

BASIC FOOD SUPPLY –for approx. 6 months

(packed in mylar bags with oxygen absorbers for LONG TERM storage- approx. 15- 20 years)

66 BUCKETS plus more to feed 10 people 2 meals per day

Weight: approx. 2,700 lbs. \$ 5,000.00 (incl. local delivery) excl. tax

- 8 (36lb.) Buckets White Rice (48lbs of 2 ½ cup portions per month)
- 10 (20lb.) Buckets Rolled Oats (16 ½ lbs of 3 cup portions per month)
- 6 (36lb.) Buckets Wheat- soft white (36lbs.per month) -makes all purpose Flour
- 4 (36lb.) Buckets Wholewheat- hard red (24lbs. per month)- makes wholewheat Flour
- 2 (33lb.) Bucket Steelcut Oats (11 lbs of 3 cup portions per month)
- 1 (37lb.) Bucket Green split pea's (3lbs. of 2 ½ cup portions per month)
- 1 (37lb.) Bucket Brown Lentils (3lbs. of 2 ½ cup portions per month)
- 2 (34lb.) Buckets Black Beans (11lbs of 3 cup portions per month)
- 2 (34lb.) Buckets Navy Beans (11lbs of 3 cup portions per month)
- 2 (35lb.) Buckets Pinto Beans (11 ½ lbs of 3 cup portions per month)
- 2 (34lb.) Buckets small Red Beans (11lbs of 3 cup portions per month)
- 3 (39lbs.) Buckets Cane Sugar (19 ½ lbs per month as desired)
- 3 (39lbs.) Buckets Yellow Popcorn (19lbs per month as snack or for cornbread)
- 6 (15lb.) Dehydrated Potatoes (15lbs per month for soup or stews)
- 4 x Buckets: EA 20 x 1lb. Milk Powder (15 x 1lb. per month- makes 30 gallons)
- 1 (50lbs.) Bucket iodised Salt (5lbs. per month- use to flavor food)
- BUCKET A** contains the following: (use as desired when cooking)
 - 12 x 1lbs. Corn starch, 5lbs. each Chicken & Beef bullion cubes
- BUCKET B** contains the following: (use for flavoring as desired)
 - 12 x 8oz. Tomato powder 12 x 8oz. Yellow Cheese Powder
- 1 (15lbs.) Bucket Natural vegetable mix (3lbs.per month for soups or stews)
- 1 Bucket 20 x assorted 8oz. Spices*, 5lb.nat sea salt (use as desired when cooking)
- 1 (20lbs.) Bucket elbow Macaroni (5lbs. per month- 1 ¼ lb. portions)
- 1 (22lbs.) Bucket Spaghetti (5lbs. per month- 1 ¼ lb. portions)
- BUCKET C** contains the following:
 - 6 x 1lb. Instant yeast (use when making bread), 2 x 3lb. Dutch Cocoa powder
 - 2 lbs. each baking soda, Cream of tartar & arrowroot powder (makes baking powder)**

3 x Cases Red Feather Butter

(24 x 12oz Cans- 12 per month)

3 x 5 gallon drums Refined Coconut Oil

(use as needed in cooking)

6 x 5lb. Raw Honey

(1 per month as needed)

***SPICES-** choose any combination of 20 from the following:

Basil, Bay leaves, BBQ seasoning, Chili powder, Cinnamon, Ground Cumin, Curry powder, Garlic (minced), Italian seasoning, Onion (chopped), Oregano, Black pepper, Taco seasoning or Turmeric.

****BAKING POWDER:** mix 2 parts of cream of tartar to 2 parts of arrowroot to 1 part Baking soda

The above items will meet the basic needs for 2 meals (1200 calories) for 10 adults per day. (In an emergency situation, this will be enough, and can feed extra people for less time).

We recommend you have a good rotating Pantry to supplement this, containing your favored Canned or dehydrated Meat, Fish, Fruit & Vegetables. Also keep sauces and drink mixes stored to add variety to your diet.

Make sure you have Water on hand, Utensils for cooking and eating, basic First Aid supplies and extra Prescription Medicine (if possible). You also need a supply of daily Toiletries and Paper Goods, plus Clean Towels & Bedding for emergencies.

Serving suggestions:

- Make rice for 10 people with 2 ½ cups rice added to 5 cups water- add ½ tsp. salt, bring to boil, cover and allow to simmer until ready.
- Cook beans for 10 people with 3 cups beans & 8 cups water. Soak for as long as possible before adding seasoning, bullion or tomato powder for flavor.
- Cook 4 cups of dehydrated potatoes and 2 cups lentils to 10 cups water - flavor as desired with dried veg and broth. (Alternative to rice and beans).
- Mix 1 tablespoon of cornstarch to 1 cup water to thicken any sauces.
- Cook oats for 10 people with 3 cups oats, 1/4 tsp. salt & 6 cups water.
- 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.
- Cook 1 ¾ lbs. pasta in 5 cups water for 10 people, and flavor as desired. Cheese powder can be made by mixing 2tbl. each cheese powder & milk powder into 1 cup water to make a paste and thickening over pasta.
- Grind popcorn for cornmeal, and wheat for flour- use your favorite recipes

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