

ULTIMATE GUIDE: 131 SURVIVAL FOODS

When it comes to preparedness and survival, knowing what food to store is key.

There are lists out there that cover a few survival foods, however none of them explain why you should stock up on 'grains' for example. Or even what you can do with them when TSHTF.

This article will detail **131 Survival Foods** that you can use as your guide to preparing. If you're looking for ideas on which foods to add to your preps, you're in the right place.



"STORE WHAT YOU EAT AND EAT WHAT YOU STORE"

The motto above is one the team here at PrepperZine live by. It is pointless stocking up on oats if you can't stand eating them.

The key to choosing the right survival foods is to only purchase what you eat TODAY. IF you don't like a food item now, you're not going to like it in a disaster scenario.

So pay attention to what your family likes to eat. Each time you prepare food, write down what items you used from your pantry or store cupboard.

After 2-3 weeks you will start to see a pattern emerging - you can then use that list of foods and combined with the other 131 survival foods listed in this guide, you will be well on your way to a survival store to be proud of!

Survival Food – Section 1

BEANS AND LEGUMES

Love them or hate them, beans and legumes are a great source of protein (22%), vitamins and minerals.

Survivalists and preppers have used beans as a staple for their food storage for many years, simply because they are cheap to buy and store very well indeed.



Store bought dried beans typically have a shelf life of 1 year or more. However when stored away from light and with an oxygen absorber (we recommend using #10 cans) they can [store for 10 years plus](#).

Some of the types of beans you can store include:

1) Adzuki Beans

2) Black Turtle Beans

3) Backeye Beans

4) Garbanzo Beans

5) Kidney Beans

6) Lima Beans

7) Mung Beans

8) Pinto Beans

9) Chick Peas



How to cook beans

To cook and eat your dry beans you will need to:

Step 1 - Soak them in cold water for 24 hours using a ratio of 1 cup of beans to 3 cups of water.

Step 2 - Rinse the beans with fresh cold water and add to a pan

Step 3 - Cover the beans with cold water in the pan and simmer gently for 3-4 hours

Rehydrated and cooked beans generally require some form of seasoning or spices to make them more palatable.

If you have bean seeds that will not rehydrate then these will need to be ground down into bean flour.

Here is a video on making your own bean flour:

<https://www.youtube.com/watch?v=GR2YkohRosw>

HERBS AND SPICES



Herbs are our culinary friend. They can turn a dish from ok to wow, and some herbs such as basil, can form a dish all on their own (pesto).

Let's look at some of the herbs you should store for a survival scenario:

10) Basil

11) Thyme

12) Rosemary

13) Sage

14) Chives

15) Oregano

16) Mint

17) Tarragon



Whilst herbs are very little in the way of nutritional value, they do make a world of difference when cooking a meal from your preps.

They also store practically indefinitely if dried and you can dry and mill your own fresh herbs.

In the video below you will learn how to dry fresh herbs in just 2 minutes!

https://www.youtube.com/watch?v=4BAixNDE_aU

There is also the option of making your own flavoured oils by adding fresh or dried herbs directly to a bottle of oil, most commonly olive oil.

This can be used for salad dressings and on meats etc.

18) Salt

Salt has been used for over 6,000 years and evidence of its first use was in Romania where they would boil sea water to extract the salt.

Today only 6% of all salt is used in human diets. The rest is used for deicing our roads, treating water and in industrial chemicals.

Whilst we use salt to flavour our meals it can also be used for cleaning, preserving and most of all to barter.

As salt will keep for years, there is a good chance that when TSHTF you will need goods that you can trade and exchange for items you don't have.

With the daily recommended salt intake for human's being just 5g, you should stock up on plenty so that you have ample to trade with when needed.



19) Pepper

There are many forms of pepper, here we are talking about your everyday black or white pepper in particular.

Historically black pepper was used to cure a number of illnesses, such as:

- Constipation
- Diarrhoea
- Gangrene
- Indigestion problems
- tooth decay
- Liver and heart problems

The truth is that there is no modern medical evidence that black pepper has these healing abilities. Still it is used in modern day indian medicine for a sore throat and coughs.

Our use of pepper would be for food flavouring and for trade purposes. You can either stock up on whole peppercorns or but the pre ground pepper from the store.

Either way, keep them in an airtight container and away from moisture to ensure longevity.

20) Paprika

A part of the chilli family, paprika was originally discovered in Mexico and taken to Spain where it remains a cooking staple.

There are many forms of paprika, such as hot, mild, sweet and smoked. One word of warning if you are buying smoked paprika - make sure it's the real thing and not just an added 'smoked flavour'.

For sweet paprika double check the label for any added MSGs which are often added to provide the 'sweet' element.

That said, it enhances most dishes in both color and flavour. A great addition to our prepper pantry and a must have spice.

21) Cinnamon

Cinnamon makes the list not for us to perform the "[Cinnamon Challenge](#)", but to add flavour to both out savoury and sweet dishes. We can also use cinnamon in alcohol making and in pickling.



In addition to its culinary uses, since 2000 BC cinnamon has been used to treat medical conditions such as sore throats, arthritis and coughs.

According to the [U.S National Library of Medicine](#), cinnamon is used for a number of other natural remedies too:

- Infection
- Diarrhea
- Vomiting
- Muscle Spasms
- Colds and Fevers
- Fungal Infections
- Diabetes
- Alzheimer's

There is also [evidence to suggest](#) that cinnamon rich diets can help negate the body's negative response to high fat meals.

So plenty of reasons to add this spice to your store cupboard.

22) Chili Powder

I'm sure you all have some form of chili powder in your home for popular everyday dishes such as Tacos, Beef Chili and Enchiladas.



Did you know that you can actually make your own chilli powder? Here's how:

Ingredients:

- 2 tablespoons Paprika
- 2 teaspoons Oregano
- 1 1/4 teaspoons Cumin
- 1 1/4 teaspoons Garlic powder
- 1 1/4 teaspoons Cayenne Pepper
- 3/4 teaspoon Onion Powder

Simply combine all of the ingredients above and adjust the quantities to your specific tastes.

23) Turmeric

Turmeric is typically used as a key ingredient in many asian dishes along with indian medicine practices for stomach and liver problems.

I have an Indian friend who's wife makes him a warm drink that contains plenty of Turmeric, chili and other spices when he has an upset stomach and he swears it works every time.



From Wikipedia:

“The active compound curcumin is believed to have a wide range of biological effects including [anti-inflammatory](#), [antioxidant](#), [antitumour](#), [antibacterial](#), and [antiviral](#) activities, which indicate potential in clinical medicine.”

Which may explain why it is used frequently in medicine as well as culinary delights.

24) Cumin

As with Turmeric, cumin can also be used to treat stomach upset and the common cold. Adding it to hot water brings out the intense flavors and healing properties.

Cumin is also great for adding to curry dishes, enhancing basmati rice and can also be added to bread products as they do in [France](#).

For both medicinal and food use, be sure to add cumin in your [survival foods list](#).

25) Coriander

When you see Cumin in a recipe you inevitable will see Coriander. Together they taste great and form the basis of many traditional indian and asian dishes.

The coriander plant is unique in that all of the plant is edible. You can dry and store the fresh leaves and stalks to add as a finishing touch to meals, and the seeds can be used whole or ground.

One great benefit of adding coriander to your food is that it contains [phytochemicals](#), which can delay or prevent the spoilage of food seasoned with the spice.

You must be aware that coriander has been known to cause an allergic reaction in some people. It is likely that you will already know if you have an allergy to coriander or not, however just be aware.

DRIED AND DEHYDRATED

26) Baking Powder

Baking powder is one of our pantry staples that has been used since the late 1800's. It is used primarily as a raising agent in baking, both to increase the volume and also lighten the texture of baked goods.



Baking powder can lose its effectiveness if exposed to high heat and a moist environment.

If you stock this in your survival pantry you can test its effectiveness by adding 1x 5ml teaspoon of baking powder into a mug full of hot water and mix well.

If the mixture foams and bubbles, then the powder is still active.

