

One Year Supply Guide

Suggested Amounts of Basic Foods for Home Storage-Per Adult for One Year

Basic Food Storage		Extras	
Grains	300 lbs.	Fruits	185 lbs. Family Totals
Legumes	60 lbs.	(Veg) Vegetables	185 lbs. Family Totals
Powdered Milk	16 lbs.	(CE) Cooking Essentials	8 lbs. Per Person
Cooking Oil	25 lbs.	Meats/Meat Substitutes	20 lbs. Per Person
Sugar or Honey	60 lbs.	(Aux.) Auxiliary Foods	-
Salt	8 lbs.	(Cond.) Spices/Condiments	-
Water (2 wks.)	14 gallons	<i>Quantities are estimates and should be adjusted to individual needs & life.</i>	

Food Storage Item	Amount	Shelf Life	Storage
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GRAINS:	300 lbs.+	*Keep all grains away from weevil & rodents!	
Cereal	5 lbs./5 boxes cereal	2-3 years	Dry & weevil proof
Cornmeal	10 lbs.	30 years+*	*See below
Flour	75 lbs./ 3 bags(25lb.)	8-10 years	Dry & weevil proof
Mixes (pancake, muffin, etc.)	10 lbs.	2 years	Dry & weevil proof
Oats	20 lbs./ 7 (48oz.)bag	30 years+*	*See below
Pasta	40 lbs./40 bags(1lb.)	30 years+*	*See below
Rice	40 lbs./ 2 bags(20lb.)	30 years+*	*See below
Meat	100 lbs./4 bags(25lb)	30 years+*	*See below

*According to the LDS church website, www.providentliving.com it states:
 "Properly packaged, low moisture foods stored at room temperature or cooler (75 F or lower) remain nutritious and edible MUCH longer than previously thought according to findings of recent scientific studies. Estimated shelf life for many products has increased to 30 years or more." See website for more detailed information.

LEGUMES/BEANS:	60 lbs.	*If beans are DRIED, they will last over 30 years!	
Black Beans	10 lbs./10 cans	Canned/ 2 years	Cool, dry place
Chili	5 lbs./5 cans	Canned/ 2 years	Cool, dry place
Kidney Beans	10 lbs./10 cans	Canned/ 2 years	Cool, dry place
Lentils	5 lb. bag	30 years+	Cool, dry place
Pinto Beans	15 lb. bag/15 cans	Canned/ 2 years	Cool, dry place
Pork n' Beans	5 lbs./5 cans	Canned/ 2 years	Cool, dry place
Refried Beans	10 lbs./10 cans	Canned/ 2 years	Cool, dry place

MILK/DAIRY:	16 lbs.		
Evaporated Milk	2 lbs./ 3 (12oz.) cans	2 years	Cool, dry place
Other	1 lb.	Expirations	Cool, dry place
Powdered Milk	12 lbs.	20 years+	*See Above Statement
Retened Condensed	1lb./2 cans	2 years	Cool, dry place

SUGAR:	60 lbs.		
Brown Sugar	6 lbs./ 3 (32oz.)bags	2 years+	Tightly sealed & dry
Corn Syrup	1 lb.	2 years+	Sealed

Honey	3 lbs.	Indefinite	Cool, tightly sealed, dark
Jam/Jellies	3 lbs./3 jars	2 years	Cool, tightly sealed, dark
Jello	1 lb./6 (3oz.) boxes	18 months	Cool & very dry
Maple Syrup	3 lbs./2 bottles	2 years	Cool, dry place
Molasses	1 lb.	2 years	Cool, dry place
Powdered Sugar	6 lbs./ 3 (32oz.)bags	2 years+	Tightly sealed & dry
Pudding	1 lb./6 (3oz.) boxes	18 months	Cool, dry place
White Granulated Sugar	35 lbs.	Indefinite	Tightly sealed & dry

OILS/FATS:		25 lbs.	
Butter	2 lbs./2 (1lb.) boxes	1 year in the freezer	Freezer
Cooking Oil (Veg., Canola, etc.)	5 lbs./1.5 (48oz.) oils	2-3 years	Cool, dry place
Margarine	2 lbs./2 (1lb.) boxes	1 year in the freezer	Freezer
Mayonaise	4 lbs./2 (32oz.) Jars	1-2 years/expiration date	Sealed, dark & cool
Olive Oil	3 lbs./ 1 (48oz.)	1-2 years	Sealed, dark & cool
Peanut Butter	4 lbs./4 (18oz.) jars	4 years	Sealed, dark & cool
Salad Dressing	2 lbs./ 2 (19oz.) jars	1 year	Sealed, dark & cool
Shortening	3 lbs./ 1 (48oz.) tub	2-3 years	Cool, dry place

