is used as a means of signaling in an emergency situation for survival and SOS request.

Survival Mylar Blanket

A mylar blanket (also known as a space blanket, emergency blanket, or shock blanket, depending on the specific function) is super light, low volume made, with a thin heat-reflective plastic film.

The design reduces a person's body heat loss, which would otherwise occur due to thermal radiation, convection, or evaporation of water.

Preppers but also campers can use their metal surface as it flashes in the sun, which can be used as a makeshift distress signal for researchers and also a method of signaling over long distances to other people on the same route.

The lightweight and compact features make them ideal when space or weight is limited - as in, for our 7-day survival kit.

First Aid Kit



It happens to everyone that sooner or later, they need a first aid kit, especially in a great emergency crisis like those we are preparing for.

That's why it is of utmost importance for your well-being to have one that is suitable for your 7-day kit. An ideal survival kit should contain all of those items that can help you in case of possible problems, including some life-saving medicines and other medical supplies. What to include:

- Material for wounds and burns (plasters, gauze, disinfectant, and ointment against burns);
- Basic drugs (pain medications, such as aspirin or ibuprofen, antacids or antidiarrheals; antihistamines, hydrocortisone cream, antibiotic creams for topical use or to treat minor wounds);
- Tweezers;
- Scissors;
- Magnifying glass;
- Safety pins;
- Scotch tape;
- Needle and thread, if something needs to be repaired;
- Sterile gloves are necessary for handling dirty material;

- Waterproof matches and lighter;
- Tablets to purify the water, in case there is no availability of running water, and you have to use that of streams or lakes;
- Small razor blade;
- Nail clipper;
- Electric torch;
- Different types of batteries;
- Isothermal blanket (an extra one is always needed)
- Various items that are specific to your particular needs.

Hygiene Kit

This kit is as essential as it is free: since each person has different needs, it is always advisable to choose the objects that involve the hygiene kit according to your use, to avoid carrying heavy and useless material with you. Obviously, some elements can prove to be essential: sanitary napkins, disinfectant wipes, solid soap, Tampax, deodorant, lip balm, disposable face masks, and nitrile gloves. And don't forget your baby's specific needs on the go (like reusable nappies, for example).

Sleeping Bag and Mylar Tent

A true prepper knows very well that one of the elements that guarantee long-term survival in adverse conditions is the sensation of feeling warm, safe, and protected. That's why having a waterproof, thermoregulatory mylar tent and a sleeping bag is crucial for the survival kit.

Even if thinking about these items already means thinking in terms of excessive weight. Fortunately, today there are several waterproof, light, and also warm solos for both the tent and the sleeping bag. In fact, by exploiting the ability to retain body heat, mylar is your main ally in this sense. Obviously, this

material does not heat by itself, while it retains heat. This is why it is essential to act promptly to be able to collect as much heat as possible in an emergency situation.

Extra warm clothing for winter

Since we cannot predict when and how the emergency situation will strike, our survival kit must necessarily include extra clothing, especially during cold climates. Again, it is the material that makes the difference. Always prefer wool or even pile.

What you cannot miss: hat and woolen gloves, waterproof or Gore-Tex jacket, a light fleece, and, of course, change underwear.

Toilet Paper

Assuming we are talking about seven days, no one is forbidding you to take extra toilet paper with you in your kit. In fact, it's highly recommended and doesn't make you any less of a prepper than you hope to be! Also, if it takes up a lot of space to bring it, you can also cut the rolls and flatten the sheets to take up as little space as possible. So, toilet paper, please :)

Your Item_____

The last item in your 7-day survival kit... you choose it. Only you can know if you need a specific item without which you 'do not work well - and when. The sense of fighting to survive a moment of crisis is to be able to react quickly and feel safe at all times. And if you need something in particular to be it... take it with you.

And do not forget the need for the little ones, that can the teddy bear from which they cannot be separated. It is important for everyone to feel as safe as possible in a condition of a metropolitan apocalypse, even if this can happen with the help of an old teddy!

BONUS: CHECKLISTS

Superfood Prepper's Pantry



Checklist - - - - -

<i>Dry Food</i>	_____	YES	_____	NO
<i>Raw Honey</i>	_____	YES	_____	NO
<i>Cacao Powder</i>	_____	YES	_____	NO
<i>Oatmeal</i>	_____	YES	_____	NO
<i>Granola</i>	_____	YES	_____	NO
<i>Avocado Oil</i>	_____	YES	_____	NO
<i>Coconut Oil</i>	_____	YES	_____	NO
<i>Extra-Virgin Olive Oil</i>	_____	YES	_____	NO
<i>Ghee</i>	_____	YES	_____	NO
<i>Apple Cider Vinegar</i>	_____	YES	_____	NO
<i>Peanut butter</i>	_____	YES	_____	NO
<i>Soy sauce</i>	_____	YES	_____	NO
<i>Digestive enzymes</i>	_____	YES	_____	NO
<i>Fiber</i>	_____	YES	_____	NO
<i>Turmeric</i>	_____	YES	_____	NO
<i>Vanilla extract</i>	_____	YES	_____	NO
<i>Pemmican</i>	_____	YES	_____	NO
<i>Microgreens</i>	_____	YES	_____	NO
<i>Bulgur</i>	_____	YES	_____	NO
<i>Beef Jerky</i>	_____	YES	_____	NO
<i>Your Must Have Superfood</i>	_____	YES	_____	NO

7-day Survival Kit



Checklist - - - - -

Bug Out Bag	_____	YES	_____	NO
Survival Knife	_____	YES	_____	NO
Multitool	_____	YES	_____	NO
External battery with solar charging	_____	YES	_____	NO
Water filter straw and bottle	_____	YES	_____	NO
Survival Food Emergency Rations	_____	YES	_____	NO
Firekit	_____	YES	_____	NO
Lights	_____	YES	_____	NO
Emergency Radio	_____	YES	_____	NO
Survival Walkie Talkies	_____	YES	_____	NO
Paracord Survival Bracelet	_____	YES	_____	NO
Signal Mirror	_____	YES	_____	NO
Survival Mylar Blanket	_____	YES	_____	NO
First Aid Kit	_____	YES	_____	NO
Hygiene Kit	_____	YES	_____	NO
Sleeping Bag	_____	YES	_____	NO
Extra clothing	_____	YES	_____	NO
Toilet Paper	_____	YES	_____	NO
'Must Have' Item _____	_____	YES	_____	NO

CAN I ASK YOU A FAVOR?



Thank you for reading this book, we hope you enjoyed it, and most of all we hope you found it useful!!

Please leave an honest review to support Jim's work and future books he is going to publish.

And remember... if you have any questions, suggestions, or insights, you can write to Jim who will respond to you personally.

Here is Jim's email: prepperbooks@jimgrylls.com

We thank you again and hope to have you always with us on this journey for survival. Best wishes!

And don't forget to follow Jim on social media:



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