



**SurvivalCaveFood.com**  
Helping Families Prepare

# The Survivalists Food Prep Bible

**Inside this must-have  
guide, you'll find ...**



A man in a grey sweater is sitting at a wooden table, holding a knife and a fork. He has a wide, happy smile. In front of him on the table is a black, octagonal tray. The background is a solid blue color.

**How much food you should have stored per person based on caloric needs. Plus, any adjustments you should make due to your climate.**

One of the first steps I always remind people of before they stock up on food is to actually figure out how much they will need. Trust me, it can be confusing at times, but just keep in mind: count calories, not serving size. To do this, begin by determining how many days you want to stock up for. For first timers, it is always best to start off small so you don't get overwhelmed. From there, build up to stockpiling a greater number of supplies. There are people that wind up stocking for years on end.

When it comes to calories, combine everything that your entire household consumes on a regular basis. Counting calories is based off of several things. Take into account age, height, weight, and gender. Also, be sure to remember typical activity level. A toddler is obviously not going to consume the same amount of calories as a high school football player, while someone who is less active will not take in as much as one who is far more active.



Once you have come up with the general amount of calories your household consumes, take that number and multiply it by the number of days you want to be prepared for. The result you receive will indicate an average your family will need. Keep in mind that this should be seen as the minimum required for your household to survive. It's a number that can and probably will change based on whatever catastrophic event may occur.

Paying close attention to caloric needs is just one of the areas to focus on. You should also always be aware of the climate you're in. For example, warmer environments can bring about more sweat and more need to consume larger quantities of water. Exerting yourself will require you to replace all those calories so that you don't drop off from dehydration or starvation. In that case, you should factor in far more than the minimum calorie amount required for your household.



## Get the maximum shelf life from your food and when to rotate your stock so you never have to waste an ounce of life giving nutrition.

How you store your food can be the difference between life and death when SHTF. Things like the wrong temperature and humidity can have devastating effects on your food storage, and it can make you wind up throwing things out. The drier and cooler the environment, the more likely your food will last longer. Also, take into consideration oxygen as well as it can cause food to become stale and have bacteria build-up.

One way to keep food safe is by using products like oxygen absorbers. Air-tight containers not only lock away oxygen, but keep moisture low to the point of not existing at all. With the right food stored in the proper containers while keeping them in dark, dry places, you should have no worries about getting the maximum shelf-life out of your inventory.





Other than improper storage, waste alone is one of the other big killers of any food storage. First of all, always buy what you would normally consume on a daily basis. This way, if SHTF, your body is not forced to readjust in order to digest anything foreign. Foods strange to your system take time to adjust properly, and in crisis situations, that is not what you want to waste time doing. It can make you sick as well, so stick with what you know.

Another good reason to buy what you already eat is that it makes it far easier to rotate the food out when needed. Rotating food keeps things fresh. One of the simplest methods to do this is by first dating everything you put in when you purchase it. Those “use by” and “sell by” dates do not imply a product will go bad by that specific time. It’s more used for manufacturing and selling purposes, and to indicate when a product will be at its freshest. Marking things yourself keeps things in far better order.



Also, organization is critical here. For instance, place new items on the left and old on the right. That way, when you place something new in, the old is pushed further to the right. It makes it simpler to rotate the old out to use. This process is best remembered using four simple words: first in, first out.




## **Universal staples that you can use for multiple meals that are a must-have for any survival stockpile.**

The right staples can help save a lot of time and money used to stock up in the first place in the long-run. Water is one of the most important and obvious staples to have around. It is not only used to drink and clean with, but it is also used in food preparation. Always ensure you have enough of it on-hand due to its multitude of uses.

Things like spices, seasonings, and baking supplies are other clear staples. You can make some meals without seasoning, but they can be pretty bland and unappetizing. Seasoning can also help to cover up that not-so-fresh but still safe to eat taste. Additional items to consider as must-have staples used in multiple meals are plant-based oils. The likes of coconut and vegetable oils are used to make several dishes. Store them right, and you can make some tasty meals for however long you need.

Popular food staples that no survivalist should be without are most types of grain. Things like wheat and rice can be useful for creating numerous different meals, and they are high in fiber, a great quality for digestive health. Remember to focus on your well-being as well as making something tasty. It would be exhausting to consume something unhealthy in times of civilization collapsing.





Rice is a very versatile product that can be combined with countless of meals. It goes great with another must-have staple: beans. Beans are loaded with protein while rice is filled with great nutrients to give you that needed energy. Put them together, and you can create some powerful meals. Also, the great thing about beans is that they can be used in several dishes just like rice can. A popular dish for those cold nights is chili. Now you see why beans are a must-have staple?

Vegetables are another staple that can be worked across the board in many dishes. It is even better if you learn how to grow your own, but freeze-dried and dehydrated veggies have a great shelf-life so you are not forced to eat them quick as you would with something just grown. You can eat these on their own, or you can mix them up in that comforting chili dish you made with those beans.

Ramen noodles can sometimes have a bad rep and with good reason considering the insane amount of sodium found in it. Still, they are seen to many as a given product to have in any survival food inventory. With the right recipe plan, you can make several different meals that cut out the unhealthy sodium. The noodles alone can be combined in several dishes like that chili or mixed with those vegetables. If you have some meat, you can create a dish from that.





## **The best foods to keep on hand for portability and long lasting energy.**

Stocking up on loads of food is clearly a smart choice, but I know there are situations where you won't be able to simply just carry your entire pantry with you. In those cases, you need something portable yet still packing the necessary nutrients to keep you alert and ready in emergency situations. One of the greatest foods that everyone should have on them thanks to their portability and nutritional value is nuts.

Nuts are super easy to carry around, and they pack a great punch. They are high in energy and can be eaten as-is or blended to create other dishes. Just make sure they are vacuumed-packed so that they do not lose their freshness. Even packaged, these energy-filled foods are still lightweight and fit in just about any bag.

For another energy boost that is long-lasting, I take you yet again to beans. Not only are they high in protein, but they store easy enough and can be carted around without much difficulty depending on how they are packaged. They are inexpensive too, so it makes perfect sense to include these in your portable storage.