SALT:		8 lbs.	
Salt	8 lbs.	Indefinite	Sealed & BONE dry

WATER:		28 gallons (2 week supply)	
Drinking	14 gallons +	1 year	No contact w/ cement.
Washing/Cleaning	14 gallons +	1 year	No contact w/ cemen

MEATS/SUBSTITUTES:		20 lbs.	
Canned Chicken	2 lbs./5 cans (6oz.)	2 years	Cool, dry place
Canned Tuna	5 lbs./13 cans (6oz.)	2 years	Cool, dry place
Canned Turkey	1 lb./2 cans (6oz.)	2 years	Cool, dry place
Chicken Noodle Soup/Meat soups	2 lbs./2 cans (15oz.)	2 years	Cool, dry place
Clams	.5 lbs./2 cans (4oz.)	2 years	Cool, dry place
Spam	1 lb./2 cans (8oz.)	2 years	Cool, dry place
Stew	2 lbs./ 2 cans	2 years	Cool, dry place
Vienna Sausages	.5 lbs./2 cans (4oz.)	2 years	Cool, dry place
TVP	1 lb.	20 years	Cool, dry place
Fresh Meat/1 month supply/Freezer:			
Bacon	1 lb.+	1 year/freezer	Freezer bags/containers
Beef/Roast	1 lb.+	1 year/freezer	Freezer bags/containers
Chicken	1 lb.+	1 year/freezer	Freezer bags/containers
Pork	1 lb.+	1 year/freezer	Freezer bags/containers
Sausage	1 lb.+	1 year/freezer	Freezer bags/containers
Seafood	1 lb.+	1 year/freezer	Freezer bags/containers

FRUITS:		185 lbs. (Totals for the ENTIRE family)	
Applesauce	36 lbs./ 36 cans	2 years	Cool, dry place
Dry Fruit (raisins, coconut, apples)	17 lbs./ 17 1lb. Bags	2 years	Cool, dry place

Fruit Cocktail	12 lbs./ 12 cans	2 years	Cool, dry place
Mandarin Oranges	36 lbs./52cans(11oz)	2 years	Cool, dry place
Peaches	24 lbs./ 24 cans	2 years	Cool, dry place
Jars	24 lbs./ 24 cans	2 years	Cool, dry place
Apple	36 lbs./45cans(20oz)	2 years	Cool, dry place

VEGETABLES: 185 lbs. (Totals for the ENTIRE family)

*If vegetables are dried and packaged properly they will last anywhere from 18-24 months, or longer.

Beets	1 lb./ 1 can	2 years	Cool, dry place
Carrots	5 lbs./ 5 cans/or dried	2 years	Cool, dry place
Corn	24 lbs./ 24 cans	2 years	Cool, dry place
Green Beans	24 lbs./ 24 cans	2 years	Cool, dry place
Green Chilies	3 lbs./ 12 cans(4oz)	2 years	Cool, dry place
Instant Potatoes	30 lbs.	30 years+*	*See Above Statement
Mixed Vegetables	5 lbs/5 cans (15oz.)	2 years	Cool, dry place
Mushrooms	1 lb./ 4 cans (8oz.)	2 years	Cool, dry place
Onions	5 lbs.	18-24 months	Cool, dry place
Peas	6 lbs./ 6 cans (15oz.)	2 years	Cool, dry place
Pickles	6 lbs. / 4 jars (24oz.)	2 years	Cool, dry place
Pumpkin	10 lbs./ 5 cans(29oz)	2 years	Cool, dry place
Salsa	6 lbs./ 6 jars (16oz.)	2 years	Cool, dry place
Spaghetti Sauce	30 lbs./19 jars(26oz.)	2-3 years if in glass jar	Cool, dry place
Tomato Paste	2.5 lbs./7 cans (6oz.)	2 years	Cool, dry place
Tomato Sauce	2.5 lbs./7 cans (6oz.)	2 years	Cool, dry place
Tomato Soup	6 lbs./ 6 cans (15oz.)	2 years	Cool, dry place
Tomatoes	27 lbs/27 cans(15oz)	2 years	Cool, dry place
Yams	1 lb./ 1 can (15oz)	2 years	Cool, dry place

COOKING ESSENTIALS: 6 lbs.