Making Your Own Baking Powder:

Shop bought baking powder is both cheap and readily available. However in a survival situation or if we had to go back to primitive times you may wish to make your own.

Here's how:

1 Teaspoon of Baking Powder = 1/2 teaspoon Cream of Tartar + 1/4 teaspoon Bicarbonate of Soda

Simply combine the cream of tartar and the bicarbonate of soda together.

Storing Baking Powder:

As with most dried foods, baking powder must be stored in an airtight container in a cool, dark place. Your pantry or kitchen cupboard is ideal.

27) Baking Soda

People often confuse baking soda and powder, they are in fact two similar substances, however they are used in different ways.

First off baking powder contains baking (Bicarbonate of soda). Baking soda is used cookies and baking powder is used in cakes biscuits.

Storing Baking Soda:

As with baking powder, it should be stored airtight container in a cool, dark place.



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28) Powdered Butter

Whilst not a life sustaining food, butter can breath life into mundane dishes. Typically an unopened can of powdered butter will store for up to 5 years, or longer given the right conditions (cool and dark).



Using powdered butter as a substitute is as simple as:
1 part butter to 1 part water.

So a half cup of butter would consist of a half cup of water and a half cup of butter powder. Powdered butter is best used in recipes where the butter adds a layer of flavour. It is not recommended for frying as the final reconstituted product will be runnier than the regular stuff.

Where can you buy powdered butter?

We have found Amazon stock a wide range of powdered butter products. [You can check them out here](#). (they also sell peanut butter powder!)

29) Cheese Powder

Another optional but delicious food to add to your [survival food supplies](#) is powdered cheese. Cheese can add another level of flavour that will be a great pick-me-up in a survival situation.

Below we show you how you can make your very own powdered cheese. What's more, once you have tried this simple technique you can also make a tasty cheese sauce by just adding milk.

How to make your own powdered cheese:

https://www.youtube.com/watch?v=km7vDIwxC_c

Homemade Powdered Cheese Steps:

Equipment

- Knife
- Chopping Board
- Hard Cheese
- Cheese Grater
- Dehydrator

Method

Step 1 - Grate your hard cheese - the thinner the better

Step 2 - Line your dehydrator sheets with paper towels

Step 3 - Add grated cheese to your dehydrator sheets (about 4oz per sheet)

Step 4 - Set the dehydrator to high (approx drying time 12-14 hours)

Step 5 - After 4 hours remove drying trays. The cheese will appear greasy

Step 6 - Remove paper towels and replace with fresh. Dab off any excess grease from the cheese.

Step 7 - Place dryer trays back into dehydrator and complete the drying process for a further 8-10 hours.

Step 8 - Cheese is completely dehydrated if it snaps when broken.

Step 9 - Allow cheese to cool completely and grind using a hand mill or an electric blender.

Step 10 - Vacuum seal or place in mylar bags with oxygen absorber for longer term storage

Reconstitute the cheese

Step 1 - 1 cup of cheese powder = 5oz shredded cheese

Step 2 - To reconstitute work on the ration of 1-1. One part cheese powder to 1 part boiling water

Step 3 - Mix together well and form into small balls

Step 4 - Flatten cheese ball with your fingers to the required thickness and place in fridge or use immediately.

30) Dehydrated Potato

Dehydrated potato or “instant mash” potato as it is also know, has already been through the cooking and mashing process and then dehydrated to form a powder that can be reconstituted using hot water and sometimes milk.

The final reconstituted product does differ slightly to the real thing, however it still tastes great.

The primary concern with instant mash potato is the higher levels of sodium It contains. Still, just 100g of instant mash potato will provide you with 11% of the RDA vitamin C intake.

Despite the nutritional differences, taste wise there are things we can do to enhance the flavour of our powdered potato dramatically, using just a few of our store cupboard staples:

1. Add stock bullion cubes (chicken, beef or vegetable work great)
2. Add rehydrated powdered milk
3. Add rehydrated powdered butter
4. Rehydrated vegetables (carrot, peas, turnip)

31) Dried Honey Powder

Whilst you can store natural honey for years and years and it will not go bad, powdered honey is another option if space is tight but you still want the benefits that honey brings to a preppers pantry.

The first thing to note is that honey powder is just dehydrated honey, that has been heated to a high temperature and then sprayed to cool. Which is why it has a slightly off-white appearance and not the golden yellow/orange we are used to seeing.

The downside to powdered honey is that other ingredients such as sugars (maltodextrin and fructose), starch and other stabilizers are added to keep the powder from clumping and becoming unusable.

If you are a natural eater than perhaps powdered honey is not for you and you should stick to the real thing.

You should also be on the lookout for honey that is mixed with corn syrup and labelled as 100% natural honey.

How to make your own powdered honey:

Equipment

- 100% Natural Honey
- Dehydrator

Method

1. Thinly spread the honey onto your fruit roll-up dryer sheets or use parchment paper cut to size
2. Set your dehydrator to 120 degrees and keep a close eye on it. **DO NOT LET IT BURN**
3. Once you see that the honey starts to harden and break up you can test a piece by attempting to break it with your fingers. If it snaps, its ready.
4. Once the honey has cooled, use your blender to create a sugary type powder from the dried honey
5. Store in an airtight and dry container away from high heat.

32) Dried Corn

Corn or Maize has been a staple for many years. It contains plenty of Fibre and vitamin C and it's a great idea to add dried corn to your survival foods list.

We can also grind dried corn into flour, for which there are plenty of recipes. Such as:

- Various bread products (cornbread, spoonbread johnnycakes and hushpuppies)
- Cheezies and Cheeto snacks
- Batter for corndogs
- Corn muffins
- Cornmeal pancakes

How to dry your own corn

Equipment

- Pan
- Knife
- Dehydrator or Oven

Method

Step 1 - Remove the corn husks and blanch in boiling water for 3-5 minutes

Step 2 - Slice the corn kernels away from cob using a sharp knife (hold the cob upright)

Step 3 - Spread out the corn onto your drier sheet in a single layer with room between each kernel

Step 4 - Dry at 120 degrees for 12-14 hours until completely hard

Step 5 - Allow to cool and add to an airtight container and store in a cool, dark place.

Canning jars are a great option.

Once you have your dried corn, you can then turn that into corn flour to extend it's use.

How to make your own corn flour:

In the video you can see that it takes 3 passes through the grinder mill to turn what was hard corn kernels into a floury corn that we can use for our favorite...corn bread!

<https://www.youtube.com/watch?v=TV1JbL81HeM>

Freeze Dried Fruits

You know those little pieces of fruit you see in your cereal...well those are freeze dried.

They taste great and maintain virtually all of their vitamin and mineral content when going through the freeze drying process.

The main benefits of freeze dried fruit are:

- They don't spoil
- They are 100% natural
- No chemicals or preservatives
- Easy to pack and store
- Take up very little room
- Hold their nutritional content
- Taste exactly the same as fresh fruit - some may say even better!

You can buy freeze dried fruits online, Amazon stock an [impressive range](#) to brighten up any bland post-apocalyptic meal.

Here is a selection of freeze dried fruits you can buy:

33) Strawberry

34) Mango

35) Banana

36) Pineapple

37) Coconut

38) Raspberries

39) Blueberries

40) Apple

41) Pear

42) Tangerines

43) Tomatoes

Whist they can be expensive to buy, there is a cheaper alternative. Bird feed.

Ok so the fruit that is sold as bird feed is not organic and perhaps hasn't been cleaned as well, however it's super cheap in comparison.

If you are prepping on a budget and are ok with knowing that not everything you will put in your mouth post SHTF will be organic, then go for it.

Jerky

I love jerky! I have made it many times at home both in the oven and also the dehydrator. There is just one problem...it very rarely lasts long enough in our home to make it into the prep stores!

If you're new to jerky you're in for a treat. Jerky is a meat that has been dried slowly over a long period to preserve and prevent spoilage. It will keep for a long time in zip lock bags.

What's important is that you buy meat with a low fat content and prepare the meat well by removing as much of the fat as possible.

