

MySurvivalAlliance



CANNED FOOD OR RATIONS?

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[.. Continue Inside](#)

FOOD PREPAREDNESS FOR DISASTERS RESULTING FOOD SHORTAGES OR FOOD RATIONING

The American Red Cross estimate only 7% of Americans are prepared for a disaster and of those who have emergency kits have only a 72 hour food supply. If there was an epidemic or event causing a temporary food shortage of 6 weeks to 6 months, then almost no one is prepared.

If your first thought is "bulk food" or big box store then think again. If you buy bulk grain or flour then you better also have a plan on how to cook and eat it. You will need to store a lot of water, cooking oil, and a lot of other items for the grain to be a useful food supply.

Get used to eating what you cook with the grain and flour, as your new full time diet. It is very stressful to dramatically change diet especially in a crisis. Severe diet changes can make people ill. The end result is adding complication to an already stressful situation.

There is an easier and cheaper safer way to be prepared.

Bulk Freeze dried food

No cooking required. No preparation other than adding water required. You can eat food you normally eat without the canned food taste. It can last up to 30 years so if you don't need it this year or next year, you don't have to throw it away.

Freeze dried food can be ordered bulk. Packages for a family supply of food for a month to a year or more are available and can be shipped to your door in a few weeks.

If you are concerned about preparedness, food rationing or shortages then you can get insurance against this risk. It is bulk freeze dried food.

bulk-survival-food.com provides news and information on food preparedness for survival in the event of a natural disaster where food is not easily available for more than 72 hours. Some emergency situations such as epidemics may require 6 weeks to 3 months of reserve food supply for an individual or family. The lesson of Hurricane Katrina is that you cannot put your hope in the government to provide adequate support in a timely fashion. You need to take your own steps to be prepared.

Bread and Butter Pickles

Ingredients (yield about 7 pints)

- 4 pounds 4- to 6-inch cucumbers, cut into ¼-inch slices
- 2 pounds onions, thinly sliced (about 8 small)
- 1/3 cup canning salt
- 2 cups sugar
- 2 tbsp mustard seed
- 2 tsp turmeric
- 2 tsp celery seed
- 1 tsp ginger
- 1 tsp peppercorns
- 3 cups vinegar

Preparations:

1. Combine cucumber and onion slices in a large bowl, layering with salt; cover with ice cubes. Let stand 1 ½ hours.

2. Drain; rinse; drain again. Combine remaining ingredients in a large saucepot; bring to boil. Add drained cucumbers and onions and return to a boil.

3. Pack hot pickles and liquid into hot jars, leaving ¼-inch headspace. Remove air bubbles. Adjust two piece caps. Process 10 minutes in a boiling-water canner.

Cucumber Sandwich Pickles

Ingredients (yield: 3 pints)

- 2 pounds 3- to 4-inch cucumbers, cut into ¼-inch slice
- ½ cup canning salt
- 3 quarts water, divided
- 5 cups vinegar, divided
- 1 cup brown sugar
- 1 cup granulated sugar
- ½ tsp celery seed
- ½ tsp mustard seed
- ½ tsp turmeric

Preparations:

1. Put cucumber slices in a clean pickling container. Combine salt and 2 quarts water; pour over cucumbers; let stand 2 to 3 hours.

2. Drain; rinse and drain thoroughly. Discard liquid. Combine 3 cups vinegar and 3 cups water; bring to a boil in a large saucepot.

3. Add cucumbers, simmer about 8 minutes. (Cucumbers should not become soft.) Drain well, discarding liquid. Combine 2 cups vinegar and 1 cup water with remaining ingredients in a large saucepot; simmer 10 minutes.

4. Add drained cucumbers. Bring to a boil. Pack hot pickles and liquid into hot jars, leaving 1/4 -inch headspace. Remove air bubbles. Adjust two-piece caps. Process 10 minutes in a boiling-water canner.

CANNED FOOD OR RATIONS?

I've seen a lot of videos and sites that discuss bug out bags and what you should pack in them. One of the most important items you can have in your bug out bag is food. But which kind of food should you go with is the question? Many argue that canned food is the best option; others argue that rations are the better answer. Whichever option you choose you need to consider what your budget is and what advantages and disadvantages both types of food have over each other. Remember before buying anything to weigh all your options. Here are some things to consider with each of the two.

