

MySurvivalAlliance



SURVIVAL FOOD STORAGE

- Begin With Water
- Freeze Dried Foods
- Dehydrated Foods
- MRE (Meat Ready To Eat)
- Canned Foods
- Supplements

SURVIVAL FOOD STORAGE: TAKE ACTION NOW

Gas prices are climbing, unemployment is surging, and tempers are flaring at grocery store checkouts. These are some very good indicators that survival food storage needs to become an immediate priority.

For every diligent ant who prudently acquires survival food storage, there are several sarcastic grasshoppers that mock and ridicule such preparation as a form of clinical paranoia. You don't have to be paranoid to conclude that survival food storage is a good idea; you just have to be observant.

Consider this: The U.S. Federal Government is poised on the brink of a credit crisis. If its credit rating declines - as it should, by any rational reckoning - the short-term credit markets will seize up. This means that people who rely on short-term financing to do business will be thrown into crisis.

This includes the independent truckers responsible for getting food to your local grocery store.

It may also apply to the people who run the grocery store chains where you buy your food. And it should be remembered that the typical retail grocer keeps only a few days' worth of food in stock. A survival food storage plan doesn't seem like a bad idea, does it?

Here's something else to consider when thinking of survival food storage:

Our access to adequate supplies of healthy food depends on factors unaffected by human stupidity and corruption. Think of the earthquake and tsunami that led to Japan's ongoing existential crisis. Japan is among the world's most modern, sophisticated countries; although mired in a prolonged economic slump, the country was getting

by because its population saved much of what it earned.

Yet within hour's large segments of the country where thrown into chaos, some of them emerging in pre-industrial conditions. Although rioting and looting didn't ensue, food flew quickly from grocery store shelves and wasn't replaced. And all of this began with a natural disaster over which no mortal being had any control.

Once again: Is survival food storage a good idea, or merely a paranoid preoccupation?

A good baseline for survival food storage would be two-week supply of nutritious packaged foods, in addition to fourteen gallons of fresh water per person. Freeze-dried food would be marginally preferable to dehydrated food items where there are concerns over access to an independent supply of potable water. Very helpful guidelines for storage quantities of basic food items - such as grains, dairy products, fruits and vegetables, and fats - are available on-line at food storage-oriented websites. For long-term food security, nothing beats a garden and a working knowledge of home canning.

It planning survival food storage preparations, it's important to focus on necessities; they form an indispensable foundation for crisis readiness. Clean water is the first priority, and then filling out a supply of healthy protein, carbs, and essential fats comes next.

Don't neglect salt, either; although it's gotten a bad rap for diet-related chronic health problems, salt is an irreplaceable nutrient and natural preservative. Take into account as well your location, available storage space, and your individual or family eating habits. Store what you can use, and use what you store.

Don't Wait... Get Started Today!

Survival Food Storage [<http://survivalfoodstorage.org/>] can help you prepare for any emergency! Research Survival Food Storage in more depth at my site before taking the plunge on this important--and often permanent--purchase.

Kale and Sausage with Pasta

Ingredients:

- 3 tbs olive oil
- 1 pound loose Italian sausage from Snyder Family Farm
- 1 bunch kale from Tumbling Shoals Farm, coarsely chopped
- ½ pound or less fettuccini pasta or your favorite
- 2/3-cup chicken broth
- 1 oz finely grated Parmesan cheese (Pecorino Romano or Parmesano-Reggiano) plus additional for serving

Preparations:

Heat oil in a 12-inch heavy skillet over moderately high heat until hot, but not smoking. Cook sausage, breaking up with a spoon, until browned, 5-7 minutes. Meanwhile, blanch kale in a 6-quart pot of boiling, salted water, uncovered 5 minutes. Remove kale and place in colander. Return cooking water in pot to a boil, add pasta and cook uncovered until al dente. Reserve 1-cup cooking water and drain pasta in colander.

While pasta is cooking, add kale to sausage in skillet and sauté, stirring frequently until just tender, about 5 minutes. Add broth, pasta and reserved cooking water to skillet, tossing until combined. Stir in cheese. Serve immediately with additional cheese on the side.

