



7 Ways to Upgrade Your Food Supply

Spring has sprung, and there’s no better time than now to evaluate your emergency food supply—and upgrade it. With what’s going on in our country and the rest of the world, it’s time to take stock and make sure your family is prepared for whatever happens next. Do you have far more than the recommended three-day supply? One natural disaster can *easily* knock out power for more than three days. The amount of emergency food you need grows even higher when you consider preparing for a potential cyberattack on the grid or other long term events. Here are seven ways to upgrade your food supply.

1. You Need More Protein

If your emergency food supply is primarily made up of non-perishable canned goods, that usually means you’re *seriously* lacking in protein. This is a problem. Your body needs protein—especially in emergencies!

Easy Upgrade: Many emergency food supply companies offer a wide variety of long-term emergency food kits packed with meat and protein. You can quickly boost your food supply by purchasing meat and protein items.

2. Don’t Overlook Your Greens

Greens are often overlooked for emergency stockpiles because we know we can’t adequately store fresh vegetables. But vegetables are *essential* to staying healthy and strong during a disaster situation. Fortunately, there are different ways to ensure your family gets the much-needed nutritional value from greens, such as growing your own and stocking up on freeze-dried vegetables.

Easy Upgrade: Purchase/dry your own - freeze-dried fruits and vegetables are designed to taste great for up to 25 years. Eat them on their own or add them to soups and other dishes for extra flavor. With Sprouting trays and sprouting seeds you can easily start growing your own. Also, keep a stash of Heirloom Garden Seeds on hand.

3. Upgrade Shelf Life

Many falsely believe that having non-perishable foods in their pantries means they are covered, should disaster strike. But, according to the USDA, “Canned goods will last for years, as long as the can itself is in good condition (no rust, dents, or swelling). Packaged foods (cereal, pasta, cookies) will be safe past the 'best by' date, **although they may eventually become stale or develop an off flavor while losing their food value.**”

Sure, you can eat this food; but it will lose its normal taste and vital nutrients over time. Plus, there is also the risk of damaged cans causing issues like Botulism.

Easy Upgrade: Its good to stock up on cheap “emergency” canned staples from the grocery store, but more helpful to stock long-term emergency meals from trusted emergency prep suppliers.

4. Double Your Water

Experts recommend you store at least one gallon of water per person per day. This should be enough for drinking, cooking, hygiene, and more. So, a family of four would require twelve gallons of water for three days. Three days’ worth of any emergency supply is simply not enough. You *must* **double your water**. How do you store this much water?

Easy Upgrade: Invest in water storage solutions, and purchase water filtration tools to enable your family to continue getting clean water when your supply runs dry.

5. Stock Up on Heirloom Seeds

If a worst-case scenario comes, you’ll need to have the means to continue to produce food after your supply runs out. (Because eventually, it will.) Even if a long-term disaster doesn’t last forever, it’s important to be able to grow your own food to ensure you can be self-sufficient.

Easy Upgrade: I can’t emphasize enough the value of heirloom seeds over other seeds. If you plan to live self-sufficiently, you must be able to grow your own food. Purchase through a reputable Emergency Prep supplier.

6. Don't Forget Comfort Foods and Drinks

One of the common mistakes people make when buying emergency food is they forget about what they actually like to eat. When disaster strikes, you will want your favorite comfort foods and drinks. People don't think about stocking up on drinks like coffee, hot chocolate, juice powders, but you'll be really thankful you did.

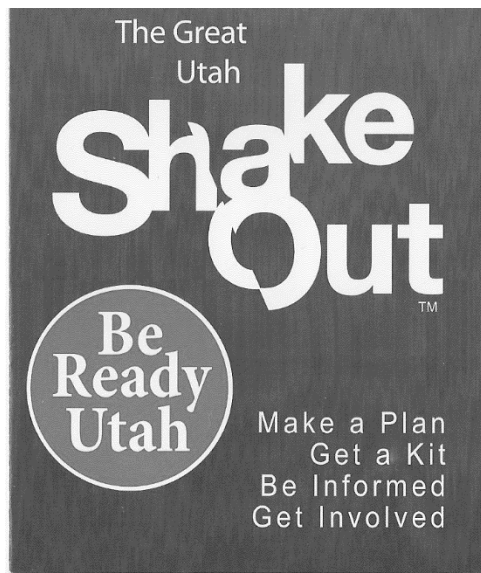
You might feel silly adding sweets to your emergency stash, but imagine how much better you—and your children—will feel when you enjoy a delicious chocolate pudding reminiscent of home when everything else in the world feels crazy.

Easy Upgrade: Add some comfort foods and drinks to your supply. Include things like energy drink mixes, pancake mix, breakfast muffin mix, freeze-dried sliced strawberries, apples and banana chips.

7. Make Sure You Have Emergency Cooking Utensils

One of the major points of long-term emergency food is the ability to cook flavorful, nutritious meals using *only* water and heat. While these emergency foods require limited ingredients, you still need cooking utensils, such as pots and pans, to take those meals from the package to the table.

Easy Upgrade: Now is the time to add a set of camping pots and pans to your emergency food pantry. You can easily purchase inexpensive Stainless Steel or Aluminum Mess Cooking Kits. (I prefer Stainless Steel) Or you can even pick up pots and pans from the DI or other good will stores. Store these with your food storage items.



On THURSDAY, APRIL 18th, 2024 at 10:15 a.m.

Utah will have a 7.0 magnitude earthquake.

ARE YOU READY?



Prospective CERT Team Members – this team has learned a lot about HazMat suppression

Kaleb Kunzler, Doug Corey, Eileen Jackson, Molly Bingham, Loralee Darley