Baking Powder	2 lbs./ 3 cans(10oz.)	3 years	Sealed & BONE dry
Baking Soda	1 lb./ 1 box (16oz.)	3 years	Sealed & BONE dry
Cocoa	1 lb./ 2 cans (8oz.)	3 years	Sealed & cool
Vanilla	As desired	3 years	Cool, dry place
Vinegar	2 quarts/.5 gallon	2 years+	Sealed
Yeast	2 lbs./ 2 pkgs. (16oz)	1 year in the freezer	Freezer or cool place

AUXILIARY FOODS:

Brownie & Cookie Mixes	1 year	Dry & Weevil proofed
Cake Mixes	1 year	Dry & Weevil proofed
Casserole Mixes	1 year	Dry & Weevil proofed
Crackers	1 year	Dry & Weevil proofed
Marshmallows	1 year	Cool, dry place
Pie Fillings	2 years	Cool, dry place
Spices	3 years+	Dry & Weevil proofed
Supplements & Minerals	1 year+	Cool, dark, dry place
Chocolate Chips	18 months	Cool, dry place

CONDIMENTS:

BBQ Sauce	2 years	Tightly sealed, Dry
Ketchup	2 years	Tightly sealed, Dry
Mustard	2 years	Tightly sealed, Dry
Specialty Mustards	2 years	Tightly sealed, Dry

Monthly Food Storage Purchasing Calendar

Compiled by Andrea Chapman

If you are just starting out, this calendar can be used any year.
Just start with the current month's items.

We have tried to keep the costs down to between \$40 and \$50 per week. This might seem rather costly, but if you want to build a good food storage in only one year, it will cost you more each week than if you spread out acquiring it over several years. Be certain to buy only items your family will use, and rotate and use the items in your storage throughout the year. Milk is an expensive item and prices keep soaring, so you might need to invest in a bit higher food storage bill to buy it right now.
* The items in the first few months are basic essentials and are the most important to purchase and store.

It is vital to get **WATER - STORAGE** . If you don't have water, you will not be able to use many of the foods you have that are dehydrated or require water to cook. Many times in natural disasters, the electricity goes down and you will not be able to access your water. Sometimes the water is contaminated from flooding and cross-contamination from sewage. You will need water, at very least, you will need 3 days worth.

January

- Week #11 case canned fruit
2 #10 cans instant potatoes
- Week #23 #10 cans dry milk
- Week #33 #10 cans dry milk
- Week #49 pounds yeast
- Week #5Anything you have missed from above

February

- Week #1Water Storage Containers-buy either 55 gallon drums, 5 gallon water containers (available at all emergency preparedness stores and some super markets) and spigot, or start to save water in pop bottles and plastic juice containers. Also purchase 100 lbs. hard white wheat and three plastic storage buckets with tight fitting lids. Check out the local mills in your area for best prices.
- Week #225 lbs of **sugar** or 20 lbs of **honey**
5 lbs **salt** per person
bucket opener
- Week #34 #10 cans **shortening** or 4 - 48 oz bottles oil
2 #10 cans of **dry instant milk**
- Week #42 case **canned beans** (like refried pinto, black, kidney, white, pink etc.) or
25 lbs **dry beans** (preferable) and bucket to store them in.
50 lbs dried **corn or popcorn**
(about \$10.00 from a mill or food storage company) and a bucket to store it in.
(Can be ground into cornmeal as well as for popcorn.)

(All grains and beans can be put into #10 cans at the LDS cannery.)
(If not, the buckets work well.)

March

(please note that many of these items are repeats because we want to be **SURE** you have enough of the essentials!)

- Week #1

Enough **water** containers for 14 gallons per person in the family.
(This was mentioned last month-but we want to be sure you have this)
(*Water is your most important item!*)
If you didn't get enough containers last month, you can get them this month.
White Rice, at least 15 pounds per person in the family and if possible buckets to store it.
(*Brown Rice goes rancid faster.*)
- Week #2

2 jars **mayonnaise**
1 gallon **oil**
2 tubs **shortening**
- Week #3

25 pounds **sugar**
1- 25 pound bag of **legumes** (pinto, lentils, white, pink etc.)
- Week #4

Salt 5 more lbs
2 bottles of **bleach**
1 #10 can or 1 box of **dry milk**.
- Week #5

Check your list for the last 8 weeks and purchase any items you fell short on.
These items are essential ones and you will need to be sure you have enough.

April

- Week #1

100 pounds **wheat**
10 lbs. **brown sugar**
- Week #2

2 #10 size cans **dried fruit** or 1 case **canned fruit**
1 pound **yeast**
- Week #3

1 case **tuna or salmon**
2 #10 cans **milk**
3 lbs **sprouting seeds**
1 80 oz can Rumsford **baking powder**
- Week #4

2 large jars **peanut butter** or
1 #10 can **peanut butter powder** (last longer)
2 cans **dried whole egg** (keep in a cool dry place)

May

- Week #1

2 to 3 bottles of **multi-vitamins**
2 #10 cans of **rolled oats**
(if #10 cans are not available in your area, buy the largest packages available)
(in your local store, and also purchase a small bucket to store it in.)
- Week #2

100 lbs. of **wheat**
3 buckets
- Week #3

#10 can **margarine powder** - or shortening if marg. powder is unavailable
2 #10 cans **rolled oats**
(or equivalent, and a storage bucket)
- Week #4

4 #10 cans **instant potatoes**
1 bottle **black pepper**

June

- Week #1

2 cans **dry milk**, 2 boxes of **Rennet**
(used for making cottage cheese and other dairy products from dry milk.)