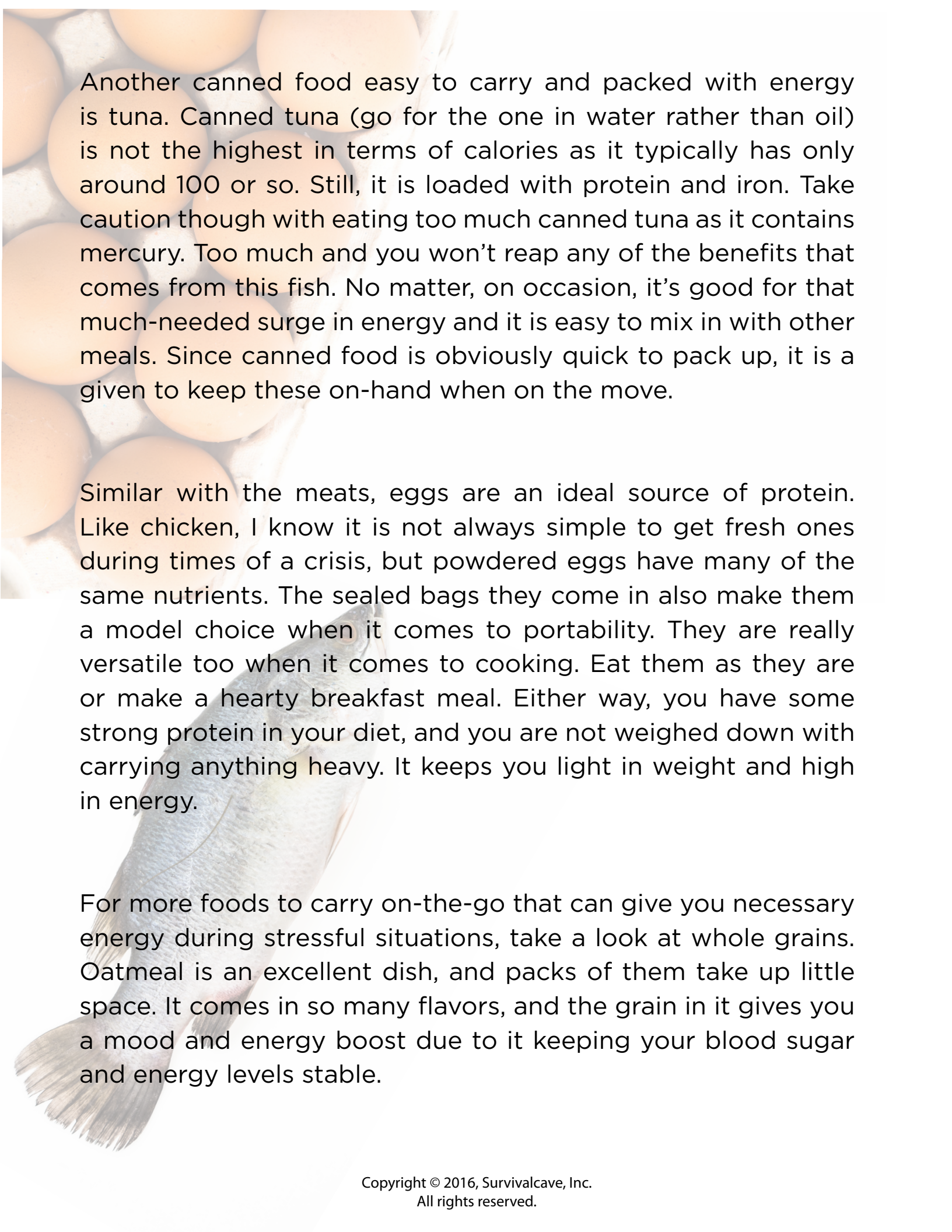


Chicken is another great one to eat and keep your energy levels high. At first glance, it does not appear to be the most portable item. Fresh chicken is excellent, but in situations where things have gotten bad, we all may not have that fresh chicken on-hand. Again, it is not the easiest to move about either. Other than frozen, canned meat can give you just as much nutrients as fresh and is simpler to carry too. Our canned chicken is all-natural, and it has an excellent shelf-life. We prepare it using a slow pressure cooking method which is what allows it to last so long over time.

We also carry canned beef, turkey, and pork as well all cooked with that same slow pressure method. All of them contain protein similar to what is found in chicken, and all are packaged so that they last for years. Beyond giving you the energy you need during emergency situations, the nutrients in these meats help to keep you alert. You need that during times of stress. As we make sure our canned meats contain no water, you also keep all the natural juices from the meats so it all has a great taste.







Another canned food easy to carry and packed with energy is tuna. Canned tuna (go for the one in water rather than oil) is not the highest in terms of calories as it typically has only around 100 or so. Still, it is loaded with protein and iron. Take caution though with eating too much canned tuna as it contains mercury. Too much and you won't reap any of the benefits that comes from this fish. No matter, on occasion, it's good for that much-needed surge in energy and it is easy to mix in with other meals. Since canned food is obviously quick to pack up, it is a given to keep these on-hand when on the move.

Similar with the meats, eggs are an ideal source of protein. Like chicken, I know it is not always simple to get fresh ones during times of a crisis, but powdered eggs have many of the same nutrients. The sealed bags they come in also make them a model choice when it comes to portability. They are really versatile too when it comes to cooking. Eat them as they are or make a hearty breakfast meal. Either way, you have some strong protein in your diet, and you are not weighed down with carrying anything heavy. It keeps you light in weight and high in energy.

For more foods to carry on-the-go that can give you necessary energy during stressful situations, take a look at whole grains. Oatmeal is an excellent dish, and packs of them take up little space. It comes in so many flavors, and the grain in it gives you a mood and energy boost due to it keeping your blood sugar and energy levels stable.





Quinoa is another great grain to hold onto while on the move. Now, I know you may be hesitant to try this grain, but just try to give it a chance. It is not only high in protein, it is great in iron and as a dietary fiber that gives more nutrients than rice. Eating this will make certain

that your body feels energized far longer. Everyone may not enjoy the taste of this on its own, but when cooked right and mixed with something like vegetables, it can be rather tasty.

This next portable food item may not seem like the first thing you should stock up on, but it will serve you well in so many ways. Chocolate, particularly the dark kind, is a potent mood-booster. Clearly, it weighs little so that you do not have to worry about hauling anything big around. When you feel like you're low on energy, just whip out a piece of dark chocolate. It also helps curb those annoying cravings many of us get.



Sticking to sweets, another good portable food that has multiple purposes is honey. Evidently, it is very portable depending on how it is packed up. It is a natural sugar to boot, and it gives you great energy and helps with your sweet tooth just like chocolate. There are several other uses for honey such as for medical purposes, and it can also be stored indefinitely. There is no real reason why you shouldn't have this handy food item in your bag at all times.



**You'll even discover food items to keep on hand you can use for barter and trade because when the SHTF, your paper dollars will be good for nothing more than toilet paper.**

The concept of bartering and trading items is anything but new. Mankind has been doing it for centuries. It is not hard to learn the right skills and techniques so that you get the most out of a trade. Do keep in mind to barter with those you trust, however. In a time of civilization collapsing, many people are not at their best, so take caution with who you want to trade with.



Now, food items are not always the go-to when it comes to bartering with as we all need food. Still, there are some items worth trading, more so if you have more than you need. An easy item to barter with is coffee. As long as it is stored properly, you should not have trouble trading this for something else you may need far more. Try for some green coffee beans if you can as they last years. All that is needed to do is grind them up and roast them.

If you have some sweets in your inventory like chocolate or other candy and do not mind giving it up, then it is worth bartering those. Somewhere out there, someone will always be looking to get something sweet even in emergency situations. Those are the people you want to seek out when you really need to trade for something more important.



Condiments and spices are more good food items to barter and trade with. It is a good idea to stock up on some extra ones because, just like with sweets, someone out there will be seeking them once we can no longer hit up the stores. Also, if you have any spare garden seeds, consider those for bartering with too. Or, if you are not the best at gardening, try to find someone you trust who is and split the profit with them. It's a great way to get the best of both worlds.

All of those canned meats I brought up can come in handy for bartering as well as for portability. Stocking up on canned meat is not the first thing on everyone's mind. Many flock to frozen ones or those found in buckets like we have, so they may not even think to go for the canned kind which lasts long and takes up less space. It is a great idea to keep extra on-hand for trade.

The same goes for canned vegetables and fruits. Another canned item that not many think of is pet food. Go ahead and keep some of that stored properly and all the pets out there will thank you for it.





Powdered food like milk, eggs, and butter are also not the first items that everyone will think of to keep in their emergency inventory. They can go a long way and store better and longer than their counterparts found in the store. People who may usually turn their noses up at this will be begging for it when they cannot just run out and buy it.

Another trade item to look into is honey. I mentioned before about the many uses honey has and that it can be stored indefinitely. It has several other uses that make it a popular barter and trade choice food item. Beyond its use in food, it has medical purposes from treating wounds and burns, working as a cough suppressant, and it even helps with upset stomachs.

One of the most obvious food choices to barter with is liquor and alcohol. Seen as vices nowadays, these items are surely going to be heavily sought after if SHTF. Trade in moderation with these items though as nobody wants to deal with a hoard of drunks during a crisis. These items have some great uses other than drinking. Obviously, alcohol is useful for medicine purposes. Try to seek out individuals who need it for that as they will trade well for it.

Mouth-watering recipes that are a cinch to make, provide crucial energy, and comfort your soul ...