SIGNS AND SYMPTOMS OF WINTER DEHYDRATION IN THE ELDERLY: 8 WAYS TO AVOID THEM

The Process of Freeze-Drying

Freeze-drying is a complex process of preserving fresh or already-cooked food by removing up to 98% of the food's moisture, leaving intact the food's texture, flavor, aroma and nutritional value.



The process requires that the fresh or cooked food be quickly frozen at temperatures as low as -50°C. The frozen food is then placed into a vacuum chamber. This vacuum chamber lowers the pressure, and raises the temperature to just about 0°C.

At this specific temperature and pressure, the ice crystals in the food evaporate into water vapor, bypassing water's liquid form, through a process called sublimation.

This process preserves the cell structure and nutritional content of the food, resulting in a product that, when rehydrated, very closely resembles the original food.

The process also prevents the water from being reabsorbed by the food and thus decreases its weight significantly.

Most food items such as fruits, vegetables and meats are well-suited to freeze-drying, and can be used for long-term food storage and preservation.

The Process of Dehydration

Dehydrating food is a food preservation method which has been used for centuries. Native Americans dehydrated their buffalo kills in their hunting camps to make it simpler to transport. *Pemmican* (a dehydrated concoction of buffalo meat mixed with fat and berries) was a staple of many of the nomadic North American tribes. This low-heat dehydration process involved either air drying (with nearby campfires), or sun drying strips of meat on drying racks.

Dehydrators are a modern method for slowly removing the moisture from food without actually cooking it. A drawback of dehydration is the limited amount of food which can be dried at one time. The positive aspect of dehydration is that this method of processing for food storage can be easily done at home.

How Do These Two Methods Affect the Food?

Freeze-dried foods preserve much of the original color, shape, aroma and freshness of fruits, vegetables and meats. Freeze-dried food does not usually contain additives or preservatives, so it remains true to its original form. And the look, texture and flavor of the food remains after rehydration.

Unlike low-heat dehydration, freeze-drying allows for the preservation of pre-cooked meals, including recipes such as soups, stews, stroganoff, and the like. An obvious benefit is that since the meal was prepared in its entirety prior to freeze-drying, all you need to do is simply add water, then heat for a few minutes in order to create

If you choose to keep these foods in your car as part of an emergency kit, please remember to rotate them periodically. Temperatures in a car can reach extremes, both hot and cold. High heat as well as continuous temperature fluctuations contributes to quicker degradation of both dehydrated and freeze-dried foods.

Which Type is Better for Consumption?

Everyone is different, and each person has their own personal tastes and preferences. With that in mind, there are a few things to consider before making a decision between freeze-dried or dehydrated food.



Home-grown fruits and vegetables are better preserved via dehydration, since the average person cannot afford the costly machinery used in freeze-drying.

Foods used in everyday cooking and meal preparation should probably be freeze-dried. This permits the food to be quickly re-hydrated as it is cooked prior to serving. If accessibility and portability are important, then either type of preserved food should meet those particular needs. Once again, it's a matter of personal preferences.

In a nutshell, both dehydrated and freeze-dried foods are excellent choices for long-term food storage, as well as for daily use or for hiking, camping, etc. They both provide light-weight, portable, convenient foods. The primary difference is that freeze-dried foods tend to

better preserve the shape, texture and flavors of the original food.

Most people will find that a combination will work best for their needs. Single-item foods such as vegetables, potatoes, and other staples and grains are well-suited to low-heat dehydration. Freeze-drying is more appropriate for meats and fruits (whose texture can be preserved), and for pre-cooked meals with a variety of ingredients such as soups, stews and sauces.



As you incorporate freeze-dried and dehydrated foods into your lifestyle, whether for camping and recreation, convenience, or as a survival strategy, you will learn which items you prefer to be dehydrated, and which you prefer to be freeze-dried. In either case, be assured that your choices will offer the peace of mind of knowing that you have a reliable source of food in virtually any situation.