There are many types of meat you can use for making jerky, such as:

44) Turkey

45) Beef

46) Deer

47) Elk

48) Caribou

49) Springbok

50) Bison

51) Moose



One 30g portion of jerky packs 10-15g of protein, which is why it's such an important food for us preppers.

How to make your own jerky:

Here are two great video's that show's you the steps:

Making Jerky In An Oven

<https://www.youtube.com/watch?v=MZiRrf2Zip4>

Making Jerky In A Dehydrator

<https://www.youtube.com/watch?v=1D3yGOTUjAo>

52) Dried Milk Powder

Dried or powdered milk is been around for very long time - in fact Marco Polo wrote about it in "The Book of Ser Marco Polo, Book 1")

Nowadays, the process of making powdered milk is by spraying nonfat skim milk, whole milk, or buttermilk into a heated chamber. It almost evaporates immediately because of the very dry and warm environment.

The main reason powdered milk is such valuable item is the very long shelf life. It's quite a large range at least two years but up to 10 or more depending on the brand and the storage environment. If you compare that to fresh milk, you'll see that the there isn't even a comparison.

The other reason is that powdered milk is only about 10% of the weight of regular, hydrated milk. So if you had to travel you're much better off carrying powdered milk than regular milk even if you have the option.

Basically all you need to do with powdered milk is mix-in clean water then you have your reconstituted milk.

In addition you can actually make mixes (like pancake or biscuit mix) where the mixture is flour, baking powder, powdered eggs, powdered milk, and so on, so that all you have to do is add water and you're able to make pancakes, biscuits, or waffles.

This technique is often used by lightweight backpackers and camping enthusiasts.



53) Powdered Eggs

Whole eggs typically store for a few weeks in the fridge or store cupboard. Powdered eggs (which are simple dehydrated eggs) on the other hand will keep for 5-10 years if properly sealed and stored in an airtight container.

There are many advantages to adding powdered eggs to your survival food list.

1. They keep for a decade
2. They are easier to store
3. They reconstitute well
4. They are cheaper to make yourself and you avoid inflation
5. No refrigeration required
6. Require no rehydration when used in baking
- 7.

Powdered whole eggs can be expensive to buy from the store and online. So we prefer to make our own.

How to make your own powdered eggs:

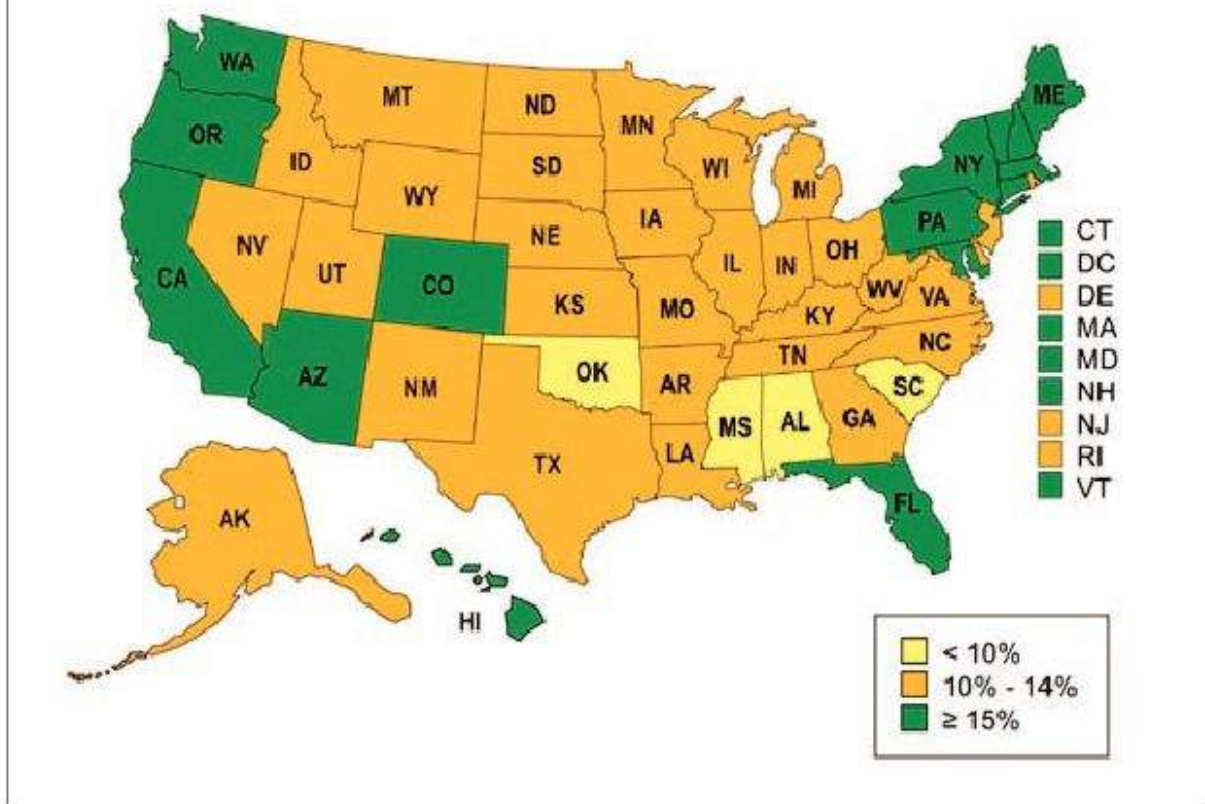
<https://www.youtube.com/watch?v=ppiWt9jvQh4>

54) Powdered Super Greens

We all know we should eat our greens. The trouble is the average American doesn't consume nearly enough dark green vegetables as they should.

Adult fruit and vegetable consumption

Percentage of U.S. adults aged 18 years and older who consumed fruit two or more times per day and vegetables three or more times per day.



Source: State Indicator Report on Fruits and Vegetables, 2009

Image credit: nextlevelnutritionist.com

Because greens help the body to reduce inflammation, detoxify and maintain healthy acid levels, getting enough into your body in a survival situation is vital.

Powdered super greens are considered a supplement, and they come in a variety of forms, powder, capsule and juice form. The best by far is the powdered variety as just 1 scoop of powder is the [equivalent to taking 30-50 capsules](#).

One of the best ways to consume your powdered greens in with a daily 'smoothie', or juice mixed with water or other fruits and vegetables.

Sugar

Yes we know that the SAD (Standard American Diet) has WAY too much sugar already. However for a SHTF scenario you may be ready just to eat about anything. Also you never know when you need that little "pick-me-up".



Sugars are a carbohydrate that can provide a boost of energy when you need it, think of those sports drinks that consist of mainly sugar, syrup and glucose.

They can be used to sweeten foods such as cereal or your morning coffee, however they are also a vital ingredient in preserving foods that would otherwise spoil.

There are a few different types of sugar we can stock:

55) Granulated - Can be used to make jams, marmalades and candied fruit.

56) Milled Sugar - A fine powder such as icing sugar, used for dusting baked goods.

57) Brown Sugar - The same as granulated sugar, however the grains have been coated in molasses to give that dark color. (Also used in baking, confectionary and toffee).

The key benefit for preppers is that sugars will last indefinitely (brown and milled sugar is best consumed within 2 years, but we all know those best before dates are just a guideline right).

Flour

No survival foods list would be complete without flour.

Flour can be used for all manner of things from cooking and baking to ant deterrent and homemade glue.

The main use is of course baking. Items such as bread, cookies, cakes and biscuits will be a real treat in a doomsday scenario - plus they are sure to make you a ton of friends!

Some of the more useful types of flour to store are:

58) All Purpose flour

59) Cornstarch

60) Cornmeal

61) Bean Flour (grind your own dried beans)

62) Self Raising flour (or just add baking powder to plain flour)

63) Semolina

64) Type '00' pasta flour

65) Durum flour

66) Whole wheat flour

How to store flour:

To store flour you should freeze it for around 30 days (below 0 degrees) and add to clean food grade buckets with a sealable lid.

If kept in a cool dry place it will keep for a minimum of 5 years but most likely 10-15 if stored properly.

It is a good idea to bag up portions of the flour into smaller packages before sealing away, that way you can use just the amount you need without breaking the seal on the rest of the flour.