## **Hearty breakfasts that would make Paul Bunyan want to trade you his log cabin for a bite.**

Breakfast really is the most important meal of the day, and when SHTF, you will want all the energy you can get to start off your day alert and ready for whatever may come. Here are some recipe ideas that can get your morning started off right.

### **Breakfast Bowl**

I have covered how much protein is provided by eggs, so if you want a breakfast that is hearty and packed with energy, try this one out for size. The total prep and cook time is around 30 minutes, and this recipe is only for three servings. If you are cooking for more, then feel free to add to the ingredients. These breakfast bowls are adaptable, so even if you want a different meat or vegetable, it can be added in without much change to how they are cooked.



[blissfulbasil.com](http://blissfulbasil.com)

Ingredients: 6 eggs, chopped sausage links, 1/3 cup milk, 1/2 cup shredded cheddar cheese, 1/4 cup chopped green pepper, salt, pepper, and garlic powder to taste.

Directions: Prepare the grill for medium, indirect heat, and coat three 4 1/2 in. disposable foil tart pans with cooking spray. Whisk eggs, milk, and seasonings in a small bowl and pour the mixture into the pans. Sprinkle the cheese, pepper, and chopped sausage into the mixture in the pans. Cover each with a piece of foil and grill for about 20-22 minutes or until eggs are set.



## Breakfast Hash

If you are looking for something healthy and filling, then a hash is the right call. It starts your morning off on a great note. The dish is easy to fire up on a skillet across a campfire, so there are no worries if you don't have a grill or stovetop to cook on. It takes less than a half hour to make, so breakfast can be ready to go quick.

Ingredients: 12 eggs, 1/4 cubed butter, 2 packs refrigerated shredded hash brown potatoes, 1 pack sliced sausages, 1/4 cup chopped onion, 1/4 cup chopped green pepper, 1 cup shredded cheddar cheese, salt and pepper to taste.

Directions: Melt butter in a large skillet, and add the potatoes, sausage, green pepper, and onion. Cook it uncovered over medium heat for 10-15 minutes or until potatoes are lightly browned. Push the potato mixture off to the sides of the pan and pour the lightly beaten eggs in the center. Cook and stir the eggs over medium heat until they set and season with salt and pepper. Reduce heat and stir the eggs into the potato mixture. Top with cheese and cook for 1-2 minutes or until the cheese has melted.





## One-Skillet Frittata

This dish is filled with great protein and carbs and it makes a perfect breakfast when outside camping. The following recipe is designed for two people, but you can increase the ingredients when cooking for more. The total prep and cook time is about 30 minutes.

Ingredients: 2 diced potatoes, 5 eggs, 1/3 lb. ground sausage, 1/2 cup shredded cheddar cheese, 1 clove of minced garlic, 1/2 small diced onion, 2 tablespoons of cooking oil, salt and pepper to taste.

Directions: Heat oil in the skillet and add the potatoes, frying them until they are golden. Add the onions and garlic and fry until they begin to change color. Throw in the sausage and cook until browned, making sure to break it up while it fries. Add in the eggs to the mixture and cook them until they have set. Lastly, sprinkle on the cheese and cover the pan to allow the cheese to melt.





## Mountain Man Breakfast

Don't be intimidated by the name. This savory breakfast dish can be enjoyed by all. It is a quiche-like meal that people will be scrambling to get to. Generally, it takes just under an hour to prep and cook this.

Ingredients: 12 eggs, 1 cup cubed bacon, 1 cup sausage, 4 grated potatoes, 1 cup grated cheddar cheese, 1 medium, diced onion, cooking oil.

Directions: Using a Dutch oven, heat up the oil and fry the bacon and onions until the onions turn a clear color. Stir in the grated potatoes and cook, covered, for 15-20 minutes. Beat the eggs in a separate bowl and pour it evenly over the mixture in the Dutch oven. Cover and cook again for 10-15 minutes. Uncover, sprinkle cheese, and cover again until cheese has melted. Slice it and serve it up.





## Breakfast Burger

I know many of you saw the word 'burger' and figured this was in the wrong section. Trust me, it's not. This tasty breakfast burger is sure to have everyone wake up alerted and hungry. The total prep and cook time for these is about 25 minutes.

Ingredients: 12 eggs, 12 sausage patties, 12 biscuits, salt and pepper to taste.

Directions: In a skillet, cook sausages until they are golden brown and cooked through, flipping them once. Remove from skillet and set aside. For the eggs, if you have a biscuit pan, they cook great in those as they remain the perfect size. If not, a skillet should work well but it may take more time as they might not all fit. Season the eggs and cook until desired doneness. Split the biscuits in half and place sausage and eggs inside each one.





## Ham & Potato Skillet

This easy recipe will give you a great burst of energy to get your day going. It is a hearty meal that does not take long to put together so that you can enjoy your breakfast as soon as possible. Total prep and cook time is 20 minutes.

Ingredients: 8 oz. packed diced ham, 8 eggs, 8 tablespoons milk, 3 tablespoons vegetable oil, 2 cups Potatoes O'Brien with onions and peppers, 1/2 cup shredded cheese, garlic salt, salt and pepper to taste.

Directions: In a skillet, add oil to medium-high heat. Toss in Potatoes O'Brien, add seasonings, and cover. Cook for six minutes, flip the potatoes, and add ham, cooking for six to eight minutes. In a separate bowl, whip eggs, milk, and salt and pepper. Add the egg mixture to a separate pan and scramble, adding in the cheese once the eggs are nearly done. Combine eggs with ham and Potatoes O'Brien mix.





## **Quick and easy lunches and snacks you can eat on the go and keep in your BOB (Bug out bag).**

Another thing I like to make sure I have enough of is snacks. We don't all sit around eating entire meals throughout the whole day as it is, so it makes no sense to do it when a crisis hits. Occasionally a snack or quick lunch will do the trick while you are still on the move. These recipes should come in handy. Give the titles a click to find step-by-step directions into making everything.

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### **Granola Trail Mix**

Trail mix is a great, quick and easy snack that can give you a nice boost in energy. If you have none on hand, then it is not difficult to make. It is a great way to use up some nuts and candy before they can have the chance to go bad, and is highly versatile as anyone can add in whatever else they like. The total prep and cook time is about five minutes.

Ingredients: 1 pack banana-nut granola, 1 pack raisins, 1 pack milk chocolate M&M's, 1 can honey-roasted peanuts.

Directions: Place all of the ingredients into a single bowl and toss it. Store in airtight containers or bags.





## Popcorn

You can't find another go-to snack like popcorn. It is a perfect, quick meal that the kids will certainly enjoy. The total prep and cooking time is under four minutes.

Ingredients: 1 tablespoon vegetable oil, 1/4 cup popcorn kernels, salt to taste.

Directions: In a disposable pie pan, combine oil and kernels and place over a heated grill. Seal the pan with aluminum foil and create a dome shape on top so the popcorn will have room to pop. Use a set of tongs to keep yourself at a distance and gently shake the pan until the popping starts. Cool for a couple of minutes before opening and season with salt.





## Campfire Reuben Sandwich

This take on the classic American Reuben sandwich is sure to make for a tasty, filling lunch. You can add whatever extras you want or take out whatever you don't like. It's easy to personalize, easy to make, and you can store it safely in your bag to eat at a later time. In total, it takes about 45 minutes to prep and cook.

Ingredients: 8 slices of bread, 3/4 pound sliced corned beef, 1/2 pound sliced Swiss cheese, 1 cup sauerkraut, 1 cup Thousand Island dressing.

Directions: Preheat the grill for low heat. Cut large slices of aluminum foil and place two slices of bread side-by-side on each piece of foil. Spread slices with dressing and evenly divide the corned beef, cheese, and sauerkraut across the bread. Top with second slice to create the sandwich and wrap the foil snugly around it for a sealed packet. Place packets on the grill and cook, turning every 10 minutes, until bread is lightly toasted and cheese is melted. It can take about 30 minutes.