FOOD STORAGE FOR SURVIVAL

During 2011, the United States Government increased their stockpile of emergency food supply from 6 million meals to over 400 million meals for use on American soil. Think about all the recent media releases from the Red Cross, FEMA, Homeland Security, local governments and others about food storage and emergency preparedness. Do they know something? Should we be listening? The answer is yes, we should be. We do need to be prepared to take care of ourselves and our families. Everyone fears that something unexpected is going to happen in 2012. So whether it's a natural or a manmade disaster, it is crucial for every family to have the necessary emergency supplies.

Following a disaster there may be no electricity, gas, water and telephones may not be working. Your local responders may not be able to reach you immediately, or they may need to focus their efforts elsewhere.

Even if you are able to get out of your home and go to a grocery store, there is a chance that the stores may be out of food. If you think about how people react to catastrophic disasters. There is a human instinct to fight for survival, and everyone could be running in the same direction you are, pillaging the shelves until there is nothing left, and then it's too late. There is also great chance that your water supply could be cut off or contaminated. When it comes to survival, there is no getting around the importance of having a quality supply of emergency food and water readily available.

The question then becomes 'what and how much emergency supplies should I have?'

It is recommended that every family have a minimum of 3 day's emergency food supply for

each member of the household. The more prepared you are the better chances you have to survive on your own; you may need to be self-sufficient for a period of time. Food storage is one of the most important things about being prepared for a disaster. When planning your food storage for long term survival, it is best to go with freeze dried or dehydrated meals.

One huge advantage of buying this type of food that is intended for emergency food storage and it has a much longer shelf life. While most packaged convenience foods and commercially canned goods go bad in 6 months to a year. Most emergency food storage items are good for 25 years, when stored properly. They are readily prepared with a minimal amount of effort, are low in sodium, and provide the nutrition needed.



Why is it important to have low sodium? Because salt makes you thirsty and you may not have access to a large supply of water. Other items that are good for your long term food storage are, grains like wheat, oat, corn, pasta, and flour; legumes like beans, peas, and lentils. Any dried or evaporated milk or dairy products. Can vegetables and fruit, soups, or meats, peanut butter, jam, nuts. Sweeteners such as sugar, honey, corn syrup or molasses. Cooking staples like salt, yeast, baking powder & soda, and vinegar.

Storing anything that is nonperishable is a good idea, just be sure to check expiration dates and

rotate your foods often. Store foods in air tight containers, and keep in a cool dark place.

Some people start their food storage plan by just buying a few extra groceries at the store, this is a good start, but remember for long term food storage dehydrated and freeze dried foods have longer shelf life. Start your planning today, Being prepared will give you the life line that you will need be able to take care of you and your family.

Food storage is one of the most important things in emergency preparedness. Shoppersurvivalkits.com is committed to bringing quality survival supplies at affordable prices.

Homemade Chevre Cheese

Ingredients for Chevre cheese (makes about 2 pounds of cheese)

- 1 gallon goat milk (I use grass fed antibiotic free goat milk)
- 1 packet chevre cheese culture

Equipment:

Heavy bottom saucepot

Strainer and cheese cloth or chevre cheese mold (I used the strainer and cheese cloth)

Preparations:

1. Heat the milk to 86°F in a heavy bottom saucepot. Allow the milk to cool to 72°F. Add the cheese culture to the milk and allow the culture to rehydrate for 2 minutes by stirring the cheese culture in with the milk.

2. Hold the temperature of the milk at 72°F for 12 hours. I placed my cheese in a cool oven for 12 hours.

3. Line a fine strainer with a double layer of

cheese cloth and pour the cheese through the strainer. Let it hang for 12 hours. Or prepare a chevre mold and allow the cheese to hang for 12 hours. The cheese can be refrigerated for 1 week or frozen for up to 4 months.