1 bottle **lemon juice**,
1 bottle **vinegar**. (also used in making dairy products from dry milk

Week #2

100 lbs **wheat**
25 lbs. **white flour**

Week #3

Baking soda (try to buy in bulk in places like Sam's Club or Cosco) Buy about 10 lbs.
25 lbs. or **legumes** (choose those you are willing to eat.
Remember you can sprout legumes and almost quadruple the nutritional value of them.
Buy one large box Knox or other gelatin to be used in place of eggs in baking.

Week #4

Tomato products (try to buy them by the case in normal size cans. Spaghetti sauce, tomato sauce, and whole and chopped tomatoes. Buy a combination of flavored and not flavored tomatoes. Buy paste if you can get a good deal on it. It is less expensive to add water to paste to make sauce than it is just to buy sauce sometimes. *Buy three cases if possible.*)

Week #5

Be on the look out for **garden seeds** that are NON- Hybrid.
That way you can use the seeds from the plants you grow to grow a garden the next season.
A good price for them is about \$18-20 per can with about 10 varieties per can.

July

Week #1

200# **wheat**
(buckets to store it in if needed)
[keep filling pop bottles, Gallon syrup containers, etc. with water - basically no cost to this)

Week #2

20 lbs. **Peanut butter**
[keep filling those water containers]

Week #3

4 #10 cans **shortening**
2 # 10 cans **dry milk**
[keep filling water containers - make this a habit - when you empty something worthy of water storage, wash it and fill it right away]

Week #4

6 #10 cans **dry milk**
[more water!]

August

Week #1

25# **rice**
25# **sugar**
1 # 10 can **instant potatoes**
5 lbs. **salt**

Week #2

1 case **tuna** or **salmon** or other **meat**
2 # 10 cans **dry milk**

Week #3

2 #10 cans **dry milk**
2 cans **shortening**
1 #10 can **instant potatoes**

Week #4

Note* In late August and early September, many stores have sales on canned fruits and vegetables. Ask your local store when these sales will be, and switch the weeks of this calendar as needed.
2 cases **fruit**
5 lbs. **salt**

Week #5

2 cases **canned fruit**
1 case misc. **vegetables** (green beans, peas, carrots, etc.)

September

Week # 1	2 cases canned fruit 1 case misc. vegetables
Week # 2	2 cases canned fruit 2 cans shortening
Week #3	2 cases fruit 1 case vegetables
Week #4	2 cans shortening 25# rice buckets to store rice if it did not come in #10 cans

October

Week #1	100 lbs. wheat and 3 buckets
Week #2	1 case tuna or other meat
Week #3	25 lbs. Sugar 2 large cans fruit juice powder
Week #4	3 #10 cans dry milk
Week #5	9 #10 cans potato flakes

November

Week #1	4 large jars peanut butter
Week #2	1 case canned fruit 15 pounds rice
Week #3	7 #10 cans shortening
Week #4	50 pounds rice and buckets to store

December

Week #1	100 lbs. wheat and 3 buckets
Week #2	1 large can fruit juice powder 3 large jars peanut butter
Week #3	3 #10 cans dry milk
Week #4	50 pounds of rice, oats, or barley buckets to store

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Preps for a Diabetic

Generally, preppers are considered healthy and able people. While as a diabetic you may be relatively healthy and quite able, there are some basic differences in how a diabetic needs to prep.

Prepper staples often include rice, wheat, sugar, high calorie and high carb foods to keep energy up and expenses down. Many of these foods are limited in a typical diabetic diet and it is up to you to find the alternatives that work with your body's needs.

While in a SHTF event your calories may need to increase, but your carbohydrate intake may not as much. Testing it the best way to know what your body needs.

Alternatives for Typical Prepper foods

- | | |
|---------------------|---|
| 1. Rice | Quinoa, Chia seeds or Lentils |
| 2. Sugar & Honey | Stevia or Stevia based sweeteners and Raw Agave |
| 3. Wheat flour | Spelt, Nut or Bean flours |
| 4. Crackers Chips | Pork Rinds and dehydrated zucchini chips |
| 5. Candy | Nuts or limited Trail Mixes |
| 6. Pasta | Barley (lower glycemic index) |
| 7. Gatoraid | Coconut water (unsweetened) |
| 8. Potatoes | Non-starchy vegetables |
| 9. Fruit & Jams | Unsweetened fruits and spreads |
| 10. Processed Foods | Home Canned Foods |