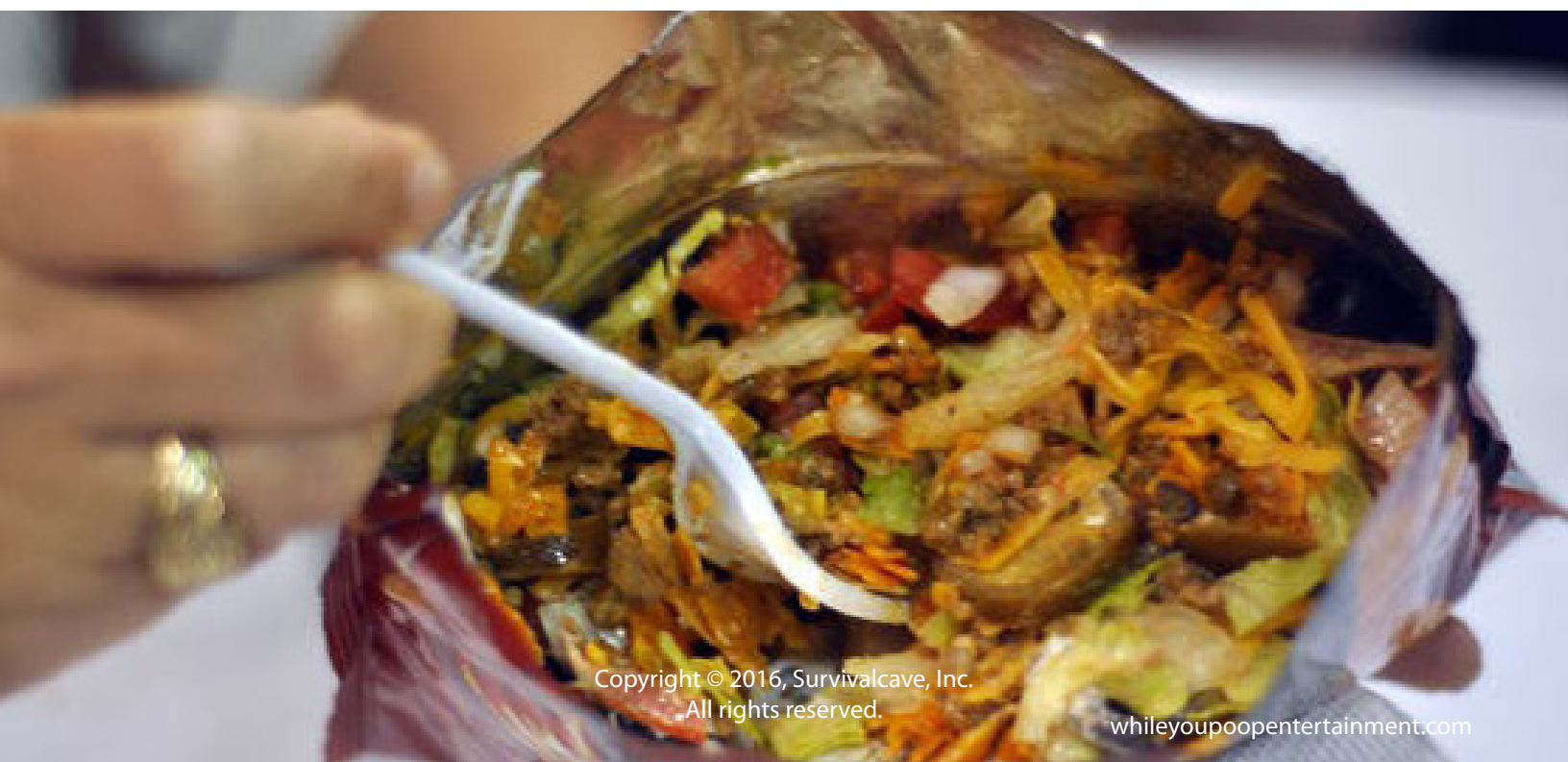


## Walking Tacos

Want something a bit more filling to eat while on-the-go? These walking tacos definitely live up to their name. Sometimes you can't sit and enjoy your meal, so these gems are excellent when you have to stay on your feet but still need to eat a tasty lunch. The prep and cooking time totals out to around 30 minutes.

Ingredients: 1 pound ground beef (you can use Survival Cave Food ground beef), 1 can diced tomatoes and green chilies, 1 can Ranch Style beans, 1 chili seasoning mix, 5 small packs of corn chips, 1/4 teaspoon pepper, desired toppings (e.g. shredded cheddar cheese, sour cream).

Directions: In a large skillet, cook ground beef over medium heat for six to eight minutes or until no longer pink, and drain when done. Stir in chili seasoning, pepper, tomatoes, and beans and bring to a boil. Reduce heat and simmer uncovered for 20-25 minutes or until thick while stirring occasionally. Cut open corn chip bags and add beef mixture and any other desired toppings.





## Chocolate-Oat Cereal Bars

These are definitely ones you want to make in advance so that they are ready when you're out and about. They take little time, and if sealed properly, fit well inside any bag or even your pocket. In total, it takes about 10 minutes to prep and make, but the refrigeration time pushes the entire process up to an hour.

Ingredients: 3 cups puffed cereal (e.g. brown rice), 2 cups rolled oats, 1 cup mini chocolate chips, 1 cup sunflower seeds, 1/2 cup sesame seeds, 1/4 cup canola oil, 1/2 cup brown rice syrup, 2 tablespoons sugar, 1 teaspoon cinnamon, 1 teaspoon vanilla, 1/2 teaspoon sea salt.

Directions: Lightly oil a baking pan. Over in a medium saucepan, combine oil, sugar, syrup, cinnamon, vanilla, and salt. Over medium heat, stir occasionally until it boils and the sugar dissolves. In a large bowl, mix oats, puffed cereal, seeds, and chocolate chips. Pour the syrup mix over the cereal mixture and stir with a sturdy spoon until combined well. Press the mixture into the oiled baking pan and refrigerate for about an hour. Cut down the center lengthwise and then cut into bars.





## **Hearty stews and savory pot roasts you can set and forget so it'll be ready for you just in time for dinner.**

Warm stews and pot roasts go a long way in filling you up so you can sleep well and feel rejuvenated in the morning. Anyone should be able to cook these recipes I've found with little difficulty. They can even be left alone for some time so you can get other work done in the meantime. Click on the recipe title for further information about it.





## Chicken Stew

Need something to do with those healthy vegetables? Why not mix them with some great protein-laced chicken and filling potatoes? This is a recipe that can be done on a campfire as easy as it can be on a grill thanks to it being cooked through the use of aluminum foil. No matter the situation, anyone should be able to whip this one up, and it takes just over an hour to prep and cook.

Ingredients: 3 1/2 - 4 pounds chicken, 3-4 medium sliced potatoes, 1 sliced green pepper, 1 cup sliced carrots, 1 can condensed cream of mushroom soup, 1/4 cup water, salt and pepper to taste.

Directions: Cover and grill chicken over medium heat for three minutes on each side. Place two pieces of chicken on each four pieces of aluminum foil. Divide potatoes, green pepper, and carrots among the packets. Top each with water, soup, and seasoning. Fold and seal the foil tightly. Grill covered over medium heat for 20-25 minutes on each side or until the juices from the chicken run clear. Open the foil carefully for steam to escape.





## Salsa Pork Roast

A pork roast is a nice, warm meal that will make you feel good long after eating it. You can utilize Survival Cave Food pork in a can for this recipe. Try out this recipe that uses a Dutch oven and salsa to give the meat some extra taste and juiciness. This takes over an hour to prep and cook up, so you will not have to hover over it constantly to make sure it cooks. It is also a great way to use up some kidney beans that you have lying around.

