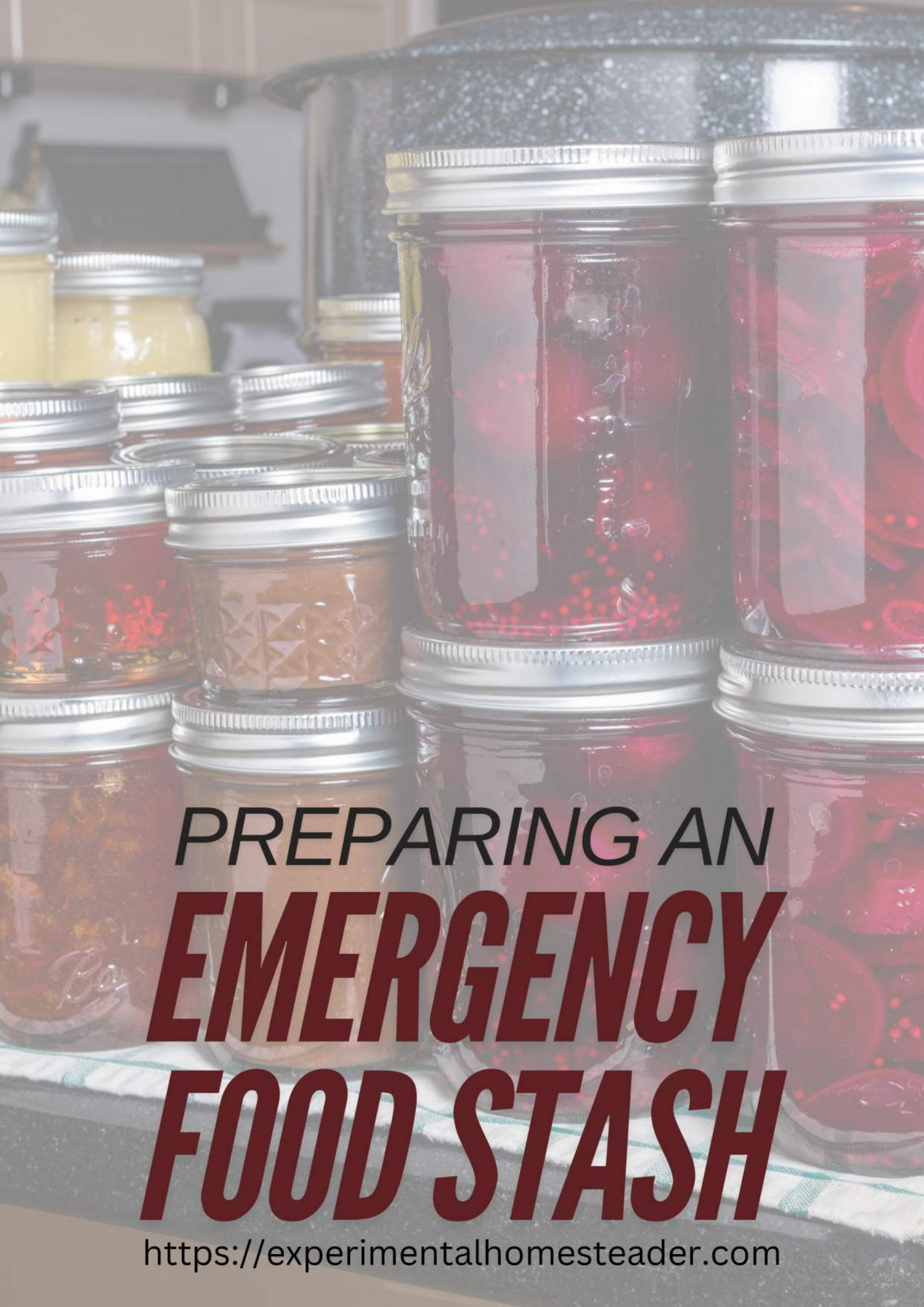


PREPARING AN EMERGENCY FOOD STASH

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What You Need to Start an Emergency Food Stash

As a budding prepper you may be wondering where to start when it comes to putting together your emergency food stash. You know that you need to stockpile, and you know that involves buying certain kinds of food, but there is much more to this subject than that. Thankfully, there is also a lot of advice and guidance out there which will help you figure out the task at hand, and put together your emergency food stash, with little fuss.

It is thought that if you can survive the first 72 hours following a disaster of some kind then you are much more likely to survive continuously afterwards. Of course, one of the main things we need in life for survival in general is food, and water of course. So, how do we go about putting together an emergency food stash?

It's not all about food

We need to water to survive, probably more urgently in some cases than we need food. Dehydration is a killer, so staying hydrated is a must. As a general rule of thumb, stockpile three days of drinking water to keep you going, and after that you will need to make use of other sources of water, e.g. from rivers or ponds. Now, we know that the water contained within other sources can be full of bacteria and germs, so water purification tablets are a good way to get rid of those unwanted bugs. Make sure you have a stash of these at the ready.

