

ONE YEAR FOOD SUPPLY

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

24 BUCKETS plus more to feed 2 people 2 meals per day

Weight: approx. 700 lbs.

\$ 1,850.00 plus tax

3(35lb.) Buckets White Rice (9lbs- 20x1cup portions for 2 per month)

3(20lb.) Buckets Rolled Oats (5lbs- 28x1cup portions for 2 per month)

*4(35lb.) Buckets Wheat berries (12lbs- 36x1cup portions for 2 per month)

-choose any combination of 4 from the following: Hard red winter, Soft white, Prarie Gold or Bronze Chief (hard spring wheats), (Kamut & Spelt are available: add \$30 per bucket).

1 (34lb.) Bucket Green split pea's or Brown Lentils (3lbs- 10 x 1cup portions for 2)

**3(34lb.) Buckets Beans (9lbs- 20x1cup portions for 2 per month)

-choose any combination of 3 from the following: Black, Navy, Small Red, Garbanzo, or Pinto.

1 (38lbs.) Bucket Cane or Raw Sugar (36lbs) (3.25lbs per month as desired)

1 (38lbs.) 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(21lbs.) Bucket Elbow Macaroni (3x80z. portions per month for 2)

1 (20lbs.) Bucket Spaghetti (3x90z. portions per month for 2)

2 x Buckets EA: 11 x 1lb. Milk Powder (makes 48 gallons- 4 per month),

8 x 80z. Egg powder equals 24doz- 2 per month),

BUCKET A contains the following: (use as desired)

8x80z. Natural vegetable mix (use in soups & stews,

6x 12oz. Dutch Cocoa

3 x 12oz. Cheese powder), 2 x 1lb Cornstarch

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

2x80z. Natural Sea Salt, 2x2lbs. purified salt

*15x assorted 80z. Spices, 2lb. Baking soda, 1lb. Ins. Yeast

Spices as follows: Allspice, Basil, Bay leaves, BBQ seasoning, Celery seeds, Chili powder, Cinnamon, Ground Cumin, Curry powder, Garlic (minced), Italian seasoning, Onion (minced), Oregano, Paprika, Pepper (blk-med. gnd.), Crushed red pepper, Sage, Tumeric (quantities vary, but all packed separately in mylar).

1 x 5 gallon Bucket Refined Coconut Oil (use as needed in cooking)

4 x 5lb. Raw Honey (1 per quarter as needed)

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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 for flavor.
- Cook 1 cup of dehydrated potatoes and ½ cup lentils to 3 cups water - flavor as desired with dried veg. (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 cup oats, ¼ tsp. salt & 3 cups water.
- Milk powder can be added to oats and cereal while cooking for a creamier texture, or prepared separately (1 Tbl. powder per cup water) for drinking purposes.
- Make scrambled eggs for 2 people with 2 Tblsp. each of egg & milk powder & 1 tsp. 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.

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