Ingredients: 1 boneless whole pork loin roast or one can of 28 ounce Survival cave food canned pork, 1 jar salsa, 1 can un-drained kidney beans, salt and pepper to taste.

Directions: Prepare grill or campfire for low heat using charcoal briquettes or large wood chips. Line a Dutch oven with aluminum foil and add pork. Combine the salsa, kidney beans, and seasoning and pour over the pork. When the briquettes or wood chips are covered with white ash, place the covered Dutch oven on top. Using tongs, place the remaining briquettes over the pan cover. Leave to cook for 1-1 1/4 hours or until a thermometer reads 145 degrees. Let stand for 10 minutes.





## Pork Pot Roast

This is more aligning to a classic pork roast. It serves more than the salsa roast, and takes longer as well. In all, this tender meal should take 3 hours and 15 minutes to prepare and cook.

Ingredients: 4-5 pound pork roast or canned survival cave food pork, 4 red potatoes cut to bite-size, 2 peeled and sliced celery stalks, 2 peeled and chopped onions, 2 peeled and cut green apples, 4 large cut carrots, 1 dozen cut large mushrooms, 2 cups chicken stock, 1/2 cup olive/corn oil, 1 teaspoon dried basil, pepper and seasoning salt to taste.

Directions: Make sure your fire is going so that you have a bed of lasting, slow-burning charcoals. In a Dutch oven, heat the oil and brown the pork roast, onions, and apples. Add the chicken stock and spices, cover, and put off to the side on the fire to slowly cook for two and a half hours. Layer the vegetables, making sure to put carrots and potatoes first since they require more heat, and recover the pot. After another half hour, check to see if done as each campfire will differ.





## Green Chili Pork Stew

When you want something filling and warm that settles nice in your stomach, chili is a great choice. This is another recipe that makes great use of a Dutch oven, and it can be handled across a campfire well. It takes over an hour to prep and cook.

Ingredients: 1 boneless pork shoulder butt-roast cut into cubes or survival cave food canned pork, 1 cup chopped onion, 3 minced garlic cloves, 1 can stewed tomatoes, 1-2 cans chopped green chilies, 2 cups water, 2 cups cubed peeled potatoes, 1 can rinsed and drained pinto beans, 1 tablespoon canola oil, 1 tablespoon chopped cilantro, 2 teaspoons fennel seed, cumin, dried oregano, salt and pepper to taste.

Directions: Over medium heat in a Dutch oven, brown pork in oil. Add in onion and garlic, sautéing for three to five minutes. Drain and add water, tomatoes, chilies, potatoes, and seasonings. Bring to a boil and then reduce heat. Cover and simmer for 45 minutes. Add beans and cover and simmer for 20-30 minutes or until meat and vegetables are tender.







jimandjerolynbogear.com

## **Comfort foods we all grew up on that'll make you feel like you're on a grand vacation and not in a survival situation.**

One of the best ways to keep your mind off of the crisis around you is by whipping up a meal that can transport you back to your kitchen surrounded by family. These recipes should hopefully do the trick. If you want the full version of them, click on the link provided in the recipe titles.



## Chicken and Dumplings

Across the nation, everyone has their version of chicken and dumplings. This dish is a great staple that is hearty, filling, and best of all, taste great. In a survival situation, this can be cooked easy with a Dutch oven. It takes around 45 minutes to cook.

Ingredients: 4 bone-in skin-on chicken breasts or survival cave food canned chicken, 8 cups chicken stock, 2-3 peeled and sliced carrots, 2-3 sliced celery stalks, 1 medium chopped onion, 2 cups self-rising flour, 3/4 cup milk, 1 1/2 cups frozen corn, 1/2 teaspoon dried thyme, 4 tablespoons chilled unsalted butter, 2 tablespoons cubed shortening, olive oil, salt and pepper to taste.

Directions: Preheat the oven or campfire to around 400 degrees. Rub chicken breasts with oil and seasoning, and roast uncovered on a baking sheet for about 40 minutes or until cooked through. Let cool before handling, and remove and discard skin. Pull chicken into bite-sized pieces and set aside. Use bones and scraps to create the stock (you can complete this step in advance), or use pre-made stock.





In Dutch oven over medium heat, place in a few tablespoons of olive oil and sauté onions, carrots, and celery until tender. Add stock and bring the mixture to a simmer. Add in chicken and corn and bring to a boil, stirring occasionally until vegetables are cooked and chicken and corn are heated. Season with salt, pepper, and thyme.

With a fork or pastry cutter, cut shortening and butter into flour until butter is pea-sized, and pour in the milk to mix until moist. Spoon the dumpling mixture on top of the chicken mixture, and you should have around 2 tablespoons per dumpling. Cover and simmer for 25 minutes. Immediately serve.





## Dutch Oven Macaroni & Cheese

It is difficult to find something more of a classic comfort food than macaroni and cheese. This meal is a cinch to make in a Dutch oven, and it comes out creamy and loaded with flavor. It should take around a half hour or so to make, and it is a great meal for those cooler nights sitting around the campfire.

Ingredients: 2 cups macaroni, 1 cup shredded Gruyère cheese, 1/2 cup shredded sharp cheddar cheese, 1/2 cup shredded Gouda cheese, 1/2 cup Panko breadcrumbs, 1/2 cup milk, 3 tablespoons butter, 2 tablespoons flour, butter, salt and pepper to taste.



Directions: You can pre-cook the pasta and store in sealed containers to save on time. Once your campfire is heated, in a Dutch oven, melt butter and whisk in milk. Going one tablespoon at a time, whisk in flour until it thickens. After, season to taste. Slowly stir in cheese until blended, and be sure to reserve some cheese to put on top later.

Add cooked macaroni and stir to coat with the sauce. Cover and cook until heated throughout, which should take around five minutes. Top with cheese and breadcrumbs. Cover and cook for another five minutes.



## Camping Mac N' Cheese

This is another macaroni and cheese recipe that is super easy to make along the campfire if you don't have a Dutch oven nearby. All that is needed is a grill, campfire, and mini aluminum pie tins. It takes a total of 30 minutes to cook, and the best thing about this recipe is that it can be prepared in advance and packaged safely to make later.

Ingredients: 1 1/2 cup cooked elbow macaroni, 1/2 cup grated sharp cheddar cheese, 1/2 cup grated Parmesan cheese, 1/4 cup mozzarella cheese, 8 ounces prepared Alfredo sauce, 1/4-1/2 cup half and half or whole milk, nonstick cooking spray, salt and pepper to taste.

Directions: Pre-cook the pasta. Stir in Alfredo sauce, cheeses, and enough milk to keep it all gooey-looking so it doesn't dry out. Add salt and pepper to taste. Divide the mixture between four mini aluminum pie tins that have been sprayed with nonstick cooking spray. Spray aluminum foil with nonstick spray and seal the food with the sprayed side down. Store in sealed food bag and keep in cooler to cook later.

Once your campfire is prepared, lay a grill or cooking rack over top. Place the pie tins on the grill and cook 8-10 minutes or until hot. Serve immediately.





## Three Bean and Beef Chili

Nothing like a bowl of thick, rich chili to feel your stomach with warmth. It is even better on those colder nights, and will take you back to cozying up in your home. The dish takes some time, almost an hour and a half in total, but it will be worth it.

Ingredients: 1 can drained and rinsed black beans, 1 can drained and rinsed kidney beans, 1 can drained and rinsed pinto beans, 1 can crushed tomatoes, 1 pound ground beef or survival cave food canned ground beef, 1 cup diced onion, 2 diced carrots, 1 diced red bell pepper, 1 tablespoon olive oil, 2 cups water, 1/2 teaspoon dried oregano, 1 seeded and minced chipotle chili in adobo sauce, 2 teaspoons adobo sauce from can of chipotles, salt and pepper to taste.