Survival Food – Section 2

GRAINS

40) Durum Wheat

Durum wheat is the hardiest of all the wheats and is most commonly used in one of my favorite foods...[Pasta](#) (spaghetti and macaroni).

It is also used in bread and has the highest protein content of all wheat, which makes it perfect for our [survival food](#) supplies.



Unlike corn flour, durum wheat is processed into semolina which as mentioned above is used in most pasta, but also with [couscous](#) and other cereals.

It is best to buy your own processed Durum wheat as it is cheap and can be stored for a long time in mylar bags with an oxygen absorber.

41) Hard Red Wheat

Like most grains hard red wheat berries have a very long shelf life as long as the wheat stays dry.

We are talking 2+ years and even longer if you can keep them in an airtight container.

Hard red wheat has one of the [highest protein content of all wheat types](#). Each serving has about 6 grams of protein.



You can cook red wheat berries as cereal just like oatmeal.

You can actually sprout it and have it for salads or as a green addition to any meal that you are able to come up with.

Lastly, you can mill the hard red wheat into flour. I keep some of Bob's Red Mill around most of the time and rotate the bag in my cellar so it never gets too old. Bob's Red Mill brand is a great source of organic survival food.

42) Buckwheat

Great news for those with an intolerance to gluten as [buckwheat contains no gluten](#). It is also very low on the Glycemic Index, and provides 155 calories per cup (cooked).



What's interesting about Buckwheat is that it is not a part of the wheat family. It is actually related to sorrel, rhubarb, and knotweed.

Honey bees enjoy buckwheat blossoms and will produce a strong, dark honey. Buckwheat has also been used in alcohol in recent years. As science begins to understand the human body and Gluten becomes more and more scrutinized, we are turning towards gluten free products.

A mash for brewing can be made with Buckwheat, whilst there is also a Whiskey produced in Brittany in Northern France.

Main Uses:

- Buckwheat Pancakes
- Buckwheat Noodles
- Gluten Free Bread

We recommend every prepper home has a grain mill, with which to make you own buckwheat flour.

43) Kamut

I didn't know much about Kamut until recently. [Here are the basic facts:](#)

- Kamut is actually a trademark name for an ancient kind of wheat. Originally the weeds spawned from what is modern day Afghanistan and Iran.
- The cultivar of this wheat is actually called *khorsasan wheat*.
- Cool thing is that this grain is about twice the size of modern-day wheat. **Twice the size.**
- The flavor is usually described as rich and nutty. There are fewer tannins in the husk than regular wheat so khorsasan wheat is less bitter.



As you might imagine the larger kernel means that Kamut has more proteins lipids amino acids vitamins and minerals than our modern day wheat.

Other than that, it can actually be used just as we do our modern durum wheat. So you can make breads, cereals, cookies, and other baked goods, as well as pasta.

You can even make beer with it just like normal wheat.

As far as the nutritional value goes, khorsasan wheat is described as a “high-energy grain” because it has a high percentage of lipids or fat – that's means it provides more energy.

Beware celiacs: khorsasan wheat has more gluten than regular wheat. However if you like your glutens, then this might be the wheat of choice for you!

44) Millet

Millet is another kind of ancient grain – it's basically grass.



It's a very important crop because of its high productivity and short growing season in high temperature and dry conditions.

What does that mean? Well you can grow millet when the environment is not very hospitable.

You're probably thinking, "if millet is so great then why isn't it more commercially available and popular?"

It turns out that [millet is less digestible than other grains like wheat](#). However, that doesn't mean that millet is not valuable grain.

Millet is mostly starchy and does have a similar protein content as wheat. This means that you can use millet in a similar way as other grains, like for porridge, bread, and for use in fermentation. Which means we can make beer out of it.

Along with the other benefits, millet can be a feed for birds and animals. You could also feed millet to hogs and boars. If you planted the millet to raise as a crop then grazing livestock, like sheep, goats, and cattle, would happily graze.

Like all the grains that we have reviewed, as long as you keep millet dry in cool it will last for a very long time. Whatever millet lacks in flavor and nutrition it makes up for in utility in hardiness and that's why it makes the list.

45) Popcorn

It's not just for the movies. [I love popcorn myself](#).

And I have plenty on the shelf right now.



The awesome part about popcorn is that as long as it stays dry, it is basically nonperishable for a very, very long time.

Now, be sure you don't try to keep microwave popcorn in your survival kit. It will have a short shelf life and will be filled with nasty chemicals.

Even if things get really bad, it's still easy to pop some popcorn, flavor it with some powdered butter and have a nice post SHTF treat!

46) Soft White Wheat

Soft white wheat is lower in protein than other wheat varieties. It's used most often for pastries and pie crust because of its lower protein and gluten content. Which makes for a more tender dough and crust.



It can still be used to make bread like normal, hard wheat varieties.

Like the other grains you can store soft white wheat berries in the whole kernel form for longer than the milled form.

You can also prepare soft white wheat similar to cooking beans: soak overnight, drain, and simmer for about an hour or two. Some recipes call for toasting the berries before soaking to get a nuttier, richer flavor.

You can use the prepared wheat berries as a substitute for rice or add to salad, soups, or casseroles. Some people have it for breakfast instead of oatmeal.

47) Oatmeal

Most all of us are [familiar with oatmeal](#). It can be used in cookies, it can be ground into flour, and [can even be used in beer](#).



Oatmeal is very versatile so it's a great thing to have around in case the SHTF.

You do have a couple options and I recommend getting the least processed oatmeal do you can find.

That usually means getting organic, steel cut oatmeal, rather than instant oats. Less process usually means that the shelf life is longer. So skip the single serving packs for long term storage.

They would be fine for short term planning, like under 3 years.

You can, of course, have oatmeal for breakfast – I do that myself. Combine this with some of the other items on our list like nutmeg, cinnamon, maple syrup, or honey and you could have a pretty flavorful breakfast ,even if you don't have many provisions.

48) Spelt

Spelt is another ancient grain and very similar wheat.



The nutritional content is [very close to modern wheat](#) as you would expect, including a small amount of gluten.

In recent years spelt has become more popular, especially in the health food section of your supermarket. In fact, you can get spelt bread in a lot of health food and organic bakeries across the country.

Like many of our other grains as long as you keep the spelt berries dry, they will keep for very long time, usually several years.

You can make porridge, bread, and other baked goods from spelt. You can even ferment then distill the spelt into a vodka-like spirit.

49) Barley

Barley is one of the mass-produce grains. It is massively versatile also...
At my house we use barley for beer most of the time.



You can

also use barley in a [very large number of meals](#). Here are a few examples:

- Barley and lentil soup
- Beef and barley stew
- Barley stuffed peppers or tomatoes
- As a rice replacement
- As an addition to salad
- As a porridge or gruel

Other facts:

- Barley contains **eight essential amino acids** so you can count on it for some protein.
- You can use barley as a **coffee substitute**—roast the barley until it is very dark and you can prepare it like and espresso. If you didn't have that capability you could crush the roasted barley the best that you can and prepare it has coffee. (This was popular in Italy in the first half of the 20th Century.)
- Barley **contains gluten** so it's unsuitable for people with celiac disease.
- Barley can be used as **animal feed**. In fact, half of the barley produced in the United States goes to livestock feed.

50) Oat groats

Groats are the berries of the cereal grains. Oat groats are simply whole kernels from the oat plant.

What's the difference between oat groats and oatmeal?

Oatmeal has been processed more than oat groats. Steel cut oats is simply another name for sliced oat groats.



Bob's Red Mill says this about organic oats:

“Whole Oat Groats take a bit longer to prepare than cut or rolled oats, but the exceptionally hearty flavor and chewy subtlety of this wholesome porridge make it well worth the wait. Use oat groats in place of rice for a hearty pilaf or in a cold grain salad.

Oats are higher in protein and healthy fats, and lower in carbohydrates than most other whole grains. They contain more soluble fiber than any other grain. They also have the best amino acid balance of all the cereal grains.”