Medial necessities

1. Neosporin (every cut, every time)
2. Prescription meds (at least 1 month. Rotate your stash)
3. Needles and syringes
4. Alcohol wipes
5. Multiple meters
6. Extra batteries
7. Test strips for each meter (keep them from expiring, rotate)
8. Lancets
9. Sharps container
10. Glucose tablets
11. Glucagon Kit or GlucaPen

Miscellaneous items to have

1. Carbohydrate Guide
2. Log books
3. Well broken in shoes (blisters can kill a diabetic if untreated)
4. Diabetic socks
5. Directions on you for people to know what to do if you cannot communicate
6. Alternative supplements that work for your glucose control
7. Ice cooler for insulin or temperature sensitive medicines

Get your diabetes under control now. Work with your doctor and nutritionist to see what is the best course for you. Loose weight, exercise and have fun prepping, knowing you are meeting your needs too.

72 Hour Emergency Kit

By Rachel Woods, About LDS Guide, <http://lds.about.com>

Notes:

- Update your kit every six months (put a note in your calendar/planner) to make sure that: all food, water, and medication are fresh (not expired), clothing fits, personal documents and credit cards are up to date, and batteries are charged.
- Small toys/games are important too as they will provide some comfort and entertainment during a stressful time.
- Older children can be responsible for their own pack of items/clothes too.
- You can include any other items you feel are necessary for your family's survival.
- Some items and/or flavors might leak, melt, "flavor" other items, or break open. Dividing groups of items into individual Ziploc bags might help prevent this.

Food and Water

(3 day supply of food & water per person when no refrigeration/cooking is available)

- ☐ Protein/Granola Bars
- ☐ Trail Mix/Dried Fruit
- ☐ Crackers/Cereals (for munching)
- ☐ Canned Tuna, Beans, Meat, Vienna Sausages, etc ("pop-top" cans might leak/explode & Jerky can "flavor" other items)
- ☐ Canned Juice
- ☐ Candy/Gum (Jolly ranchers can melt & mint gum might "flavor" other items)
- ☐ Water (1 Gallon/4 Liters per person)

Bedding and Clothing

- ☐ Change of Clothing (short and long sleeve shirts, pants, socks, jackets, etc.)
- ☐ Undergarments
- ☐ Rain Coat /Poncho
- ☐ Blankets and Emergency Heat Blankets
- ☐ Cloth Sheet
- ☐ Plastic Sheet

Fuel & Light

- ☐ Battery Lighting (Flashlights, Lamps)
- ☐ Extra Batteries
- ☐ Flares
- ☐ Candles
- ☐ Lighter
- ☐ Water-Proof Matches

Miscellaneous

- ☐ Bag or Bags to put 72 hour kit items in (such as duffel bags or hiking back packs, which work great)
- ☐ Infant Needs (if applicable)

Equipment

- ☐ Can Opener
- ☐ Dishes/Utensils
- ☐ Shovel
- ☐ Radio (with batteries!)
- ☐ Pen and Paper
- ☐ Axe
- ☐ Pocket Knife
- ☐ Rope
- ☐ Duct Tape

Personal Supplies & Medication

- ☐ First Aid Supplies
- ☐ Toiletries (roll of toilet paper—remove center tube to easily flatten into a zip-lock bag, feminine hygiene, folding brush, etc)
- ☐ Cleaning Supplies (mini hand sanitizer, soap, shampoo, dish soap, etc. Warning: Scented soap might "flavor" food items.)
- ☐ Immunizations Up-to Date
- ☐ Medication (Acetaminophen, Ibuprofen, children's medication, etc.)
- ☐ Prescription Medication (for 3 days)

Personal Documents and Money

(Place these items in a water-proof container!)

- ☐ Scriptures (miniature ones are lighter)
- ☐ Genealogy Records
- ☐ Patriarchal Blessing
- ☐ Legal Documents (Birth/Marriage Certificates, Wills, Passports, Contracts)
- ☐ Vaccination Papers
- ☐ Insurance Policies
- ☐ Cash
- ☐ Credit Card
- ☐ Pre-Paid Phone Cards

First Aid Kit Supplies

By Rachel Woods, About.com Latter-day Saint Guide, <http://lds.about.com>
Your basic emergency/home storage should include a prepared kit of first aid supplies.

Notes:

- Update your first aid kit every six months (put a note in your calendar/planner) to replenish and check all supplies. Expired or contaminated items should be replaced.
- Check with your family doctor for any specific medicines and supplies your family might require for an emergency.
- Some items may leak or break open. Using tubes, plastic bottles, or Ziploc bags can help prevent contamination.
- All supplies should be labeled and organized for quick and easy use.
- Supplies may be divided and organized into compartments or sections.
- You may include any other first aid items you feel would be useful or necessary.
- A condensed version of this first aid kit should also be included in your 72 hour kit.