Directions: Heat oil in Dutch oven or large pot. Add onion, carrots, and bell peppers, and cover and cook, stirring occasionally until vegetables are soft. Add in cumin and cook, stirring for a minute. Add ground beef, raise heat to high and cook until meat is no longer pink.

Stir in tomatoes, water, chipotle and adobo sauce, oregano, and salt and pepper. Simmer while partially covered, stirring occasionally, for 30 minutes. Stir in the beans and cook, partially covered, for an additional 20 minutes. Season to taste.





## Sloppy Joes

These messy meals are a staple in many homes. It can take most of us right back to our childhood, and is another great way to clear up some of those pantry items that may expire soon. In times of crisis, who wouldn't want to remember the simpler times? These take about 35 minutes to prep and cook.

Ingredients: 1 pound ground beef or survival cave food ground beef, 6-8 hamburger buns, 1 medium diced onion, 1/2 cup ketchup, 2 tablespoons mustard, 2 tablespoons Worcestershire sauce, garlic powder, salt and pepper to taste.

Directions: In a skillet, cook ground beef until browned (if using survival cave food ground beef, it its pre-cooked), drain, and set aside. Cook the onion until it starts to sweat, and add the remainder ingredients and the cooked ground beef. Continue cooking until the onions are clear. Serve them up on warmed buns.





A top-down view of various smoothies and fruits on a rustic wooden surface. In the top left, a glass jar with a handle contains a light-colored smoothie topped with granola, resting on a white napkin with a teal floral pattern. To its right is a whole, ripe peach with red and yellow skin. In the middle left, a blue-rimmed white bowl contains a pink smoothie with three blueberries on top, also on a teal floral napkin. In the bottom center, a glass contains an orange smoothie with a slice of orange on top and a teal and white striped straw. To the right of the glass is another slice of orange.

**Tempting treats and desserts to satisfy your sweet tooth, and especially good to keep any children you have calm during an emergency.**

I feel that just because things may go bad in the world, that doesn't mean you have to give up on the little pleasures such as dessert. It is especially true if there are young children around who may need a treat in order to stay calm and quiet. Try out these simple recipes, and your family will thank you for it. As always, the step-by-step process is in the links in the titles.



## Dutch Oven Peach Cobbler

Cobbler has been a staple in households around the world for decades. They can be made easy enough on a campfire through the use of a Dutch oven. Peaches are the classic fruit used, but you can opt for other ingredients like berries if you want. Go on and make this staple to your liking. Regardless of what you use, you wind up with an excellent desert that should satisfy all. It should take under an hour to make.

Ingredients: (General) 2 cups all-purpose flour, 1 cup sugar, 1 cup milk, 4 teaspoons baking powder, 1/2 teaspoon salt, 1/2 cup melted butter. (Filling) 2 cans sliced peaches, 1/4 cup sugar, 1/2 teaspoon ground cinnamon, optional.

Directions: Prepare campfire/grill for low heat. Line Dutch oven with aluminum foil. In a bowl, mix flour, sugar, baking powder, and salt. Stir in milk and butter until moist, and transfer mixture to Dutch oven. Drain peaches, reserving 1 cup of syrup. Spoon the peaches over the batter, and sprinkle with sugar and cinnamon (optional). Pour reserved syrup over the fruit.

Cover the Dutch oven. When briquettes or wood chips are covered with white ash, the campfire is ready. Place Dutch oven on top and add extra briquettes/wood chips on top of pan. Cook for 30-40 minutes or until set and filling is bubbling. Let stand uncovered for 15 minutes.





## Campfire Blueberry and Orange Muffins

These can sometimes be a trial and error sort of recipe, but they are absolutely delicious. They are fun to make, and everyone will enjoy eating these little orange cups. Kids as young as 5-years-old can even help out with this one. It takes 10 minutes to cook, and add in some extra time for the prep.

Ingredients: Blueberry muffin box mix, bag of oranges.

Directions: Stir up the blueberry muffin mix as directed on the box. Cut oranges in half and scoop out the filling. You can save it for another time to put in another recipe, or even save it to make orange juice later. Fill one half of the emptied oranges with the blueberry mixture and cover it with the other emptied orange half. Wrap in layers of aluminum foil, three will usually do. With your campfire going, throw the wrapped oranges into the fire. Turn them every minute or so, and after 10 minutes, take them out to check if they are firm in the middle.





## Campfire Cones

Keeping the kids calm and happy never came easier than with these cones. They are gooey, delicious, and messy, everything a kid will love. It is also a great way to use up some of those pantry items that may not last long. In all, it takes about 10 minutes to prep and make.

Ingredients: Jar of peanut butter, 1 pack mini marshmallows, 1 pack chocolate chips, 2 bananas, 12 pack sugar cones.

Directions: Heat up the grill. Slice bananas and set aside with marshmallows and chocolate chips. Spread the inside of the cones with peanut butter, and add in the previous ingredients. Wrap the entire cone with aluminum foil and lay them over the heated grill for 5-10 minutes, turning them every so often. Unwrap to be sure everything is melted.





## Dutch Oven Monkey Bread

After a long day, warming up with a great dessert is a perfect way to end the night. Monkey bread is a favorite amongst many people, and this recipe is easy to make. It takes 45 minutes to prep and cook.

Ingredients: 2 rolls Pillsbury biscuits, 1 stick melted butter, 1/2 cup sugar, 1/2 cup brown sugar, 3 tablespoons cinnamon, cooking spray.

Directions: Coat Dutch oven with aluminum foil and coat with cooking spray. Chop biscuits into quarters. Mix sugar and cinnamon in a plastic bag, and drop each quarter-cut biscuit into bag to shake and coat. Place mixture in Dutch oven. In a separate pan, melt butter to pour over biscuits. Bake for 35 minutes, making sure to check around the 30-minute mark to see if the dough is done.





## S'mores Dip

S'mores are the most popular campfire treats to have. This dip recipe takes s'mores to another level. Rather than one at a time, you get an entire pan of delicious s'mores everyone can enjoy. It only takes around 10 minutes to make.

Ingredients: 8 large marshmallows cut in half, graham crackers, 3/4 cups chocolate chips.

Directions: Make sure your campfire, grill, or even solar oven is preheated to around 450 degrees. In a cast iron skillet, place chocolate chips on an even layer and arrange the marshmallows on top. Bake for six to eight minutes, or until marshmallows are lightly browned. Remove from heat and let stand for five minutes. Serve with the graham crackers for dipping.





## Fudge Striped Cookie S'mores

There are so many incredible things to do with s'mores so that you are not stuck with the usual that can get a little bit too messy (even if the kids would love it). Everyone will love this take as it still has the same gooeyness as the original. It takes under 10 minutes to make.

Ingredients: 1 bag of marshmallows, 1 pack of Fudge Striped Cookies.

Directions: With the campfire ready to go, place a marshmallow in between two cookies. You can use a baking sheet for the cookies and place over a grill across the campfire. Once the marshmallows soften and melt, they are ready. It only takes about five to seven minutes.







**And finally, sauces and condiments you can use on all kinds of quick dishes so you always have a nice variety at your fingertips.**

You may not always have condiments and sauces on-hand, so if you have the right ingredients, it should be simple to create some to pack up and use whenever you need.



## Mustard

Ingredients: 2 egg yolks, 1 cup sugar, 3 teaspoons cornstarch, 1/2 cup dry mustard, 1/2 cup cider vinegar, 1/2 cup water.

Directions: Dissolve mustard in vinegar and stir in remaining ingredients until combined. Cook in a double broiler, stirring constantly, until it gets to desired thickness which should take around 10 minutes. Pour into container, cool and cover, keeping refrigerated until needed.



[strengthandsunshine.com](http://strengthandsunshine.com)

## Ketchup

Ingredients: 1 medium chopped onion, 1 can whole tomatoes in purée, 1 tablespoon tomato paste, 2/3 cup packed dark brown sugar, 1/2 cup cider vinegar, 1/2 teaspoon salt, 2 tablespoons olive oil.

