

MySurvivalAlliance



IS YOUR SURVIVAL KIT READY?

- Emergency Food
- Portable Water
- Water Filtration Bottle
- Water Purification Tablets

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SURVIVAL WATER PURIFICATION: HOW TO PREPARE SAFE DRINKING WATER

In an emergency situation, survival water purification is paramount. Depending on your activity level and the ambient temperature, you may be able to survive up to three days without water. In a survival situation, however, this time frame is dramatically shortened. By the time you realize you're thirsty, your body is already in the initial stages of dehydration. Obtaining a potable supply of drinking water should be your first priority.

Hydration Backpacks and Canteens: Using the Proper Container

Make sure you have a good container to carry your water in. The best choice is a sturdy canteen, since many of these have built in screens to filter debris. If you're mobile and searching for shelter, a specialized hydration backpack, a joey pouch or a canteen that fits within your MOLLE vest will eliminate the need to

carry cumbersome jugs. In a more permanent camp you can use larger collapsible water containers. Don't use milk jugs to store your water. It's nearly impossible to eliminate all the milk residue, which will spoil quickly and make you sick, worsening your dehydration.

Purification through Boiling: Killing the Microbes

The most common and effective method of survival water purification is boiling. First, you'll need to start a fire, which is a highly valuable asset in its own right. You can use a tinder card or fire tabs with a magnesium fire starter kit, storm proof lighter or weatherproof matches to ease ignition.

If you have a fire-proof container, you'll be able to place it directly on the fire until the water reaches its boiling point. Recommend boiling times vary,

but it is generally assumed that longer is better; if you can boil your water for 20 minutes, do so. This method is ideal for killing bacteria, microorganisms and Giardia.

Chemically Treating Water: Iodine Tablets

In the absence of a fire, water can be treated with iodine or other chemicals to help eliminate bacteria. While iodine is more effective than chlorine for killing Giardia, iodine is not safe for people with an iodine allergy or people with thyroid problems. Pregnant and nursing women should also avoid iodine. Iodine should not be used as your main water treatment method, but the availability of easy to use tablets can be a lifesaver in a pinch.

Water Filtration Systems: Activated Carbon and Ceramics

Portable water filters using activated charcoal are another common method of water treatment. A variety of commercially available models provide an inexpensive and reliable way to ensure that your water is safe. Using a pump or a drip system, water flows through a porous membrane small enough to remove toxins. When used in conjunction with iodine tablets as a secondary treatment, portability is greatly enhanced.

Gado-gado Spaghetti

Pasta with peanut butter sauce is designed for camp cooking but works just fine at home. Serve hot or it is even better cold.

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Ingredients:

- 1/2 pound spaghetti or ramen noodles

- 4 cups water
- 3 Tablespoons plus 1 teaspoon oil
- 2 Tablespoons sunflower seeds
- 1 Tablespoon dried onion, rehydrated
- 1/2 Tablespoon or one packet powdered bouillon base (see notes)
- 3 Tablespoons brown sugar
- 1 teaspoon garlic
- 1/2 teaspoon black pepper (optional)
- 1/2 teaspoon hot sauce (optional)
- 1/2 teaspoon spike (optional)
- 3/4 cup water, or more as needed
- 3 Tablespoons vinegar
- 3 Tablespoons soy sauce
- 3 Tablespoons peanut butter
- Sliced green or wild onions, if available

Preparation:

Notes: A spicy peanut butter sauce makes this a light spaghetti dish that is excellent either hot or cold. This dish can have a fairly salty taste. Cut back or eliminate the base if you are concerned about saltiness. This recipe is designed to be made in a camping or hiking environment, but works just as well at home. Break pasta in half and put into boiling unsalted water to which 1 teaspoons of oil has been added. Cook until done; drain immediately.

In a fry pan, heat 3 Tablespoons oil and add the sunflower seeds and rehydrated onions. Cook and stir over medium heat for 2 minutes. Add the base with the brown sugar, garlic, other spices if desired, and 3/4 cup water. Add the vinegar and soy sauce. Add peanut butter and stir. Do not burn! To eat this hot, heat the sauce thoroughly and pour over hot spaghetti.

This recipe is best cold, and it loses some of its saltiness as it sits. Mix sauce and spaghetti, cool quickly, and serve chilled. If available, sliced green or wild onions as a garnish add to the flavor.

Yield: 2 to 3 servings

WATER FILTERS AND WATER PURIFIERS FOR SURVIVAL

At the top of everyone's survival and preparedness checklist is drinking water. Pure, refreshing, sweet water. We want it to be clean and free from dangerous bacteria, cysts, and viruses. That is because without water to drink we are dead in just a few days. That is not all though...without clean water, we risk both sickness and death!

You can store water for emergencies...and you should. But what happens if you don't store enough or you have to evacuate your home? How many days' worth of water do you think you can carry if you are on foot? We each need about 1 gallon of water a day...do you think you can carry 2-3 days' worth?

Suppose you don't have to evacuate but the crisis lasts longer than you are prepared for. What are you going to do?

There are several solutions to these problems, but the one that makes the most sense to many people is to invest in either water filters or water purifiers. Both types of devices come in small portable bottles that are ideal for someone on the move, and larger units designed to take care of an entire household.