In general the less processed a grain is the longer it will keep. You could keep oat groats around longer than you can steel cut oatmeal. That is to say, you're better off keeping the oat groats for long term storage, and if you want to make oatmeal you can mill the whole groats.

51) Quinoa

(It's “keen-wa”, not “qui-no-a” – I didn't know how to say it for a long time!)

Quinoa is seeing a great resurgence in recent years. It's a grain crop but technically it's not a member of the grass family which is an interesting distinction.



Why has quinoa gotten more popular?

I believe it's two main reasons:

- It has a high protein content.
- It does not have gluten.

Quinoa is an ancient grain from South America. It was domesticated 3,000 to 4,000 years ago and does a fine job of growing in dry and somewhat harsh conditions.

Quinoa has a lot of protein compared to many other grains and some people claim that quinoa is the **complete protein**. Quinoa has a diverse set of vitamins, nutrients, and minerals that make it a superfood.

It can be used in place of rice or other grains. I put it on salad all the time as a topping and to boost the protein content.

Here are some tips (from thekitchn.com):

- **How much cooked quinoa does 1 cup dry quinoa yield?** 1 cup dry quinoa yields about 3 cups cooked quinoa.
- **How much liquid do I need to cook quinoa?** To cook 1 cup quinoa, you need about 2 cups liquid.
- **How long does it take to cook quinoa?** 1 cup quinoa will cook in about 20 minutes.
- **How do I make quinoa less bitter?** Nearly, if not all, of the natural bitterness of quinoa's outer coating can be removed by a vigorous rinsing in a mesh strainer.

52) Rye

Rye is a close cousin to wheat and is a part of the grass family. Now, don't confuse *rye*, the cereal grain, with *ryegrass* which is used for lawns, pastures, and hay for livestock.

I bet most of us are familiar with Rye from its bread form— called rye bread, of course.



Rye is versatile like many other wheat-like grains. Rye can be milled into flour, you can also make whiskey or beer with rye. Rye can even be eaten in it's berry form like a porridge similar to oatmeal.

Rye berries can be prepared similar to wheat berries. The basic cooking instructions are to boil rye berries with water and a pinch of salt for about an hour or until they're tender.

You can add them to salads, eat them alone, and that would make a good addition to stews or soups.

DRINKS & BEVERAGES

53) Tea

You can purchase tea in bulk from Walmart or Costco and it will store indefinitely as long as you keep it dry. It stays in a better condition if you can keep it cool, too.

The dried leaves make tea an ideal addition to [our survival foods](#) as they need zero preparation other than being dropped into an airtight container.



A warm mug of tea is a great pick me up when the going gets [tough and like coffee](#), tea contains caffeine, although not in the same quantities, which will help to keep you active and alert.

There are different forms of tea you can buy from the store, such as:

- Tea bags
- Green tea
- Loose tea leaves
- Fruit tea
- Herbal tea

Lots of tea varieties have calming and soothing properties, in particular spearmint, peppermint, and chamomile are great for their natural healing properties.

54) Coffee

Did you know that [54% of American adults](#) drink coffee everyday and that \$4 billion USD is spent on importing coffee into the U.S each year?

Pretty staggering, however I did think that 54% was low - I can't get by without my morning coffee, much like the rest of my family and friends!

There are various forms of coffee you can store to make sure you don't have to go without that morning fix:

- **Freeze dried (instant)** - the easiest to store and prepare.
- **Coffee beans** - some say to freeze the beans before storing, however either way works.
- **Ground coffee** - pre ground and requires a filter, however also easy to store.



How to store coffee

To ensure you get the best coffee you can after years in storage there are a few simple rules to follow:

1. Store away from moisture
2. Store away from heat
3. Store away from light
4. Store in an airtight container
5. Use a container made of glass, ceramic or a non-reactive metal
6. Keep away from strong smells (they can be absorbed by the coffee)

55) Beer



Alcohol may be a vice in the normal world but the reality is that beer will be a bartering tool, a source of calories, and a source of clean hydration when the SHTF (although alcohol does dehydrate you when consumed in quantity!)

You need 4 things to make beer:

1. Yeast
2. Malted Barley
3. Hops
4. Water

<https://www.youtube.com/watch?v=jaDQ6S6p6Wk>

56) Dried Brewers Yeast

Back before municipal water supplies **beer was the main source of clean water.**



Even the kids had a very low alcohol version to drink. The alcohol, even at low levels, keeps the pathogens at bay, plus hops are a natural preservative on their own.

In addition, the same yeast can be used to make bread and other fermented beverages, like hard cider, perry, or even mead.

If you take it one step further, you can distill the beer, cider, perry, etc... and have a potent elixir that is portable.

Keep a couple of the small 11g packets on hand. Once you make a batch of beer, you can reuse the yeast cake at the bottom for more fermenting, baking, supplements, etc...

You can even feed the yeast cake to cats. (Don't feed to your dog though since hops are potentially dangerous to some dogs.) The yeast cake is the left over yeast after the beer is fermented.

57) Malted Barley

The malted barley provides the sugar and nutrients to the yeast so that the yeast can make alcohol and carbon dioxide.



The malting process is beyond the scope of this article. In general, you let the barley germinate and then you dry it out.

If you want to learn more, [check this article](#) from Brew Your Own magazine.

(From the link: “A maltster sprouts whole grain and adds a little heat to create the malts used in brewing. If you have a kitchen oven and large baking pan and can read a thermometer, then you possess all the equipment and skills required to make your own malt from scratch.”)

You could keep different kinds of malts to make different kinds of beers but in most cases one malt would be fine, like American 2-Row.

You can also use the barley to supplement breads, baked goods, energy bars or stews. Barley is full of carbs & nutrients so it is versatile.

58) Dried Whole Hops

Hops add bitterness and flavor to beer and bring their antimicrobial properties to the table.

Brewers started using hops in beer after people realized that the **beer that contained hops resisted spoilage.**



Hops are normally used in the boiling phase of beer brewing. Hops are part of the cannabis family making them a close cousin to marijuana. To that point, hops can be used as a calming agent.

It was once popular to fill pillows with [whole hops to help fight insomnia](#).

The reasonable shelf life for brewing beer is about 1 year but in a pinch you could brew with them beyond that point and still take advantage of the antimicrobial properties.

59) Pelletized Hops

Hop pellets have all the same properties and benefits as the whole hops. As you can guess by the name, these hop pellets are small, compressed pellets of hops.



The main benefit is that the hop pellets are about 10 - 25% more concentrated compared to the whole hops.

The shelf life is longer for pellet hops because they have a smaller surface area. Hops go bad due to oxidation so the less contact with air, the better.

In either case keeping the hops cold, even frozen, will make them last for very long time.

6o) Wine Yeast

Alcohol can be a valuable trade product and may be used as a currency in a survival situation. We can see most wine yeast to ferment any sugar-laden fruit juice or liquid.

So, if you have an orchard of sour tasting crabapples, never fear – those will make some hard cider that you can be proud of.

I keep a strong “workhorse” yeast in my stores. It’s called Lalvin EC-1118 and it is normally used to make Champagne. We won’t be making any of that!

EC-1118 can work in inhospitable conditions and tolerate up to 18 - 20% alcohol.



In a pinch, you could use some of the yeast after fermentation to bake bread. It will taste a little different, more like sour dough than standard bread.

The shelf life is a couple of years and longer if you keep the packet cool. Most packs of wine yeast are 5 grams and very cheap at about \$1 a packet.

PREPACKAGED FOODS

Pre-packaged foods can be a great way to have some variety in your emergency pantry. There are dozens of different kind of prepackaged meals and we will highlight just a few. Nearly all of the prepackaged meals have a very long shelf life.

They are still good a significant time after the expiration date – at least one to two years and sometimes even more.

As normal, it depends on the temperature in ensuring that the box and food inside the box stays very dry.

In most cases prepackaged foods that have a dry flavor pack last much longer then foods that have a concentrated sauce. (I.E. Like the mac & cheese it comes with cheese sauce in a foil pack.)



61) Macaroni & Cheese

[Macaroni and cheese](#) is [a great comfort](#) food to keep in the emergency pantry. It is high in carbs and has a reasonable amount of fat to help you stay full.