*List compiled from, "Essentials of Home Production & Storage," 1978, p 7-8.

Standard First Aid Kit Supplies*

- ☐ Container (metal, wood, or plastic) with a fitted cover to store first aid kit
- ☐ First Aid Booklet (including CPR)
- ☐ Prescribed Medications
- ☐ Any critical medical family histories
- ☐ Adhesive
- ☐ Ammonia
- ☐ Bicarbonate of soda
- ☐ Calamine lotion (sunburn/insect bites)
- ☐ Diarrhea remedy
- ☐ Elastic bandages
- ☐ Gauze bandages
- ☐ Hot-water bottle
- ☐ Hydrogen peroxide
- ☐ Ipecac syrup (induces vomiting)
- ☐ Knife
- ☐ Matches
- ☐ Measuring cup
- ☐ Medicine dropper
- ☐ Needles
- ☐ Paper bags
- ☐ Razor blades
- ☐ Rubbing alcohol
- ☐ Safety pins
- ☐ Scissors
- ☐ Soap
- ☐ Thermometer
- ☐ Triangular bandages
- ☐ Tweezers
- ☐ Prescriptions
- ☐ Consecrated oil

Additional First Aid Kit Supplies

- ☐ Immunization records
- ☐ Medications for children (if applicable)
- ☐ Fever reducing medications such as:
-aspirin, acetaminophen, or ibuprofen
- ☐ Allergy medication
- ☐ Antibacterial wipes
- ☐ Antibiotic ointment
- ☐ Antiseptic wipes
- ☐ Band-aids
- ☐ Burn ointment/spray
- ☐ Cotton balls
- ☐ Cough syrup/cough drops
- ☐ Disposable blanket
- ☐ Eye drops/eye wash
- ☐ Feminine Hygiene
- ☐ Gloves
- ☐ Hand sanitizer
- ☐ Hot and cold instant packs
- ☐ Hydrocortisone cream
- ☐ Lip ointment (chap stick)
- ☐ Medical tape (waterproof & regular)
- ☐ Nail clippers
- ☐ Needle and thread
- ☐ Snake bite kit
- ☐ Sterile strips
- ☐ Sunscreen/lotion
- ☐ Tourniquet kit
- ☐ Vaseline
- ☐ Water purification tablets
- ☐ Other:

DEHYDRATING / FOOD STORAGE

What is food drying?

Food drying, also called food dehydration, is the process of removing water from food, thus inhibiting the growth of microorganisms (enzymes) and bacteria by the circulation of hot, dry air through the food. Removing water from food is the easiest, cheapest, and, in my opinion, the most appropriate method of food preservation.

Will I have a lot to learn before I can start drying food?

No, food drying is not difficult. It means less work, not more. And the benefits are many. Your dehydrator heats the air inside the unit; it dries and circulates the air so that it absorbs the water in the food placed in the drying chamber. The temperature of the air is low enough to dry the food, not cook it. It is as simple as that.

What are the benefits of food drying?

Many. Here are some:

- 1) You will save money. Keep in mind that food drying is a one-time cost. Canned foods, once opened, must be used promptly, but containers of dried foods can be repeatedly opened, ingredients removed or added, and closed again with no deleterious effects on the contents.
- 2) You will be able to reap the rewards of your own garden and of both locally grown and regionally grown produce, because you can keep up with abundant seasonal harvests. There is a movement now away from the importation of foodstuffs, not so much because of safety considerations but because of an increasing awareness of the importance of self-sufficiency when it comes to one's own food supply.
- 3) You will be able to feed family and friends safer, pesticide-and chemical-free foods because you control what you are drying.
- 4) You can create a food supply which, in a financial crisis or when a natural disaster strikes, can be like money in the bank.
- 5) You will be able to take advantage of supermarket specials and the savings they offer. Food drying is a form of creative recycling. In drying your own foods, you are cutting down on packaging; wait until you see how little storage space you will need. You can store 20 to 25 dried bell peppers in a 1-quart jar; 16 to 20 dried tomatoes in a 1-quart jar.
- 6) What I like best about incorporating dried foods into my diet is that it allows me to control the quality of the food I eat whether I am at home or backpacking in the wilderness. Dried foods are tasty, nutritious, lightweight, easy to prepare, easy to carry, and easy to use.

What does dehydrated food look like?

Many foods are a little darker in color, more fragrant, and sweeter in taste. Do not expect food dried at home to look or taste like commercially dried food. In my opinion, home-dried is much better. Much industrial food drying uses additives and preservatives that the home food dryer does not need to and more important-want to add.

