

21 FOODS TO HOARD



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Most people don't have enough variety in their storage. 95% of the people I've worked with have only stored the 4 basic items: wheat, milk, honey, and salt.

Statistics show most of us won't survive on such a diet for several reasons.



The following food items are the basis of your long-term survival pantry, and the best thing about them is that you can get all of them for as much as \$300.

Wheat, flours, and beans are the easiest bulk materials to store for calorie, shelf life, and nutritive value. Remember to buy a quality grinder for grinding grains into flour. It should be hand cranked or combination hand and power unit.

Barley is one grain that I suggest for those who need foods with low gluten content. Soybean is the legume with the highest protein content in commercial production.

I would also recommend **rice**. It's possible to purchase brown rice from long term food suppliers already specially packaged in air tight containers with an inert nitrogen atmosphere or you can do it yourself.

I like this kind of packaging, (if properly done); the storage life can be extended for several years.

A nutritious item to be mentioned here is **pasta**, which is easy to pack and has a great shelf life. You can eat it simple or combine it with many other food items like canned vegetables, meat or milk.

And if you eat pasta, you will surely need tomato sauce. Tomato sauce is used as a base for almost any tomato flavored food. Stored properly in a dry and cool place, it can last up to 18 months.



Cereals are a very nutritious part of your breakfast. Remember that you will need milk for cereals. Keep them in airtight containers. Tins work nicely for this.

Dried noodles are usually eaten after being cooked or soaked in boiling water for 2 to 5 minutes, while precooked noodles can be reheated or eaten straight from the package. It is a great alternative when you don't have the time or possibility to cook.

Instant mashed potatoes are nutritious, easy to prepare and have a great shelf life.

You will also need **cooking catalysts and seasonings**. They include oils, shortenings, salt, leavenings, herbs, and spices.

Here I have to mention **vinegar**, a preservative that can jazz most mundane dishes on earth, a cleaning agent and solvent, and a deodorizer; vinegar is a must-have in any kitchen cupboard. Always shut the bottle cap of vinegar tightly. It is prone to evaporation. Keep it away from strong aromas and odors in a dark, dry place.



Beans give you a lot of bang for your buck. They are low in cost, cholesterol free, low in fat, and high in fiber, protein, carbohydrate, foliate and many trace minerals.

In fact, because they are high in fiber and low in fat, they can actually help lower your cholesterol. And you can actually use these as a fat substitute which will really come in handy.

Store it in a cool, dry area. Unopened it will store for 30+ years. Opened, it will last a couple of years. For a one-year supply, you need about 60 pounds of dried beans or legumes per person per year, or about 5 pounds per month.

I store more white beans (they work the best in baked goods), followed by black beans (we like Mexican food), and then equal amounts of pinto and kidney beans.

Powder milk, dairy products and eggs. Good for nutritive value and variety in cooking options.

Special note: The best way to preserve eggs is using **mineral oil**.

All you have to do is:

- Warm a quarter cup of mineral oil (just about 10 seconds in the microwave will do).



- Set your eggs outside of the carton (because it will be hard to get them out once you start using the mineral oil).
- Put on some food handling gloves.
- Dab a little bit of the warmed mineral oil on your hands and then pick up an egg.
- Run your oiled hands all over the eggs, making sure to cover it completely with the mineral oil. Don't worry if you're putting it on too thick or thin, just so long as every part of it is covered.
- When you're finished with an egg, put it in the egg carton, small pointed side down. A quarter cup of mineral oil should easily do 4 to 6 dozen eggs.
- Now, store your egg cartons in a cool, dry place. You want the temperature to be about 68 degrees for long-term storage—otherwise storing them like this



in your regular room temperature is just fine for a few weeks.

Remember, the eggs come out of a warm hen. I'm always asked if this will help the eggs keep longer in the refrigerator too.

The answer is yes. You'll want to set a reminder on your calendar or cell phone to flip your eggs once a month at which time you'll simply flip the carton upside down gently so as not to break any of the eggs.

