

The last couple of months we have talked about water storage, and water purification. Now we need to look at some different kinds of food storage. When we talk about storing food there are a few things to think about.

- What kind of a shelf life does it have?
- How many calories will you need?
- What will it taste like?
- Does anyone in the family have any kind of food allergies?

A lot of companies that manufacturer emergency food storage use different ways to calculate what you need. One way you can look at it is converting everything to dollars per calorie. You will probably need between 1500 to 2000 calories per day per person. It may seem like a lot but during a disaster you will most likely need



those calories.

When you start looking in to shelf life, you should always know that a good quality freeze-dried food should have a shelf life of at least five years. Another product to look at are MRE's (Meal Ready to Eat). One thing to keep in mind if you do purchase MRE's is that some companies use MRE's in the name even though they really are not MRE's.

MRE's can be a great solution for a 96 hour kit, they can last up to 20 years in the right conditions. But, just make sure you get exactly what you want so that it will fit your needs. If you check with some of the big box stores or get online you can find some kits for one person for 30 days from about 110 dollars to around 200 dollars. That would be the same as a family of four for one week. A lot of places have 72hr kits from 50 dollars to 120 dollars or so for a family of four. You will need to do a little research to see what will work best for you.

Once you have decide what kind of food supply you want, you will then need to consider if water or fuel will be needed and how much you will use (some MRE's come with a water activated heater). And finally don't forget your pets, they will also need to eat.

There is a little bit of home work this month,

- Whatever you choose make sure it has at least a five year shelf life.
- You will need 1500 to 2000 calories a day per person, don't forget about your pets.
- Go and sample different kinds of food.
- Remember to check for food allergies.