And, most kids love it!

62) Hamburger Helper

We listed [Hamburger Helper](#) here since it's the most popular of the Betty Crocker line. They also have [Chicken Helper](#) and Tuna Helper.



The

great things about the Betty Crocker Helper line of products is that they pair well with canned meat products.

You can keep canned chicken or tuna, or prepackaged pouches of ground beef in your emergency pantry and you'll be able to make the Helper meals with no problem. I've taken a pouch of ground beef with hamburger helper on a camping trip it was a great meal.

63) Ramen Noodles



Ramen noodles are cheap and they seem to last forever. We are talking about the [instant noodle variety](#). They have the benefit of being very dry and flavorings are well packaged in a foil pouch.

As an added bonus, Ramen Noodles are high in carbs for energy. If you need to travel by foot for some reason, Ramen noodles are good thing to take because they're light and don't take up much space. In fact I've taken Ramen noodles on backpacking trips for that very reason

64) Jello



Technically, Jell-O is a trademark for for gelatin desserts made by Kraft. You can get any brand though.

The great part about Jell-O is that it has a very long shelf life, like basically it will last forever as long as it stays dry.

The other big advantage may seem silly at first. There are many, many flavors of gelatin desserts that will be a welcome change to the seemingly bland flavors of other foods with a long shelf life.

65) Protein Powder

Whilst not technically a food, during harsh times items such as protein powder can work as a meal supplement to provide your body with the vital protein you will need to survive.

If one good thing has come from the body building boom it is that Protein Powders are now very affordable. They will also store well if kept in a sealable pouch (which they often arrive in), away from moisture.

Typically the expiration dates on store bought protein powder are around a year after the manufacturing date. The best way to test your powder is to smell it to see if has an odd odour and taste a little bit on your finger. If it tastes funny then it's off.

Protein powder can be added to water to make a drink. I suggest you get the flavored powders for this as the plain stuff tastes pretty vile when just mixed with water.

A better solution would be to mix it in with your milk powder and add cold water. This will make a protein packed milkshake that tastes great.

66) Protein Bars

Protein bars are a ultra-convenient way to get protein-based calories in a convenient form. I rotate a box of protein bars from my emergency pantry to my kitchen pantry to keep a fresh batch around at all times.

Protein bars and other similar bars are so versatile that I keep them in my emergency kit in the car, in my *go-bag* in the house, and I keep a spare in my hiking backpack as well. Since they are prepackaged and have some amount of preservatives, the shelf life for protein bars is usually multiple years. Always be sure to check the expiration date to make sure you know what you have available.

We say protein bars because that's a common phrase used to describe a class of products. Also included are energy bars where most of the calories come from carbohydrates.

They're meal replacement bars that have a more balanced caloric profile – meaning they include some nutrients, vitamins, in general they have calories more similar to an actual meal.

The point is get the right kind of nutrition based on what you need. Meal replacement bars are always a safe bet since they are the most balanced.

67) Unsweetened Cocoa Powder

We are talking about the stuff that we use for [baking most of the time](#), not the sugary, prepackaged hot beverage. (That stuff is tasty.)

The nice thing about having cocoa around is that you can make some comfort foods during a stressful situation. That may be for a special occasion where you bake a cake, like a birthday or an anniversary.

The shelf life can be two or more years beyond the expiration date. The main thing is to keep the cocoa powder dry. The cooler the better, too, so if you have a cellar then the cocoa would be at home there.

68) Hard Candy

Hard candy is used by the military in their MRE's and also the UK '24 hour ration packs'. The reason being is the hard candy will keep well forever without turning bad and it provide both energy from the sugar and acts as a moral booster.

You can buy your candy from the store, however if you have kids it can be a great activity to do at home.

How to make Hard Candy:

<https://youtu.be/fZwPhSCILLI>

What's great about the DIY hard candy is that you can add any flavorings or colorings that you and finish them off with either powdered or granulated sugar for that extra kick!

Nut Butters

When you think of a nut butter, the most likely one that pops into your head is peanut butter, right?

Well, that would be a [great choice for your stores due to it's nutritional value](#):

69) Peanut butter

Calories - 588

Carbs - 20g

Fat - 50g

Protein - 25g

Just 100g of peanut butter will provide 50% of your daily recommended protein intake and around 25% of your daily calories.

It's no wonder it's a staple of many preppers, they understand it's value as a survival food.

There are however alternatives to peanut butter, some of them are new to me too!

70) Almond Butter

Calories - 633

Carbs - 21g

Fat - 59g

Protein - 15g

Almond butter is actually considered better for you than peanut butter due to vitamin and mineral content. In particular, almond butter has higher levels of vitamin E, magnesium, iron and fiber.

How to make almond butter at home:

<https://www.youtube.com/watch?v=SoauQcSeEwM>

Here are a few other butters you can either make yourself or

71) Cashew butter

72) Hazelnut butter

73) Macadamia nut butter

74) Pecan butter

75) Pistachio butter

76) Walnut butter

77) Pumpkin seed butter

78) Sesame seed butter (tahini)

79) Soybean butter – (soy nut butter)

80) Sunflower seed butter

Survival Food – Section 3

PASTA & RICE

Pasta

Italian is one of my favorite cuisines and I love pasta. There are so [many types to choose](#) from it's great to experiment with and find which pasta works best with which sauce or meat.



Some of the types of pasta we can buy from the store include:

81) Spaghetti

82) Macaroni

83) Fusille

84) Cannelloni

85) Tagliatelle

86) Tortellini

87) Linguine

88) Lasagne

However, it wasn't until I discovered fresh pasta that I really fell in love. Making your own pasta is easy and it tastes so much better than the dried store bought packets. Plus it gives you an excuse to buy another hand-powered tool...a pasta machine!



How to make your own pasta:

You can pick up pasta machines from Ebay or Amazon for around XX and they make the job so much easier. I feel for Nonna's of Italy making it all by hand, I guess if you have a survival and preparedness group you could all get involved!

Here is a great video which shows you how to make your own pasta:

Step 1

<https://www.youtube.com/watch?v=ESz55eORW44>

Step 2

<https://www.youtube.com/watch?v=IKe3uatYLmo>

Making fresh pasta for 4 people

Tools

- Pasta machine
- Bowl
- Spoon and Hands

Ingredients

- 50g semolina or durum wheat flour (plus more for dusting)
- 150g tipo (type) '00' flour
- 2 Eggs

Method

Step 1 - Combine both the durum wheat flour and the [type '00' flour](#) to total 200g of flour

Step 2 - Crack in 2 whole egg and mix with a spoon until it begins to clump together

Step 3 - Continue to mix the dough with your hands to combine the flour and eggs into a ball

Step 4 - Place the pasta onto your work surface or cutting board and knead with both hands, stretching the pasta away from you with one hand, and hold it in place with the other.

Step 5 - After 5-10 minutes you will be left with a silky, golden yellow ball of pasta which springs back when you touch with your finger

Step 6 - Wrap the pasta in cling and place in the fridge for 30 minutes - it will keep for up to 1 week if placed inside of a paper bag

Step 7 - Start to roll the pasta through your pasta machine, starting on the widest setting. Double the pasta over a few times to get the elasticity going

Step 8 - Repeat step 7 a few times, each time reducing the setting on your pasta machine to achieve the required thickness

Step 9 - Cook your pasta in a pan of boiling salted water (do not use oil) for 2-3 minutes max

89) Couscous



[Couscous is a primarily North African](#) dish which is very easy to store away for longer term preps and also easy to prepare. It is often used to accompany meat or stews and make a great meal if combined with vegetables such as carrots, peas, and potatoes.

Couscous is a semolina or bulgar wheat and is prepared by steaming or simply adding hot water if you buy the 'instant' store bought packets. If you opt for the plain 'uncooked' variety, your flavor options are only limited to what herbs and spices you have in your survival foods pantry!

One cup of Couscous contains 176 calories and 6g of protein, making it a [lightweight alternative to rice and pasta](#).