Many people don't know the difference between a water filter and a water purifier. Both use a filter or series of filters to decontaminate the water. They both remove protozoa, bacteria and parasites from the water. They both make water much safer to drink. The difference is that water purifiers also remove viruses from the water.

Removing bacteria is important because even clear water can have salmonella, E. coli and cholera. These bacteria not only cause illness, they kill people that drink contaminated water every year. Both kinds of devices are good at removing them.

The water purifier will also remove dangerous viruses from the water such as the Hepatitis A virus, Rotaviruses, and Norwalk-type viruses. Not usually fatal, these viruses can definitely make your life miserable for a while though.

You can also kill viruses by boiling the water, using iodine tablets, and adding chlorine tablets.

Each of these methods has disadvantages to consider. Boiling water uses fuel that can be used for cooking and is time intensive. Some people are allergic to iodine and it leaves a strong taste in the water. Chlorine tablets take 4 hours after you have added them before you can drink the water.

No matter what, the first step that you should take when disinfecting or purifying water should be to select the cleanest and clearest water that you can find. The clearer the better, because particulates in the water such as clay and silt will reduce the effectiveness of your filters and also make your chemical disinfectants less reliable.

When choosing your water from a still source such as a pond you should take it from the top because you will find fewer particles in the water there. The only reason that would cause you not to remove the water from the top would be if it has oil or some other surface contaminate in it. Water that is removed from the top also has the advantage of being disinfected somewhat by the sun's radiation.

The important thing is that you invest in one or more of these lifesaving gadgets. Get a large home model and a smaller portable bottle if you can. You may never need one to save your life, but you will be thankful that you have one if you get caught in a crisis.

IS YOUR SURVIVAL KIT READY?

Is Your Survival Kit Ready?

Depending on where you live, a disaster could strike at any moment. Throughout the past decade, America has experienced deadly storms, such as Hurricane Katrina and Hurricane Sandy. Both of these storms put innocent lives in danger.

One of the best ways to get through a storm is preparation. It is important for families to store a survival kit inside of their homes, because a disastrous storm could leave them in poor living conditions. During an emergency, gas, electricity, and water may be unavailable for days or even weeks. An effective survival kit should contain all of the following supplies.

- Emergency food (breakfast, lunch and dinner)
- Potable Water
- Water Filtration Bottles
- Water Purification Tablets
- First Aid Kit
- Whistle
- Swiss Army Knife
- Shovel
- Cups, Forks, Knives and Spoons
- Portable Stove and Stove Fuel Tablets
- Ponchos, Hand and Body Warmers, Leather Palm Work Gloves
- Flashlight, Emergency Candle and 12-Hour Bright Stick

- Nylon Rope
- Water-Proof Matches
- Waste Bags
- Note Pad and Pencil
- Tent
- Sleeping Bags
- Hygiene Kits
- Dust masks
- Pocket Tissue
- Playing Cards

Putting together a survival kit can be quite costly. Some Swiss Army Knives are more than 300 dollars, and the prices of other tools can vary widely. Parents want quality products in order to protect their children. They also want their children eating quality foods.

When ones thinks of survival foods, non-perishable items such as crackers, granola bars, canned tuna, and rice cakes come to mind. All of these food items lack a high nutritional value, because of their high sodium content. It is more efficient for people to purchase a survival kit rather than create their own.

There are companies that offer consumers survival kits with high quality foods, and

necessary items such as water-proof matches, a 30-hour emergency candle, deluxe hygiene kits and a filtration water bottle.

Owning a survival kit is beneficial to people all over America. Those living near the ocean are more likely to become victims of hurricanes, and those in the Midwest can experience the negative effects of tornados. Consumers should do their research in order to figure out what type of survival kit would be the most valuable to their needs. According to the National Hurricane Center, hurricane season begins in the beginning of summer and ends at the end of fall. Those living in states that experience hurricane season should purchase their kits prior to the beginning of summer. It is better to be safe than sorry!

Disastrous events can happen at any time. Primed Food goal is to Americans the necessities to keep their survival kits and emergency food storage well stocked. Have our find a configuration that works for you.

Visit our website
<http://www.emergencyfoodsupplier.com/> to find out more about you can properly prepare for a natural disaster or camping trip!

Canning Low Sugar Strawberry Syrup

Ingredients (yield about 6 half pint jars)

- *6 ½ cups strawberries, hulls removed and crushed*
- *5 cups water*
- *2 tbsp lemon juice*
- *4 ½ cups sugar*

Preparations:

1. Place the strawberries water in a large saucepot over medium heat. Boil the mixture for 5 minutes.

2. Strain the strawberries with a fine mesh sieve lined with a double layer of cheesecloth or with a jelly bag. My strawberries took about 5 minutes to fully strain since they were small.

3. Place the strawberry juice back in a clean saucepot. Add the lemon juice and sugar to the strawberry juice. Boil the strawberry syrup for 5 minutes.

4. Place the strawberry syrup in hot sterile jars. Leave ¼" headspace. Place lids on the jars. Adjust the bands around the jars and lids to fingertip tight.

5. Process the strawberry syrup for 10 minutes in a boiling water bath.