When buying food, check out shelf life

Because you a) don't know when a disaster is going to happen, and b) don't know how long conditions are going to go on for, you need to look at food stocking which is going to last you for an unknown quantity of time. Of course, no food the world over is going to last forever, but there are certain types of food which are going to last you a considerable amount of time. When buying anything, check shelf life, and tinned foods/dried foods are the rule of thumb. Most canned food types can last for around two years on average, and if you can find freeze-dried foods then these can be good to go for much longer than that.

Don't forget you need to cook the food

It's all very well and good buying food, but how are you going to cook it? There are some foods you can eat cold, such as baked beans etc, but you are going to need to warm up certain things. Make sure you have some kind of facility for cooking, be it an open fire, a stove of

some sort, or a gas cooker, although remember that gas isn't going to last forever either. Put some thought into this.

Rotate your food regularly to keep it fresh

When stockpiling food over a period of time, it's important to keep rotating your supplies, in order to use up the ones which have shorter dates, and keep to one side the ones which have longer dates. If you are storing things in a cupboard, use a rotation system of placing newer items at the back, and bringing the older foods to the front.

Make sure your stash is easy to grab

In the event of a disaster you don't want to be hunting around trying to pack up your supplies, you need them to be in one easy to grab place, so you have minimal fuss during what is an already stressful and distressing situation. Perhaps one cupboard, or one box is the way to go, but whatever route you go down, make sure everything is collective and stored in one place.

Of course, what you pack in your stash is just as important as how you pack it and how you cook it, but generally speaking, these tips will help you get started in putting together your personal emergency food stash, as well as giving you a little food for thought in terms of what else you need to know, such as cooking etc.

Recommended Foods For an Emergency Food Stash

So, you know you want to put together an emergency food stash, just in case of a disaster event, but you have no idea what to actually stash?

This is a very common occurrence, and a problem which many preppers come across at the start of their thought process. Look at it this way – packing for a holiday is bad enough, how do you know what you're going to need for two weeks? But packing for a disaster? Very, very difficult indeed!

Thankfully there are many experienced preppers out there who are happy to lend a helping hand with suggestions, so if you're stuck for what to start stashing, check out these suggestions to get you started.

- Pasta – Most dishes these days have this staple included, and the great news is that pasta stores very well indeed for a long period of time. On top of this, pasta is a good source of carbohydrate, is delicious, and very versatile.
- Wholegrains – Not only are wholegrains better for you, but they last for much longer in terms of storage too. Again, this is a versatile ingredient to have in your stash.
- Rice – Staple food are certainly the way to go, and rice is another source of carbohydrate which stores for a long period of time, especially if you go for the wholegrain variety.
- Dried beans – Easy to cook, a fantastic source of protein, and again, they last a long time too.
- Tinned meats – You can find many different types of meat in a can, such as tuna, chicken, beef, or salmon, and these are vital to have in your stockpile. During a disaster you're likely to find meat at a premium, so having tins of meat will mean that a) you're covered for your needs, and b) they will last a long time.
- Cheese – General cheese won't last, but if you can find a variety which is waxed on the outside and stored properly, it will last for much longer. If you find mould growing on your cheese, it is perfectly safe to simply cut if off.

- Tinned fruits and vegetables – Fresh fruit and vegetables are out of the question during a disaster situation, so tinned versions are the way to go in order to get your important vitamins and minerals.
- Powdered milk – Again, fresh milk isn't going to be around, so the powdered version is the next best thing. Fantastic for calcium needs, and again, it lasts for a long period of time.
- Tinned soup – There is nothing more satisfying than a bowl of warm soup, and the tinned variety is going to have a rather long shelf life on it, making it an ideal addition to your stockpile shopping list.
- Sugar – We all need a little bit of sugar in our diet from time to time, and the great news is that a bag of sugar is going to last you for a long time.
- Salt – Again, salt is required in our diet and isn't going to have a short shelf life.
- Spices – There could be an argument to state that stockpiled food could on occasion become bland, however if you have spices in your stash, you can make things taste spicier and different.
- Nuts – You might not know but nuts have a fantastic shelf life, whilst also being a fantastic source of protein and healthy fat.
- Cooking oil – You are of course going to need something to cook with!
- Dried fruit – We have mentioned canned fruits in order to get your vitamins and minerals, but dried fruits are equally as healthy, when they are stored correctly.

These staple items should form the basis of your emergency food stash shopping list. Make sure you tick off these suggestions and you will have the foundation for a healthy, long-lasting, and delicious stockpile, which will keep you going for a considerable length of time.