PRE-PACKAGED

90) Coconut Oil



Coconut oil is an amazing oil that all preppers should stock. Because of its high saturated fat content (which [isn't the cause of heart disease](#) and high cholesterol as you may think), it keeps for a few years before going bad.

Because of its high fat content, coconut oil provides a whopping 120 calories per tablespoon. So it is a vital and recommended survival food.

Coconut oil is also tolerant of high heat, unlike Olive Oil which is susceptible to oxidative damage when heated. As a rule of thumb, you should cook using coconut oil and use olive oil in cold foods such as salad dressings etc.

Also despite the name, coconut oil in no way tastes like coconut - so it will not spoil your food!

There are [also 101 alternative](#) uses for coconut oil, here is just a sample:

- Sun screen
- Skin lotion
- Coffee creamer
- Toothpaste
- Baby cradle cap
- Soap
- chapstick
- Eczema
- Cracked skin
-

As you can see, coconut oil comes has many uses which would come in handy in a survival situation.

91) Krill Oil

[Krill Oil is more than just a fad](#). Having seen it on Dr Oz and all those infomercials spouting it as the next miracle cure for every ailment...well lets just say that's BS.

What Krill Oil IS good for is for maintaining a healthy heart and brain, regulating cholesterol and blood sugar levels and generally being rich in those omega [3 fatty acids](#) which we all know are great for us.

The are actually not a food but a supplement, kind of like a vitamin tablet you would take every day such as vitamin c or cod liver oil.

Krill oil capsules have a typical shelf life of 3 years, so buying in bulk can reduce costs and if you use them daily you can replenish as you use them.

92) Pickled Okra

Okra isn't for everyone. The okra pods have sort of a "goo" on the inside some people use that to its advantage for things like stews or gumbos.

The pickled versions don't have any of sliming this at all. They're just tart in

the

crisp and crunchy all the things you would expect in a pickle.

The first time I saw a pickled okra it was a convenient store in southern Georgia.

It didn't look good to me at the time. Fast forward a couple years when I developed a more refined palette...I saw these pickled treats at a vegetable stand.

I bought a jar and the rest is history. It turns out that pickled pickled okra really hits the spot if you're in the mood.

The great thing is that okra grows like a weed in the right regions like the southern US. And even if you were in a Northern climate the long summer days provide plenty of growing time for okra.

So if you have the opportunity to grow okra you may have a large bounty that [you can pickle and save for leaner times](#). Okra has some rich nutrients that you may not be able to get elsewhere, like [vitamin C, folic acid, potassium and magnesium](#).

93) Pickles

Pickles can provide some variety in flavors in a survival situation.

One of the [nice benefits about pickles](#) is that they have a salty and acidic environment within their storage container. That means Their shelf life be quite long.

If you're considering store-bought pickles the shelf life may only be a 1 - 3 years, but if you make the pickles yourself and store in a cooler temperature like a cellar then the shelf life can be much longer.

How long? It could be over five years or more, depending on the storage environment.

Pickles that have spoiled will usually have some visual signs, like discoloration.

Something brown or black on the pickles or on surface of the pickle liquid. Or if your jars have domed or rounded lid you know that something has gone wrong in the sealing or pickling process and you should not eat those pickles.

94) Vinegar



can

the

[Vinegar is a key ingredient](#) in our preps and since you're reading this and interested in survival I am sure you've heard of the term canning before?

Canning involves preserving food inside of glass jars or cans. In the case of vegetables, vinegar is the ingredient that does the actual preserving for us and means we can eat food that would have otherwise deteriorated a long time ago.

Food that has been preserved in vinegar can last years in the pantry, often 5-10 years+. Other uses for vinegar include salad dressing and marinades. However there are many different uses for vinegar outside of the kitchen.

Vinegar has been found to be great for:

- Washing fruits and vegetables
- As a household cleaning agent
- Removing wallpaper
- Unclogging drains
- Polishing silver, copper and brass
-

Most of the applications above call for the vinegar to be diluted with water beforehand due to the high acid content of vinegar.

Some of the other types of vinegar you can stock are:

- Apple cider
- Balsamic
- Coconut
- Date
- Distilled
- Kombucha
- Malt
- Red
- Rice
- Sherry
- White
- Wine

95) Vanilla Extract

Vanilla extract? I know what you're thinking...

"Are we prepping to bake cookies?"

Vanilla extract is definitely a "nice to have", not a critical item.

If you have the space and the resources, why not keep an item like vanilla extract in your emergency pantry, right?



It obviously would not be something that you use every day. But vanilla extract could come in handy for special occasions, like if you needed to celebrate a birthday for a family member.

In addition you may be able to add some variety to help raise morale in your family unit during tough times.

Pure vanilla extract can be expensive at the grocery store. You can make your own for way cheaper and it's remarkably simple. You basically just need some vodka vanilla beans.

It's easier to see the process instead of read it – check out the video below.

<https://www.youtube.com/watch?v=gwOXEy5jK8s>

96) Sauerkraut

I know sauerkraut is nothing to get excited over, after all it's just cabbage right. However adding it to your food preps is a great idea as it has a very long shelf life and brings a new dimension to rehydrated veggies and canned meat dishes.

As sauerkraut has been fermented and preserved it will typically last for years.

Some of the other benefits of sauerkraut include:

- Great source of vitamins and minerals
- Has been used to treat stomach ulcers
- Used to treat canker sores
- Inhibit the growth of cancer cells
-

As with most of my food stores, I try to make my own where necessary. Making your own sauerkraut is really easy.

<https://www.youtube.com/watch?v=AABYu1Lb8GM>

Homemade Sourkraut Steps

Ingredients

- Cabbage (Red or Green)
- Salt (Sea or Rock)

Equipment

- Knife or food processor
- Food grade bucket with lid

- Grater
- Plate
- Weight (pestle or large wine bottle)

Method

Step 1 - Prepare your cabbage by removing outer layer of leaves and the ends

Step 2 - Slice the cabbage in half and remove the cores

Step 3 - Thinly slice or grate the cabbage and add to your bucket

Step 4 - Add salt in batches and stir well - you can add a little water to help the fermentation process

Step 5 - Add plate on top of salted cabbage and place weight on top of plate to compress

Step 6 - Place the lid over the top of the bucket to keep out dust and oxygen

Step 7 - Let nature take its course and store the bucket in some place cool and dark

Check in from time to time and you will see the water/brine start to come out of the cabbage until this completely covered. This is then it is about ready to can and store.

97) Tomato Paste

Tomato paste is often used to thicken up sauces and provide great depth of flavour.

By making your own tomato paste you will know exactly what has gone into your your food, which is more than can be said for the store bought varieties, which often add sugar and salt to make last longer.

How to make tomato paste:

This one is for those of you who like to cook and make you own things. It takes a while to get to the finish product, but most of that time is spent waiting and relaxing!

<https://www.youtube.com/watch?v=vfZ7XYWEuGA>

Homemade Tomato Paste Steps

Step 1 - Bring 1 pan of water to the boil

Step 2 - Prepare another pan of cold water

Step 3 - Wash and prepare your tomatoes and score an "X" in the bottom of each tomato

Step 4 - Place tomatoes into boiling water and cook until the skin starts to peel away

Step 5 - Add the cooked tomatoes directly into the cold water for 10 minutes to stop the cooking process

Step 6 - Remove the core and the skins from the tomatoes and add to a blender

Step 7 - Blend the tomatoes into a sauce and then pour into a food grinder and process to remove all of the seeds (you could do this using a sieve by pressing the tomatoes sauce through and leaving the seeds)

Step 8 - Add 1 teaspoon of salt to the sauce for every 5 tomatoes used

Step 9 - Add no more than 1 inch of sauce to a large pan and bring to the boil

Step 10 - Once at a boil, bring the temperature back down and simmer the sauce and stir frequently

Step 11 - You can leave the sauce to reduce down for 3-5 hours, checking regularly and stirring

Step 12 - After 3-5 hours you should will left with a really nice, silky tomato paste

To store your paste either add to small containers and freeze, or you can even use ice cube trays to make smaller serving portion sizes.

Canning

We'll explore a couple areas around canning. Cans you get at the grocery store, i.e. mass produced, and home canned goods.