Pectin Free Strawberry Preserves

Ingredients for Pectin Free Strawberry Preserves (yield about 6 half pints)

- 1 ½ quarts strawberries, hulls removed and chopped
- 5 cups sugar
- 1/3 cup lemon juice

Preparations:

1. Place the strawberries and sugar in a large sauce pot. Allow the strawberries to stand for 3 to 4 hours.

2. Bring the syrupy strawberries to a boil. Stir the strawberries frequently until the sugar dissolves. Add the lemon juice. Rapidly boil until the strawberries are transparent and the syrup thickens. Transfer the strawberries to a shallow pan. Pour the strawberry syrup on top of the strawberries. Allow the strawberries to stand uncovered in a cool place for 12 to 24 hours (I let mine stand 12 hours).

3. Transfer the strawberries back to a saucepot and heat the strawberries until hot all the way through. Ladle the strawberries into hot sterile jars. Leave ¼" headspace. Place lids on top of the jars. Screw the bands on top of the jars until fingertip tight. Process the jars for 20 minutes in a boiling water canner.

Quinoa Tabbouleh

Ready In: 30 Min

Original Recipe Yield 4 servings

Ingredients

- *2 cups water*
- *1 cup quinoa*
- *1 pinch salt*
- *1/4 cup olive oil*
- *1/2 teaspoon sea salt*
- *1/4 cup lemon juice*
- *3 tomatoes, diced*
- *1 cucumber, diced*
- *2 bunches green onions, diced*
- *2 carrots, grated*
- *1 cup fresh parsley, chopped*

Preparations:

1. In a saucepan bring water to a boil. Add quinoa and a pinch of salt. Reduce heat to low,

cover and simmer for 15 minutes. Allow to cool to room temperature; fluff with a fork.

2. Meanwhile, in a large bowl, combine olive oil, sea salt, lemon juice, tomatoes, cucumber,

green onions, carrots and parsley. Stir in cooled quinoa.

Nutritional Information Amount Per Serving

Calories: 354 | Total Fat: 16.6g | Cholesterol: 0mg

WILDERNESS SURVIVAL PREPARATION TIPS

Before you begin your trip into the wilderness, there are some basic skills you must learn. There are four basic needs that must be met to survive. Warmth, water, sleep and food must be provided for wilderness survival.

It can be very challenging to maintain body warmth at night in some areas. You should be well prepared for any trip or situation that may have you in a cold area. The human body has a very narrow temperature range. You must maintain your temperature in that range for survival.

Water makes up the majority of the human body. Although you can survive for a day or two without water, you should not wait until you are out of water before you start looking.

A lack of sleep can greatly affect your cognitive ability. You may experience hallucinations and be unable to make a rational decision as to your wilderness survival.

Humans can go without food for a couple of weeks. Food may not be your first priority, but considering that you are using many calories on your trek, you will need an adequate amount of food to maintain your stability.

Wilderness survival requires a great deal of preparedness. You need to prepare for the worst case scenario and hope it doesn't happen. Be sure you have the right gear with you. Learn what would be the proper equipment for your trip. Your requirements for a week long backpacking trip will vary greatly from a day trip on the trails. You have to be prepared.

Carry a map of the area with you. Study the land before you see it. Refresh your navigation skills

and have the skills necessary for using a map and a good compass. Wilderness survival is your main concern. By learning the lay of the land before you leave, your adventure will be a lot more enjoyable.

Never go out on a trip without letting someone know where you are going. They need to know your route, your destination and the expected return time. There are services that will call family and/or friends if you do not return on schedule or within a reasonable time frame.

It is much easier to survive in good weather. Before you leave on your trip, check with the local weather forecast online or at least watch the predictions on the evening news the night before. If you are choosing to go into the wild in winter, be sure you are prepared and have brushed up on winter survival skills.

To prepare yourself you might also take survival courses and learn what you need to do to make your trip an enjoyable one. Your preparation can save your life and the more you learn, the better your chances for survival will be. Hiking or backpacking in winter in cold climates is not the best idea for a novice heading into the woods. Also, it is best to take a few daytime backpacking trips before you venture into the week long variety of survival treks.

Don't stop learning about survival procedures. Practice your skills as often as you can before you take the trip out to the wild. It is important to remember that the responsibility for wilderness survival is ultimately that of the traveler.

For more on wilderness survival, and to get the free version of the book "Ultralight Backpacking Secrets," visit <http://www.the-ultralight-site.com>.