

# 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 4 people 2 meals per day

Weight: approx. 700 lbs.

\$ 1,500.00 plus tax

3 (35lb.) 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 (35lb.) 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 or Prarie Gold Wheat

\*TO MAKE FLOUR

\*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- 20 x 1cup portions for 2 per month)

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

1 (38lbs.) Bucket Cane or Raw Sugar (35lbs) (3.25lbs per month as desired)

1 (38lbs.) Bucket Yellow Popcorn. \*( grind for Cornmeal or snack. (3.25lbs per month)

2 (15lb.) Dehydrated Potatoes (2.5lbs per month for soup or stews)

1 (21lbs.) 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 : 19 x 1lb. Milk Powder (makes 48 gallons- 4 per month),

1 Bucket contains the following: (use as desired)

6 x 10oz. Natural vegetable mix (use in soups & stews,

6 x 10oz. Natural Cocoa powder, 1lb. Ins. Yeast

6 x 1lb. Cheese powder, 2 x 1lb Cornstarch

1 Bucket contains the following: (use for flavoring as desired)

2 x 1lb. Natural Sea Salt, 2 x 2lbs. Table salt

\*15 x assorted 8oz. Spices, 2lb. Baking soda

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

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

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

*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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