Dehydrator - Excalibur has temp & timer control

Preserving: Canning & dehydrator 2 year

Mylar: Need scale, marker, bags & bag sealer with hi/lo settings 7-15 yrs

Don't use anything less than 4 mil.

ProvidentLiving.org
fax to Jax

Does drying affect the nutritional value of foods?

Dehydration only minimally affects the nutritional value of foods, especially when the process takes place in your own home. Most research on the nutritional value of dried foods has been conducted on foods that are commercially dried. When you dry foods at home under gentle conditions (correct temperature and a reasonable amount of drying time), you produce a high-quality product. Compared with canning and freezing, both of which involve extreme temperatures, food drying is the least damaging form of food preservation.

Here are some specifics:

- Vitamin A is retained during the drying process. Because vitamin A is light sensitive, foods that contain it-like carrots, bell peppers, mangoes-should be stored in a dark place.
- Some vitamin C is lost during the drying process because vitamin C is an air-soluble nutrient and food drying is an air-based process. When a food is sliced and its cells are cut, the surfaces that are exposed to air lose some vitamin C content.
- The caloric value of a fresh food stays the same when it is dried, although some dried foods, fruits for example, taste sweeter because the water has been removed and the sugar is concentrated.
- Dried fruits and vegetables are high in fiber and carbohydrates, neither of which is affected by drying.
- Dried fruits and vegetables are naturally low in fat. Minerals available in certain fresh fruits-such as potassium, sodium, magnesium, and so on-are also not altered when the fruit is dried.

How safe to eat is dried food?

In comparison with foods preserved by other methods, like canning, it is quite safe. Botulism is feared in canning because the bacteria that cause it thrive in a liquid environment. Botulism could only occur with a dried food that had been rehydrated, then left unattended long enough for bacteria to grow.

Mold may form on dried food if it was not dehydrated long enough or if the container it was stored in had moisture in it. If you see or smell mold, all the food in that container must be discarded.

Remember that the organisms that cause food spoilage, mold, yeast, bacteria-are always present in the air, water, and soil. It is important to observe sanitary precautions at all stages of the drying process.

As to the safety of drying meats, the latest word from food-science researchers at the University of Wisconsin in Madison is that microorganisms are effectively killed when the internal temperature of meat reaches 145°F for 45 minutes; or 167°F for 20 minutes; or 200°F for 15 minutes. This means that the internal temperature of the meat must remain steady for the designated amount of time, which is not the same as putting meat in a 200°F oven for 15 minutes. If your food dehydrator does not reach a temperature of 145°F or if its temperature control is inaccurate, then transfer the food to a preheated 200°F oven for a minimum of 20 minutes to eliminate safety concerns.

You can also store dried food in the freezer, another form of ensuring its safety.

Is it necessary to pretreat foods before drying them?

Pretreatment is not necessary for successful drying, but it can enhance the color, flavor, and texture of certain foods.

Pretreatment options include dipping, blanching, marinating, and sulfuring.

Pretreatment affects the enzymes, a group of special proteins that cause chemical reactions-ripening and eventual spoilage-and determine the color, texture, flavor, and aroma of certain foods. The microorganisms that cause spoilage need moisture to live and reproduce. Drying foods above 140°F halts enzyme activity.

Foods also contain simple yeasts, molds, and bacteria, all of which can cause deterioration. Again, reducing the moisture content of food inhibits their growth. When dried, vegetables contain only about 3 percent moisture, and fruits, depending upon sugar content, up to 15 percent water.

What foods can be dried?

You can dry fruits, vegetables, meats, fish, herbs, flowers, and much more, including frozen and canned foods. In fact, you can dry almost anything that contains water-items you may never have considered, such as tofu.

Here are some other ideas that will keep your dehydrator in constant use:

- Use it to revive limp potato chips or soggy popcorn.
- Dry leftover bread to make crumbs and croutons.
- Instead of draping homemade noodles to dry all over the kitchen and dining room, dry them in your dehydrator.
- Make your own bagel chips by seasoning thinly sliced bagels with garlic, onion powder, or cinnamon sugar, then drying them until crisp in your dehydrator.

How long does it take to dry food?

This is the question I am asked most frequently and it is the hardest one to answer because many factors affect drying time:

- The water content in the food
- The sugar content in the food
- The size of the piece of food
- The amount of air circulation when the food is dried
- The level of humidity in the air entering the dehydrator
- The air temperature inside the dehydrator.
- Last and most important, the type of dehydrator you are using will affect the time needed to dry food.

The lower the air temperature inside the dehydrator, the longer the drying time. Raising the temperature in the unit will increase the amount of water removed from the food and decrease the length of time it will take to dry. The temperature should be high enough to draw the moisture from the food but not high enough to cook it. Temperatures that are too low may cause food to spoil; temperatures that are too high may cause the surface area of the food to harden and prevent moisture from escaping.

