

# **BASIC FOOD BUCKET 1** (weighs 30 lbs.) 2 buckets **\$190.00**

(packed in mylar with oxygen absorber for LONG TERM storage- approx. 15years)

**To feed 2 people (one meal per day) for approximately 1 month**

\$95.00 per person (60 servings: each approx a 1200 Calorie meal)

- |   |   |
|---|---|
| 6 lbs. Non GMO white rice   | (18 portions of 1 cup)  |
| 2 lbs. EA. Small red, Pinto & Navy beans  | (24 x 1/2 cup portions)   |
| 1 lb. EA. Brown lentils & Green split Pea's                                       | (8 x 1/2 cup portions)  |
| 1 lb. EA. Spaghetti & Semolina spirals  | (6 portions for 2)  |
| 1.5lb. Elbow macaroni   | (4 portions for 2)  |
| 8 each Chicken & Beef Bouillon cubes  | (add 1 cube to 1 cup water)   |
| 1lb. Cornstarch   | (use 1 Tbl. to 1 cup water to make sauce base, or add 1 tsp. to bind) |
| 9 oz. Natural dried vegetable mix   | ( 8 x 1Tblsp. Portions for flavor)                                    |
| 12 oz. Cheese powder  | (use to make sauces)  |
| 1lb. Instant potatoes   | (4 x 2 cup portions to make mash or potato cakes)                     |
| 4 oz. Salt Shaker   | (add according to taste)  |
| 5 bottles of spices-, Chili powder, Pepper, Basil, Taco seasoning & chopped Onion |   |
| 16oz. Coconut Oil- refined  | (use in place of margarine for recipes, and for frying)               |

## Serving suggestions:

- Make rice for 2 people with 1 cup rice added to 2 cups water- bring to boil, cover and allow to simmer until ready. (Salt as desired).
- Cook beans for 2 people with 1/2 cup beans & 2 cups water until soft. Soak for as long as possible before adding onions, chicken, beef or tomato powder for flavor.
- Cook 1/2 cup of green split pea's or 1/2 cup lentils to 2 cups water - flavor as desired with beef or chicken cubes. (Makes a "stew" to eat with rice).
- Boil 3 cups water for any pasta portion & simmer until soft- add veg/spices for flavor, and make a sauce if desired.
- Mix 1 tablespoon of cornstarch to 1 cup water to thicken any sauces made with cheese powder.

**\*NO water is not included- please make sure you have an adequate supply for cooking, drinking and personal use- you will need approx 9 gallons of water to prepare all these meals. You may also wish to add meat or fish to these dishes (not included).**

Down to Earth Foods, Springfield MO- <http://www.d2efoods.com>

## **BASIC FOOD BUCKET 2 (weighs 30 lbs.) 2 buckets \$190.00**

(packed in mylar with oxygen absorber for LONG TERM storage- approx. 15years)

### **To feed 2 people (one meal per day) for approximately 1 month**

\$95.00 per person (60 servings: each approx a 1200 Calorie meal)

3.5lbs. Regular rolled oats	(16 portions of 1 cup each)
1.5lbs. 7 Grain cereal	(9 x 1/2cup portions or to add fiber to bread)
1 lb. Teff grain	(16 x 1oz, portions- sprinkle 1Tbl. Onto food for energy)
1.5lbs. organic Corn Meal	(8 x 1/2cup portions, can be used in cornbread)
5lbs. All purpose flour	(14 x 1 cup portions- use to make bread, biscuits & gravy)
4oz. Natural baking powder	(use in baking)
0.9lb. Raisins	(add to bread or oats for sweetness)
1lb. Golden Flax Seed	(sprinkle as desired or grind into meal)
1lb. Raw Honey	(use as sweetener- warm if crystals appear)
2 x 1lb. Whole milk powder	(add 1 Tbl. powder to 1cup water- makes 4-5 gall.)
2 x 8oz. Whole dried egg powder	(1 Tbl = 1egg, approx 3 dozen)
12oz. Dutch Cocoa powder	(use for baking & in a hot beverage)
8oz. Real salt	(use 1/2 tsp. as desired)
2oz. Cinnamon	(sprinkle as desired for flavor)
12oz. canned Butter & 7oz. Cheese (canned, processed)	(use as desired)

#### Serving suggestions:

- Make scrambled eggs for 2 people with 2Tbsp. each of egg & milk powder & 1tsp. cornstarch added to 2 cups water- add salt for flavor.
- Cook oats for 2 people with 1 cups oats, & 3 cups water. Add 1 Tbl. Teff for energy, and cinnamon, honey, flax & raisins for flavor.
- Cook 1 cup of 7 grain to 2 cups water for hot cereal alternative.
- Use flour in your favorite bread/ biscuit recipe, corn bread & gravy too.
- Milk powder can be added to oats and cereal while cooking for a Creamier texture, or prepared separately (1Tbl. powder per cup water) for drinking purposes.
- Cornmeal used for cornbread and coatings as desired.
- Cocoa powder can be used in baking, or place 1 tsp. in a mug with 2tsp. milk powder & honey if desired. Add hot water & stir well- enjoy!

\* Keep easy recipes on hand to help prepare different meals each day- Variety is key!

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