Considerations For Your Emergency Food Stash

As a prepper, when putting together your emergency food stash, it's important to know a little background information on the subject, rather than simply going ahead and grabbing any food that you think looks long-life and delicious. Surviving a disaster situation is about thinking clearly and thinking ahead, and when it comes to putting together your food stash, there are certain considerations you need to take into account.

Think about your health

We don't eat food simply for pleasure, we eat it for fuel and health too, and your emergency food stash needs to have that in mind. You need to think about nutritional value and calories when you are shopping for your stash, stocking up on foods which give you the vitamins and minerals needed for optimum health. Make sure you have good supplies of carbohydrates, good fats, low salt content, and protein in your diet, as a minimum.

Stay hydrated

As a top prepper, you will know that water is essential, and you will have a few days' supply at the ready, but what do you do after that? Well, water purification tablets are the best way to go, because that means you can drink water from other sources, safe in the knowledge that any bacteria held within it has been cleaned up.

It's time to get multi-functional

When looking at foods to buy for your stash, you need to think outside the box, and a lot of that means thinking of foods which can be used for more than one thing. Rice, pasta, and beans are fantastic for food stashing because they can form the basis of many different meals, whilst also being healthy and cheap too.

Energy snacks are the way forward

Nuts, crackers, granola bars, these are all ways to get an energy boost, whilst also being long-lasting foods which can store for a good period of time, usually around one year. It is down to the complex carbohydrates and proteins which are held within them in terms of your energy boost, but the slight sugar is also needed on occasion too!

But protein is vitally important too!

During a disaster situation, you are likely to find that meat is at a premium, and that means thinking of other ways to get your protein needs met. Canned meats are fantastic for long storage, and they also tick that protein box, whilst keeping your energy levels where they need to be. If you are a vegetarian, you can get your protein needs met with canned beans and rice too, so make sure these make a very prominent appearance on your stash shopping list.

Going back to basics

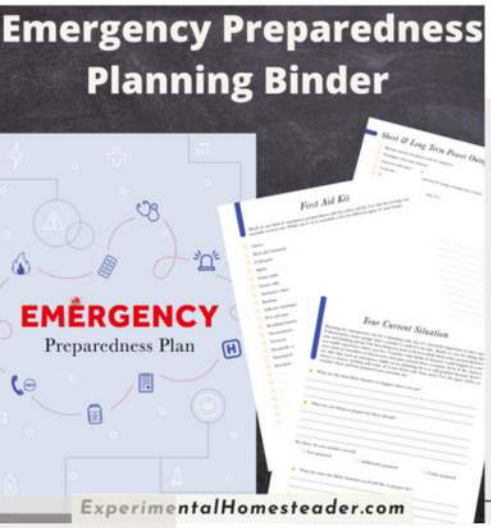
It's easy to go off the rails and start thinking about luxury items, but you need to remember the cooking and taste basics as well when putting together your emergency food stash. Cooking oil is a definite requirement, as well as spices, salt, sugar etc. If you have food which is bland, and on occasion emergency stash food can be, then having a variety of different spices available to you is a great way to add flavour.

Remember to rotate your supplies

When you are putting together your stash, over time you are going to need to get rid of a few old items which never saw the light of day. A good way to be as cost effective as possible with this is to rotate your supplies on a regular basis. When you buy something for your stash, put it at the back of your box or cupboard, and bring the older things towards the front. This means that the new items are kept for longer, and the older items are used up before they run out of their sell by or use by date.

If you can stick to these considerations when you are putting together your emergency food stash, then you should have all bases covered in the event of a disaster situation.

Items You Will Love



EMERGENCY PREPAREDNESS PLANNING BINDER

Once you fill out this emergency preparedness binder you will find that the next time an emergency situation occurs, regardless if it is a manmade situation such as a riot or a natural disaster, you will have an emergency readiness plan in place.....in addition to the information that is filled in already, there is plenty of room for you to add other items, makes notes, etc.

There is too much to list here, so be sure to check this emergency preparedness binder out!

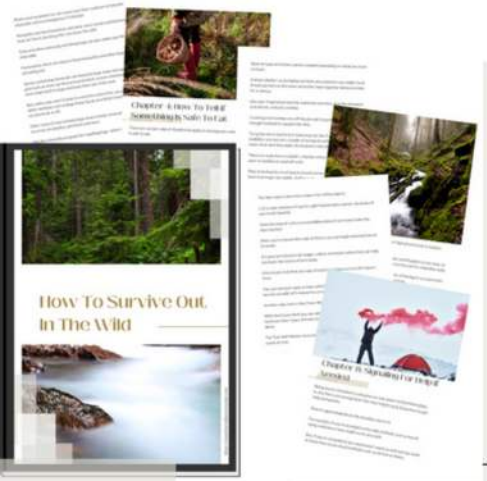
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