Canned Food



The advantage of using canned food for your bug out bag is that it's cheap and plentiful. Canned soup for instance can sell for under a dollar a can. Canned food also ranges from everything from canned fruit, meats, fish, and vegetables. The other major advantage of canned food is that with the food is the water used to help preserve it that can be consumed to help keep you hydrated. This water also won't need any special treatment such as having to be boiled or filtered like river water or other sources of drinkable water.

The disadvantage to using canned food after the apocalypse or disaster is the cans size and weight. While smaller cans take up little space they also offer little food, almost forcing you to keep larger cans in your bug out bag. The other problem is

salt content. Many canned foods have high levels of salt which helps preserve food. This means that in a disaster or post apocalypse scenario consuming food with a high salt count will dehydrate you faster, something that you can't afford.

With cans you also have to be aware of possible contamination, this will come in two forms rust and air. Obviously a can that has rust will contaminate the food inside making it unsafe to eat. For air leakage you might not know until you crack it open only to discover your food inside is covered in mold. Remember to check the top of the can by pushing down on the lid. If the top is firm and doesn't move then the food is still safe to eat. If the lid is flexible meaning it can be pushed down then avoid it because it's been compromised.

Rations

Rations are an excellent source of food in the event of a disaster or the apocalypse. While not as available as canned food, rations can last for years and come in many varieties. Where rations have an advantage is their size.



Unlike canned food that comes in one size, a ration pack can be broken down, rations like those that I had while in the Canadian army come with two meals (One main meal, one desert) cutlery, napkins, bread, gun or a chocolate bar,

and all the other items you need such as salt and pepper. These items can be taken out of their packs and stored individually. This means that in a space that could only hold 4 or 5 cans two to three times that of rations could fit in the same space. This will dramatically extend your range while not loading you down with extra weight.

The disadvantage to rations is that there is not as common to find which makes them more expensive to buy. You can't go into a regular grocery store for example and buy a box, most of the time you have to order them online or through a catalogue. The other is that the bags can be punctured easier than cans resulting in food going everywhere.

Whatever rations you have you need to ensure they are sealed in a clear plastic bag, this way they don't spread onto your clothes or other gear you have with you. This will also allow you to remove them easier if they do burst.

Whichever kind you choose again depends on personal preference and your budget. Hopefully this should give you some information to consider when deciding which option is best for you.

If you want to learn more post-apocalypse survival advice check out my website The Razors Edge a post-apocalypse survival guide.

A little about me

I am a former Canadian Forces soldier who has served the military honourably for 7 years. My website <http://www.therazors-edge.com> is a collection of that military

experience mixed with my fascination for the apocalypse and end of the world related topics. I wanted to create a practical real life guide that can help you survive if our civilization collapses.

Canning Dill Pickles

Ingredients for canning dill pickles recipe (makes 7 pints)

- 4 pounds 4 inch cucumbers
- 6 tbsp canning salt
- 4 ½ cups water
- 4 cups vinegar (I used white)
- 14 heads of fresh dill
- 3 ½ tsp mustard seed
- 14 peppercorns

Preparations:

1. Wash cucumbers; drain. Cut cucumbers into ¼-inch crosswise or lengthwise slices; discarding blossom ends.

2. Combine salt, water and vinegar in a large saucepot; bring to a boil. Pack cucumbers into hot jars, leaving ¼-inch headspace.

3. Add 2 heads of dill, ½ tsp mustard seed and 2 peppercorns to each jar. Ladle hot liquid over cucumbers, leaving ¼-inch headspace.

4. Remove air bubbles. Adjust two-piece caps. Process 15 minutes in a boiling-water canner. Allow 4 to 6 weeks for fresh packed foods to cure and develop a satisfactory flavor.

MAKE A VICTORY GARDEN FOR SURVIVAL

Part of dealing with an emergency situation is to be prepared. The old-fashioned victory garden is a good start towards preparing for an emergency. The victory garden is from World War II British gardening, where anyone with a small plot of land, even a small front yard, would plant food crops in it, and raise them as a way to deal with rationing.

