

# ONE YEAR FOOD SUPPLY

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

**26 BUCKETS plus more to feed 2 people 2 meals per day**

**Weight: approx. 750 lbs.**

**\$ 2,000.00 plus tax**

- 3 (36lb.) Buckets White Rice (9lbs- 20 x 1cup portions for 2 per month)  
3 (20lb.) Buckets Rolled Oats (5lbs- 28 x 1cup portions for 2 per month)  
**\*4 (36lb.) Buckets Wheat berries** (12lbs- 36 x 1cup portions for 2 per month)  
-choose any combination of 4 from the following: **Hard red winter, Soft white, Prairie Gold or Bronze Chief** (hard spring wheats), (**Kamut & Spelt** are available: add \$30 per bucket).
- 1 (36lb.) Bucket **Steelcut or Whole Oats** (3lbs- 9 x 1cup portions for 2 per month)  
1 (37lb.) Bucket **Green split pea's or Brown Lentils** (3lbs- 10 x 1cup portions for 2)  
**\*\*3 (35lb.) Buckets Beans** (9lbs- 20 x 1cup portions for 2 per month)  
- choose any combination of 3 from the following: **Black, Navy, Small Red, Garbanzo, or Pinto.**
- 1 (39lbs.) Bucket **Cane or Raw Sugar** (36lbs) (3.25lbs per month as desired)  
1 (39lbs.) Bucket **Yellow Popcorn** (3.25lbs per month as snack or for cornmeal)  
2 (15lb.) Dehydrated **Potatoes** (2.5lbs per month for soup or stews)  
1 (20lbs.) Bucket **Elbow Macaroni** (3 x 8oz. portions per month for 2)  
1 (22lbs.) Bucket **Spaghetti** (3 x 9oz. portions per month for 2)
- 2 x Buckets **EA**: 12 x 1lb. **Milk Powder** (makes 48 gallons- 4 per month),  
6 x 8oz. **Egg powder** equals 24doz- 2 per month),  
2lb. **Baking soda**, 1lb. **Corn starch**, 1lb. **Ins. Yeast**

**BUCKET A** contains the following: (use as desired)

8 x 8oz. **Natural vegetable mix** (use in soups & stews),

2 x 5lb. **soup mix** (40 x 1 Cup portions)

6x 12oz. **Dutch Cocoa**, 3 x 12oz. **Cheese powder**

**BUCKET B** contains the following: (use for flavoring as desired)

2 x 8oz. **Natural Sea Salt**, 2 x 2lbs. **purified Salt**, 4 x 8oz. **Tomato powder**

\* 15 x assorted 8oz. **Spices** 4 x 8oz. each **Chicken & Beef Broth**

**Spices** as follows: Basil, Bay leaves, BBQ seasoning, Chili powder, Cinnamon, Ground Cumin, Curry powder, Garlic (minced), Italian seasoning, Onion (chopped), Oregano, Pepper (blk-med.), Taco seasoning, Tumeric (quantities vary, but all packed separately in mylar).

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

1 x case Red Feather Butter	(24 x 12oz cans- 2 per month)
1 x 5 gallon Bucket Refined Coconut Oil	(use as needed in cooking)
4 x 5lb. Raw Honey	(1 per quarter as needed)

*The above items will meet the basic needs for 2 meals (1200 calories) for 2 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 favorited 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 2 people with 1 cup rice added to 2 cups water- add ½ tsp. salt, bring to boil, cover and allow to simmer until ready.
- Cook beans for 2 people with ½ cup beans & 2 cups water. Soak for as long as possible before adding seasoning, broth or tomato powder for flavor.
- Cook 1 cup of dehydrated potatoes and ½ cup lentils to 3 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.
- Make soup as per directions on packaging.
- Pasta can be made with 1 tblsp. cheese & milk powder in 2 cups water for sauce.
- Cook oats for 2 people with 1 cups oats, 1/4 tsp. salt & 3 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.
- Make scrambled eggs for 2 people with 2Tblsp. each of egg & milk powder & 1tsp. cornstarch added to 2 cups water- add salt for flavor.

*\*Please note that water is not included- please make sure you have an adequate supply for cooking, drinking and personal use. (You will need approx 3 gallons of water per day to prepare all these meals).*

Shipping or delivery are included- please contact us for details.

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