Directions: Blend tomatoes and purée from can in a blender until smooth. In a saucepan, cook onion in oil over moderate heat, stirring until softened which can take about eight minutes. Add tomatoes, paste, brown sugar, salt, and vinegar. Simmer uncovered, stirring frequently until thick. It should take about an hour. Purée mixture in blender until it is smooth. Chill while covered for about two hours.





## Mayonnaise

I should note about this recipe that it has no preservatives in it, so it does not last for an insane amount of time. It is best to make this when you know you are going to use it.

Ingredients: 2 egg yolks, 2 tablespoons lemon juice, 1 1/2 cup vegetable oil.

Directions: In mixing bowl, combine yolks and lemon juice. With a mixer on high, drizzle oil directly over the beaters in a small stream. Stop every few seconds to allow the mixture to whip up. Keep adding oil and beating until it whips to the consistency you desire. More oil equals a thicker mixture. Keep refrigerated for several weeks.



wiseGEEK

thedailymeal.com



shopmyexchange.com

## Maple Syrup

Ingredients: 1 cup water, 1 cup brown sugar, 1/2 cup sugar, 1/8 teaspoon cornstarch, 1 tablespoon maple extract.

Directions: In a saucepan, mix sugars and cornstarch and add 1 cup of cold water, stirring to dissolve sugar. Bring mixture to a boil over medium heat while stirring occasionally until the syrup reaches thickness you prefer. Add maple extract and stir again to incorporate. Reduce the heat and simmer for two minutes. Remove from heat and bottle it. Leftovers should

be refrigerated and can last for about two months.



## Salsa

(Salsa Mix) Ingredients: 1 1/2 cup dried cilantro, 1/2 cup dried chopped onion, 1/4 cup dried red pepper flakes, garlic powder, salt and pepper to taste.

(Spicy salsa) Ingredients: 2 tablespoons of salsa mix, 10 ounce can Mexican-style tomatoes.

(Salsa spread) Ingredients: 2 tablespoons salsa mix, 1 cup chopped tomatoes, 1 cup softened cream cheese.

Directions: (Salsa mix) Combine ingredients into plastic zip bag, seal and shake to mix. Be sure to tag it so you know what it is.

(Spicy salsa) Combine salsa mix and tomatoes. Chill for an hour for the spices to settle, and serve with tortilla chips.

(Salsa spread) Combine the salsa mix, cream cheese, and tomatoes. Chill for two hours, and serve with chips, crackers, or whatever else desired.





## Peanut Butter

Ingredients: 4 cups shelled, salted dry-roasted peanuts, 1 tablespoon plus 1 teaspoon safflower or mild-flavored vegetable oil.

Directions: (Creamy-style) Process peanuts and oil in food processor or blender until desired consistency.

(Chunky-style) Coarse chop 1/3 of the peanuts with a food processor or blender and set aside. Process the remaining peanuts with the oil until desired consistency. Stir in chopped peanuts.

Scrape the peanut butter in a clean container that has an airtight lid, and store in the refrigerator for up to a month.





## Tartar Sauce

Ingredients:

6 minced scallions, 1/2 cup mayonnaise, 1/4 cup reduced-fat sour cream, 1/4 cup chopped bread-and-butter pickles, 2 tablespoons lemon juice, 1 tablespoon drained capers, 1 tablespoon minced parsley, 1 tablespoon Dijon mustard.



worldofsauces.com

Directions: Combine all ingredients in a bowl until blended well. Cover and refrigerate for two hours or overnight before using it. It can store up to five days, so be sure to make it when you are prepared to use it

## Strawberry Jam



recipeshubs.com

In total, this should take about 40 minutes or so.

Ingredients: 2 pounds hulled fresh strawberries, 4 cups sugar, 1/4 cup lemon juice.

Directions: In a bowl, crush strawberries in batches until you have 4 cups of it. In a saucepan, mix strawberries, sugar, and lemon juice over low heat until sugar dissolves. Increase heat to high and bring mixture to a rolling boil while stirring often until mixture reaches 220 degrees F. Transfer to hot sterile jars, leaving about 1/4 - 1/2 in. headspace and seal. Process in a water bath unless jam is to be eaten right away, and refrigerate.



## Honey Mustard

Ingredients: 1 cup mayonnaise, 1/3 cup mustard, 1 packet sugar substitute/honey, 2 tablespoons lemon juice.

Directions: Combine ingredients in a bowl and mix it up thoroughly. Refrigerate in an airtight container.



## Barbeque Sauce



Ingredients: 2 strips bacon chopped fine or 1 teaspoon smoked paprika or chipotle powder to taste, 1 minced onion, 1 minced garlic clove, 1 can tomato paste, 1/2 cup water, 1/2 cup apple cider vinegar, 1/4 ketchup, 3 tablespoon mustard, 1 tablespoon Worcestershire sauce, 1 pinch ground cloves, 1 pinch cinnamon, hot sauce to taste.

Directions: If you decide to use bacon for taste, fry it in a pan until cooked through. Add onion and cook over medium heat for three to five minutes or until brown. Add garlic and cook for a minute before mixing in the other ingredients, and simmer everything for about 30 minutes. Test mixture and add other spices or such until taste is as desired. Scoop in proper container and refrigerate.

## Hot Sauce

Ingredients: 20 Tabasco or Serrano chiles stemmed and sliced or 12 ripe red jalapenos, 1 1/2 tablespoon minced garlic, 2 cups water, 1 cup distilled white vinegar, 3/4 cup sliced onions, 3/4 teaspoon salt, 1 teaspoon vegetable oil.

Directions: Combine peppers, onions, garlic, salt, and oil in saucepan over high heat and sauté for three minutes. Add water and continue to cook while stirring occasionally for about 20 minutes or until peppers are soft. Remove from heat and allow to steep until mixture is at room temperature. In a food processor, puree mixture for 15 seconds or until smooth. With the processor still running, and vinegar through feed tube in steady stream.

Taste and season if necessary, and strain the mixture through a fine mesh sieve and transfer to sterilized pint jar or bottle. Secure with airtight lid and refrigerate. Let it age for at least two weeks before using, and it can be stored for up to six months.





## Soy Sauce



[livescience.com](http://livescience.com)

It should only take about five minutes in total for prep and cooking. Store in the refrigerator in a properly sealed container.

Ingredients: 1 1/2 cup water, 1/4 cup cider vinegar, 1/4 cup beef bouillon, 1 tablespoon molasses, 1 tablespoon sesame oil, 1/4 teaspoon pepper.

Directions: Boil water in saucepan and stir in the rest of the ingredients.

## Worcestershire Sauce

Ingredients: 1/2 cup apple cider vinegar, 2 tablespoons soy sauce, 2 tablespoons water, 1 tablespoon brown sugar, 1 teaspoon mustard powder, 1/4 teaspoon onion powder, 1/4 teaspoon ground cinnamon, 1/4 teaspoon garlic powder, ground black pepper to taste.

Directions: Combine ingredients in a saucepan and bring to a boil, cooking until fragrant. It should only take 45 seconds. Cool it to a room temperature before packaging.



## **You'll also get our list of baking cooking utensils and portable cookware no survivalist should ever be without.**

It goes without saying that if you want to eat your food, you have to cook it. There are several great cookware items (as well as utensils) that are portable and durable that will last in any environment.

### **Chow set/kit**

These utensils are durable and rust-proof, so that's one less thing you should have to worry about. They're evidently portable and easy to stash away in any bag. Certain ones sometimes even come with a bottle and can opener, both of which are detriment tools in these crisis situations.



[jmcremps.com](http://jmcremps.com)

### **Mess kit**

A good outdoor mess kit comes with just about everything you need to cook meals. Many of them are made with aluminum, which helps the transfer of even-heat across the cookware. They are very lightweight and clean off quick. A bonus is that some sets come with a kettle.