First, canned goods made by big facilities for food production companies will be fine in many cases. In fact, most canned goods can last for many years depending on the specific food and storage environment.

In general, you should look at the can then check the expiration date.

Simple, right?

It's usually one or more years.

You can stock your emergency pantry with canned goods. And, take the canned goods from your emergency pantry and put it into your normal, kitchen pantry.

Whenever you get new items you can put the new inventory into the emergency pantry to keep the cycle going.

This is a first in, first out approach, also called FIFO. That way you can keep relatively fresh food in your emergency pantry.

The second area is home canning. Home canning helps preserve fresh foods for longer.

Fresh foods will spoil or lose quality for several reasons:

- Bacteria, molds, and yeast may start to take hold on the fresh food.
- The food may have natural enzymes that accelerate the spoiling process.
- Foods may oxidize – That is they react with oxygen and darken in color.
- Or, they may lose moisture.

When you can an item you do need to make sure

- You using fresh food.
- Hot process a lot of the foods.
- Adding acids like lemon juice or citric acid or vinegar to the foods (especially meats and other low acid foods).
- Using high-quality jars and lids to ensure a proper seal.



If you follow the *right process* for the *right foods*, then you'll be able to store these canned goods and preserve them for much longer than any of the fresh foods.

If you follow the *right process* then you'll avoid issues that may arise with can't foods, like botulism. The key thing to consider is whether or not the food item it's classified as **low acid** or not.

Here's a short section from [National Center for Home Food Processing and Preservation \(NCHFP\) at the University of Georgia...](#)

I can't say it any better than they have below:

“

Low-acid foods have pH values higher than 4.6. They include red meats, seafood, poultry, milk, and all fresh vegetables except for most tomatoes. Most mixtures of low-acid and acid foods also have pH values above 4.6 unless their recipes include enough lemon juice, citric acid, or vinegar to make them acid foods. Acid foods have a pH of 4.6 or lower. They include fruits, pickles, sauerkraut, jams, jellies, marmalades, and fruit butters.”

Botulinum spores are very hard to destroy at boiling-water temperatures; the higher the canner temperature, the more easily they are destroyed. Therefore, all low-acid foods should be sterilized at temperatures of 240° to 250°F, attainable with pressure canners operated at 10 to 15 PSIG.

Here is a quick overview of the canning process:

<https://www.youtube.com/watch?v=uMUF1kg39oM>

Here are some canned foods to consider...

98) Canned Vegetables & Fruits



Canning a great way to preserve crops that you grow or harvest. I know I've had huge tomato or pepper yields from my home garden. So many fruits and vegetables that it's more than a family could eat.

So can your fresh foods so you can have it during fall or winter. This is a HUGELY valuable skill to have in a long term survival or emergency situation.

If you don't have a garden the mass produced canned items can be staples in your emergency pantry.

99) Canned Beets



They hold up pretty well to the canning process. They can be added to salads or consumed alone.

100) Canned Corn

This is a staple in my household. Corn stands up on its own any can be added to soups, stews, casseroles, etc.

101) Canned Green Beans

The canned variety is not nearly as good to my palate has fresh green beans. But in the winter canned green beans will do just fine.

102) Canned Peas

I feel the same about peas as I do green beans. Canned peas are good when there aren't any fresh peas available.

103) Canned Mushrooms

I've never grown mushrooms myself but the mass produced varieties do make a nice addition to some salads, stews, or casseroles.

104) Canned Tomatoes

I normally prefer fresh tomatoes. But I actually find canned tomatoes can be of higher quality than many of the fresh varieties that I find at my local grocery store. The canned tomatoes are the perfect level of ripeness almost every time.

104) Canned Peaches

Canned peaches are great, and I remember them from school lunches when I was a kid. It's a great way to preserve a large bounty of fresh peaches.

106) Canned Pineapple

Most of us don't live in an area where pineapples grow natively so we will be considering the mass produced version of canned pineapple. (I'm jealous if you live in a place for pineapples grow naturally, like Hawaii!) In an emergency, situation canned pineapple can be a nice source of sugar or might be saved for a special occasion.

Canned Meats

In almost all cases canned meats are not as flavorful or enjoyable as your fresh counterparts. However, in almost all cases, canned meats are awesome sources of protein. Some canned meats can be quite lean while others might be filled with calories from fat – which is not necessarily a bad thing. Fat has a lot of energy and can help you feel full and satisfied.

Here are a few choices in literally what I have on my shelf in both my kitchen and emergency pantry.

107) Canned Chicken

108) Canned Tuna

109) Canned Salmon

110) Canned Tuna

111) Canned Sardines

Bouillon Cubes

Chances are you already have these in your store cupboard. Bouillon cubes are a dehydrated stock that as a handy ingredient inside of the kitchen. I also add them to my homemade MRE's and dehydrated trail food to add extra flavour.

They store very well if kept away from heat and humidity. They are safe to consume after many years, however their flavour and intensity may deteriorate over time.

Bouillon cubes come in a variety of flavors:

112) Chicken

113) Beef

114) Vegetable

115) Lamb

These small cubes can make a warming drink or soup on cold days. just add some dehydrated veggies, boiling water and let the veg rehydrate for 10-15 minutes.

They make a great addition to your bug out bag and are great food for when you are 'on the go'.

116) Pasta Sauce

With pasta being one of our top recommended survival foods, eating it without any sauce would be tough going. Each time I visit the supermarket I pick up at least 2 jars of tomato sauce to add to my preps.

I use the rotation system, so they go to the back of the cupboard and I use those at the front next. It's a great system that ensures we have pasta sauce when we need it.

The chances are during a SHTF scenario you won't have a lot of time to cook, nor will you have lots of ingredients. This is where pasta sauce comes in.

It's quick and easy to heat up and just spoon over pasta, rice or even meat.

How to make your own pasta sauce:

Check out this great video from Linda on homemade and canned pasta sauce.

https://www.youtube.com/watch?v=IuLQoiqq_Rw

Nuts and Seeds

Nuts

Nuts are great for you, they contain lots of protein are low in carbs and have plenty of the good fats (Omega 3).

There is a downside to storing nuts, and that is their high fat content. As you know, fat will go rancid over time and as such they will only store for up to a month at room temperature.



We can [increase their shelf life considerably](#) by placing them into an airtight container and storing in the fridge for up to 6 months or the freezer for 12 months.

Some of the types of nuts you should store include:

In order of calories per 1 oz serving

117) Macadamia - 204 calories

118) Pecans - 196 calories

119) Pine Nuts - 188 calories

120) Brazil - 186 calories

121) Walnuts - 185 calories

122) Hazelnuts - 178 calories

123) Almonds - 163 calories

124) Peanuts - 159 calories

125) Pistachios - 159 calories

126) Cashew - 157 calories

Not all nuts however are created equal. Peanuts for example are less than desirable where your nutrition is concerned.

Here's a snippet from MarksDailyApple.com

“Peanuts are often said to have the highest concentration of aflatoxins, and they are among the most heavily (pesticide) sprayed food grown”

So peanuts are high in Omega-6 which is we already have plenty of in our diets as it is. There is a reason that peanuts are substantially cheaper than the others!



Still when it comes to a survival food and just general everyday snacking, nuts are a great source of protein and good fats. Far better than the trans-fat laden alternatives we have available to us today.

There are a ton of foods you can make with nuts and plenty of recipes out there. Some of my favorites are:

- Peanut Brittle
- [Trail Mix](#)
- Nut Butters (I love almond butter)

Seeds

Nuts and seeds go together very well as a survival food. They are both portable and convenient and are a great snacking option and can provide that boost of energy just when you need it.



Much like nuts, keeping seed in an airtight container in the fridge or freezer will greatly extend their shelf life.

Some of the types of seeds you should store include (calories per 1oz serving):

127) Flax - 150 calories

128) Sesame - 160 calories

129) Pumpkin - 151 calories

130) Chia - 137 calories

131) Sunflower - 164 calories

Making your own nut & seed mix is a great way to add a diverse set of flavors, textures and indeed a high dosage of energy giving calories.

