

# 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>