The three food categories -meats and fish, fruits and vegetables, and herbs- require different drying temperatures:

- Meats and Fish: 145°F and above
- Fruits and Vegetables: 130°F to 140°F
- Herbs and flowers: 100°F to 110°F

Will flavors mingle if I dry different foods at the same time?

I am often asked this question. In my experience, the answer is no, although I do not recommend drying pears and onions at the same time! If you combine foods that are in the same category -fruits with other fruits, vegetables with other vegetables- each retains its own flavor.

How can you know when foods are dry?

The best way of finding out if a food is dry is to touch it. It will feel sticky, moist, leathery, or hard. When touching foods for dryness, remember that they feel softer when they are warm. Therefore, always let the foods cool for a few moments -either turn off the dehydrator or remove the drying tray. If you are not sure if an item is sufficiently dry, it is better to overdry it somewhat than to underdry it. However, know that foods that are overdried in some dehydrators may turn brown and become brittle.

If you are concerned about the safety of a dried food, you can freeze it. The freezer will keep frozen any water remaining in the food, thus preventing spoilage. You can freeze dried foods at any stage of the drying process. A woman I once met at a home show told me that she only half-dries her mushrooms because she likes how quickly they rehydrate.

How do you store dried foods?

Moisture is the enemy of dried foods. Dried foods exposed to the air absorb the moisture in the air and become limp.

Always store dried foods in airtight containers and label the contents. Store the containers in a dry, dark place with a moderate temperature. Your kitchen cupboard is an ideal spot. After all, dried foods take up so much less space than fresh or canned ones that it is easy to keep them in a handy place.

Remember to store any dried food containing vitamin A away from direct light.

Here is how I store certain items: I always keep some dried tomatoes in the refrigerator. When I want to make spaghetti sauce, I retrieve the tomatoes from the fridge, take my dried herbs from the cupboard, and collect my dried peppers and onions from the pantry.

Economies of scale make all of this possible, and if you have a small kitchen, you will appreciate the extra space gained simply by using dried foods.

When storing dried foods, contamination from insects may occur. The only insect I have ever found to be a problem is the Indian meal moth, in both the worm and adult stages. A University of Wisconsin food researcher told me that the food may have been contaminated with the insect eggs already sealed in the jar.

To destroy the insects, pasteurize the food right after it has been dried. There are two ways to do this:

- Place the food in the freezer for 48 hours, or
- preheat your oven to 175 degrees F., or the lowest possible setting, and heat the infested food on a cookie sheet in the oven for 15 to 30 minutes. Let cool before rew wrapping.

How long can dried foods be stored?

Dried foods will last from one season to the next. Dry garden tomatoes this year and replace them next year when fresh ones are again dropping from the vines. When fresh tomatoes have gone, I immediately start using dried ones. (And if I run out of dried tomatoes -what an awful thought!- I just promise myself to grow and dry more of them next year.)

For optimum quality, dried fruits and vegetables should be replaced annually. Herbs and flowers, once dried, last a very long time. And although our ancestors may have kept dried meats for long periods of time without benefit of refrigeration, I recommend storing dried meats in the refrigerator or freezer after one month at room temperature. Remember, many jerkies, with the exception of poultry jerkies, have not been cooked.

I repeat, I think it is a good idea to use dried foods within one year of drying them, just as you would canned and frozen foods. First of all, you will enjoy their quality year round by using them at their peak and replacing them when fresh foods are in season again. Second, and no less important, dried foods that have been squirreled away for too long lose their taste and tend to darken in color. Follow the rule of first in/first out and be sure to rotate the containers on the shelf so that you use the oldest dried foods first.



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FOOD STORAGE: PRESERVING MEAT, DAIRY AND EGGS, Susan Gregersen & David Armstrong - \$5.84

THE DEHYDRATOR BIBLE, Jennifer MacKenzie, Jay Nutt & Don Mercer - \$16.63

BALL BLUE BOOK, GUIDE TO PRESERVING - \$8.45

Do You Know What You Are Eating?

With GMO's, toxins and pesticides in our foods it's no wonder we are plagued with a growing destruction of our bodies. There are many resources out there that you can find to help you combat some of the attacks by your foods.

Food, Inc.	DVD	By Robert Kenner
Sweet Misery: A Poisoned World	DVD	By Cori Brackett
Farmageddon 2012	DVD	By Kristin Canty
Fresh	DVD	By Anna Joanes
Forks Over Knives	DVD	By T. Collin Campbell
Food Matters	DVD	By James Colquhoun
Sweet Deception	BOOK	By Joseph Marcola
Excitotoxins: The Taste That Kills	BOOK	By Russell Blaylock
The World According to Monsanto	BOOK	By Marie-Monique Robin