Do this every month to maintain the integrity of the egg yolk.

This preserving eggs method will allow your eggs to stay good for 9 months and sometimes as much as 12.

Sprouting seeds and supplies. With a couple of jars, some nylon stockings, and a variety of seeds, you can eat garden-fresh live foods for pennies a day. I suggest alfalfa seeds, any whole grains, mung beans, soybeans, lentils, and cabbage, radish, and broccoli seeds.

Sweeteners like honey, sugar and maple syrup are also important. Not essential, but may help sweeten an otherwise bitter experience.

Honey has the advantage of being a natural topical antibiotic. It has been used for centuries on the battlefield to heal wounds.

If crystallization does occur, honey can turn liquid again by placing the container in another larger container of hot water until it has melted.

Avoid storing honey near heat sources and if using plastic pails don't keep it near petroleum products

(including gasoline/diesel engines), chemicals or any other odor-producing products.



Canned and dried fruits, vegetables, and soups. Store a variety of your family's favorites.

Beef Jerky is probably one of the most survival friendly foods you can possibly find. It's healthy, delicious and has

a fantastic shelf life. The great thing about it is that you can also make your own or substitute beef for turkey.

Pickles. Pickling means preserving food by immersing it in salty water. In this airless environment, beneficial bacteria and yeasts grow and produce acids, which, in turn, keep dangerous microbes from growing and causing spoilage.

You can pickle almost anything. Pickles cucumbers are the most common, but you can also try olives, peppers and number of stuffed vegetables.

Garlic. Store garlic in a dry place and help your family stay away from diseases. Garlic is well known for boosting the body's immunity.

Canned, dried, or frozen meats and fish. Store these if you will use them.

Vitamins and minerals will have to supplement the limited nutritional value of stored foods. I suggest using quality supplements manufactured from live foods wherever possible (check your local health food store). Super-food supplements, such as blue green algae and

bee pollen, would be a good addition to your emergency food stores.

Pleasure food would include **popcorn, nuts, peanuts, peanut butter, and cocoa/juice powder.** They are nutritious and great for lifting morale or giving you a little reward.



Power bars are a healthy snack that gives you all the energy you need to stay strong. We recommend avoiding chocolate covered bars for storage, because they tend to melt and go bad quickly.

Sports drinks re-hydrate the body and provide sugars, which the body burns to create energy and replenish electrolytes. Electrolytes maintain salt and potassium balances in the body.

Tea. The benefits of tea are numerous. Tea plays an important role in improving beneficial intestinal micro flora, as well as providing immunity against intestinal disorders and in protecting cell membranes from

oxidative damage. Tea also prevents dental caries due to the presence of fluorine.

Both green and black tea infusions contain a number of antioxidants, mainly catechins that have anti-carcinogenic, anti-mutagenic and anti-tumor properties.



Regarding storage, you need to pay attention to some important factors. Store the food in a dark cabinet or in a completely opaque container. Keep delicate teas separate from strongly scented teas. Avoid storing tea in humid areas of your kitchen and house.

Coffee. Green Coffee beans have not been roasted yet, so you can roast them yourself when you are ready to enjoy them.

Since the bean is not cracked yet, the shelf life is many years longer than roasted or ground coffee.

Because these are canned with oxygen absorbers and food-grade desiccant packs, you can expect these to stay fresh for 20+ years.

Roasting them is as simple as putting them in a pan over heat (stove, solar oven, campfire, gas grill, etc.) or putting them under heat (broiler, oven, etc.).

One of the most popular methods of roasting coffee at home is as simple as using a hot air popcorn popper.

Open-pollinated seeds for gardening. I recommend that you store a variety of seeds for gardening. Use open-pollinated seeds, not hybrids, so you can save seeds from your garden for future needs, if necessary. Do not eat seeds for planting! If they are dyed a bright color, they may be poisonous.

In addition, they will provide a hundred times more nutrition after the harvest than if eaten first.