By having crops on hand, even a few plants, families would be able to make rations go further. As a victory garden is simple to prepare and raise, it makes for a great way to save on groceries now, and an emergency situation should it appear.

The most important decision is which crops to raise. For most people this will end up being non-grains, such as squash, tomatoes, and other vines and plants. Grains are disqualified simply because they require a lot space per person; as most victory gardens are small, typically less than an acre, there is simply not enough space to raise enough grain for even one person. Vines can be planted so that they take on one side of the garden, forming a wall, and plants can be put into rows or areas, making them very efficient for a small space.

The garden itself should be easy to maintain once it is set up. Most of the plants are perennials, so they do not need to be replanted each year. Also, fertilizer is easy enough to find; ash from fireplaces makes a valuable fertilizer, and any organic remainders from meals can be composted, along with yard waste. Store-bought fertilizer can always be bought and stored, and the garden requires very little compared to an actual farm. As long as the garden is watered and has some shade, it will be easy to maintain.



Depending on the size of the victory garden, it may be necessary to can some of the harvest. This simply means that a number of cans and lids need to be ready, and that they can be recycled if they are washed and stored between harvests. Although it can get messy, it is an effective way to store some of the harvest, and possibly use it as a trading item. As the garden is easy to set up and maintain, and can be used as barter, it can be a nice way to be prepared when it is hard to buy food, or at least be used to save money in non-emergency times.

RamboMoe regularly writes informative and sometimes wacky articles on his site, <http://www.preparedforthat.com>. Be sure to check it out!

SURVIVAL FOOD SUPPLIES

There will be times unfortunately that people will find themselves in emergency situations. These situations usually occur due to tragic events. These events can happen due to vehicle accidents, inclement weather, or accidents such as getting lost in the woods. No matter what the situation may be, you will still need to eat a meal to stay alive, and to keep you strength up. There are foods that will not only hold up well in these emergency situations, but they will serve to keep you nourished and alive. Here is a look at what some of those survival food supplies are, and what types of survival food that you should have on hand at all times.

Before we even start thinking about food, we should talk about water. In the past, people kept canisters of water in tin and metals thermoses in case of emergencies. This would often lead to sickness, so thank goodness now most of our water comes already packaged in plastic bottles. Most of the bottled water that we drink is stamped with expiration dates for our safety. Keep this in mind when you are storing water bottles for emergencies. For the most part, bottled water tends to keep for a long time. It's very important to store up as much bottled water as you can, especially if you live in a region that is prone to natural disasters such as hurricanes, tornadoes, and earthquakes. A person can only live a couple of days without water. Not only this, but bottled water can be used for personal washing. Especially during a natural disaster, the normal water supplies can become unsafe or even toxic to drink, or to handle. So if you do nothing else, make sure that you have plenty of water on hand for yourself.

Another thing that you might want to think about regarding survival food supplies would be powdered milk. This is something that comes in

handy for people with children and babies in the household. Not only can children and babies use this for survival food, but adults can use the powdered milk to eat boxed cereals. Plus, boxes of powdered milk is very inexpensive, so be sure to keep some around.

Canned foods are the first thing that people think off besides water when they think of survival food supplies. The great thing about canned foods, is that they are already cooked. They might need to be reheated, but as far as food safety goes, they can be eaten right out of the can. Make sure to stock up on canned veggies, potatoes, and meats. Canned meats that you can buy for survival food include Vienna sausage, deviled ham and chicken, and loafs of luncheon meat. These types of meats can be eaten alone, or spread on slices of bread should you have bread in your survival food stockpile.

One other type of survival food supplies that you might want to keep on hand comes courtesy of military training. They are called MRE packs. These are packages of freeze-dried foods that are packaged for people who are stuck in the woods, or in remote locations. Because these foods are freeze-dried, they last basically forever. They certainly will keep you alive in an emergency.

We all most certainly hope that an emergency doesn't happen to us. But in case it does, it's always good to keep survival food supplies on hand.

Readysurvival.com is continually researching survival food supplies (<http://www.readysurvival.com>) that are popular so that we are bringing you the latest designs and styles that you'll find online.