[sierratradingpost.com](http://sierratradingpost.com)



## Camping pots/pans

Camping cookware is always sturdy to survive in just about any condition. The right kinds are lightweight as well so it should be simple to keep in your BOB. They are super easy to clean and conduct well-rounded

heat. If you happen to remain in one place, then the cast iron ones will serve their purpose. Otherwise, any other kind will do well on-the-go.



dornob.com



thetelegraph.co.uk

## Griddle

This is one appliance I always suggest. It is spacious and versatile, and you can make a wonderful full-course breakfast with this. If cooking over a campfire, it fits, and the non-stick surface makes cleaning simple and quick.

## Pot Lifter

Let's face it: pots and pans are going to be hot. That is especially true when heating up water, and when SHTF and there is no longer a simple way to get hot water, all you're going to be doing is boiling it. The one thing you do not want to stress over is trying to deal with an unnecessary burn. Make sure to keep a pot lifter around for secure and safe transfer of hot pans.



fireboxstove.com



aliexpress.com

## Spork set

These spoon-fork-knife combo sets are non-stick and wash easy. They are all-around tools, extremely light in weight, and should hold up well through continuous use. It saves up on space too as you get most of what you need in one little package.

## Stainless-steel Cooking Utensils

Anything stainless-steel will typically last you a long time, and you want to make sure you can still cook your food comfortably enough. Basic sets of these generally include a mixing spoon, spatula, and meat fork.



bedbathandbeyond.com

## Nylon Cooking Utensils

On the flip-side to the stainless-steel ones, these are heat-resistant. They also will never scratch up your pots and pans, so it helps the cookware last even longer. In addition, they clean up quick.



aliexpress.com



## **Cook your meals without attracting looters or rioters because of smoke or open flames that give away your position.**

The go-to cooking method when out in the wild is usually through a campfire. It is a great method to use, but when you are trying not to attract attention, it can be deadly. If you can cook indoors, then do so, but if you are stuck outside, then you should take caution. There is no way to completely mask smells from people or even animals, so it may be best to cook a little bit away from your home base setup.

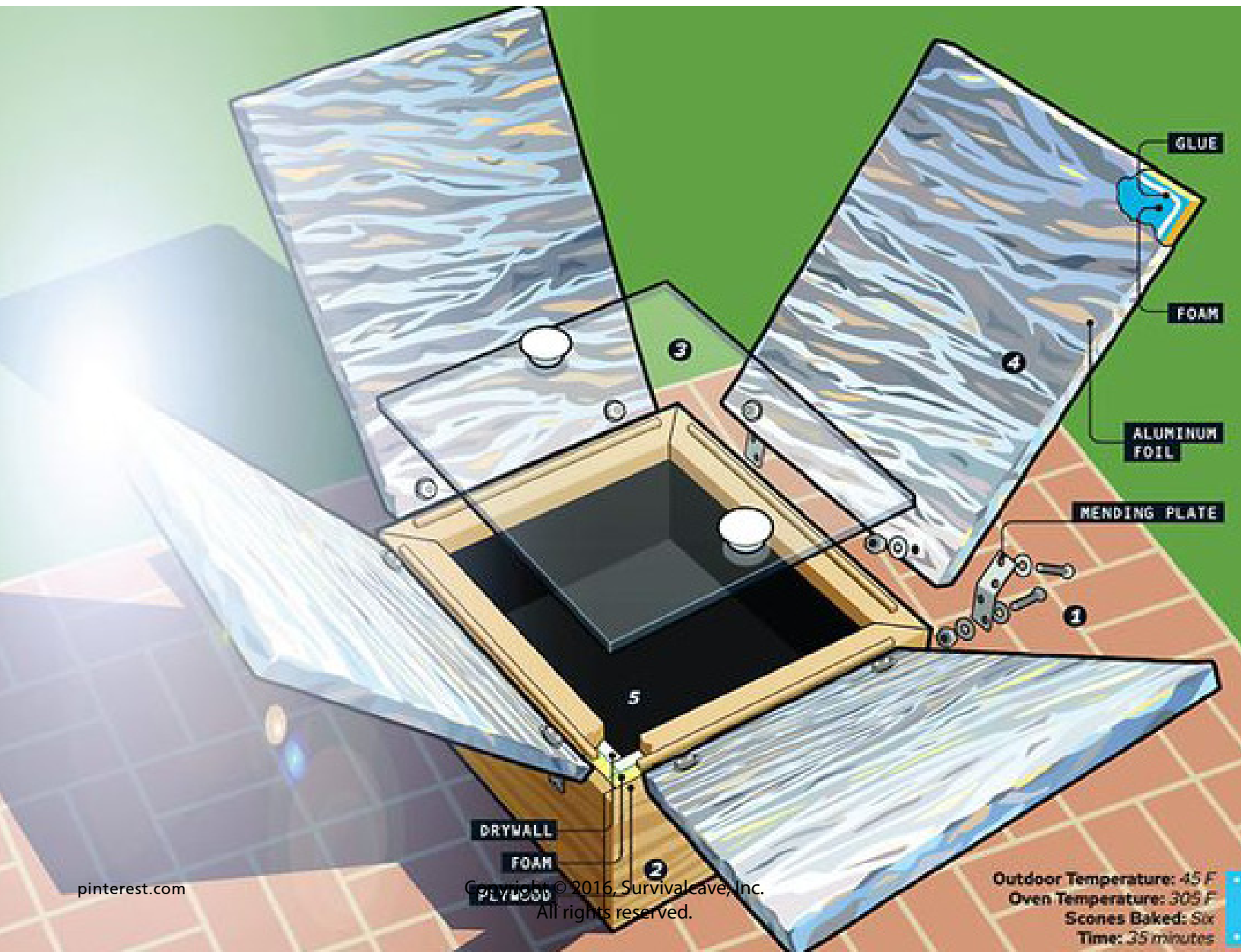
[ourgreengenes.wordpress.com](http://ourgreengenes.wordpress.com)



As for workarounds to sight, a good method to use is a solar oven as it requires no flames that can be seen from a distance. You can readily purchase a one no problem. However, if you don't want to spend the money, you can go on and make one yourself.

There are several different ways to make a solar oven. One way requires the following: scissors/knife, wooden skewer/stick/pencil, tape, cardboard box at least three inches deep with attached lid, aluminum foil, clear plastic wrap, and black paper.

For instructions, line the inside of the box with the black paper. Cut a three-sided flap out of the top side of the box, making sure to leave at least an inch boarder around all the sides.





Inside the box, cover opening under the flap with plastic wrap and tape it in place. Cover flap with aluminum foil, and ensure the foil is flat and smooth so it looks like a mirror. Use wooden skewer or stick to prop the flap open. If you want, you can use tape to make the stick stay in place.

Other ways to cook without attracting attention is by using chemical heating tablets. They are limited in what they are designed to do, but they work great for heating up MREs or other similar products.





**VERY IMPORTANT - Four little known ways to purify water naturally even if you forgot to grab a filter or carry tablets. Plus, how much water you should plan on having per day per person depending on your climate.**

Okay, okay, so you forgot to grab up a filter or some tablets and you are not sure the water is actually free of harmful bacteria. It happens sometimes. I know. That is why I have thrown together four ways to clean your water in the event that you are not prepared.





## Bleach

Liquid household chlorine bleach can be effective for killing off bacteria. It is not the first choice some may think of, but it can work when done properly. Be cautious about this though: too much can cause more harm than anything.

Also, do not use anything with additives such as scents, and always follow the recommended dosing. Typically, it is about 8-16 drops per gallon of water. Mix it thoroughly and let it stand about 30 minutes. If it lacks a slight chlorine odor, then repeat the dosage and wait another 15 minutes.



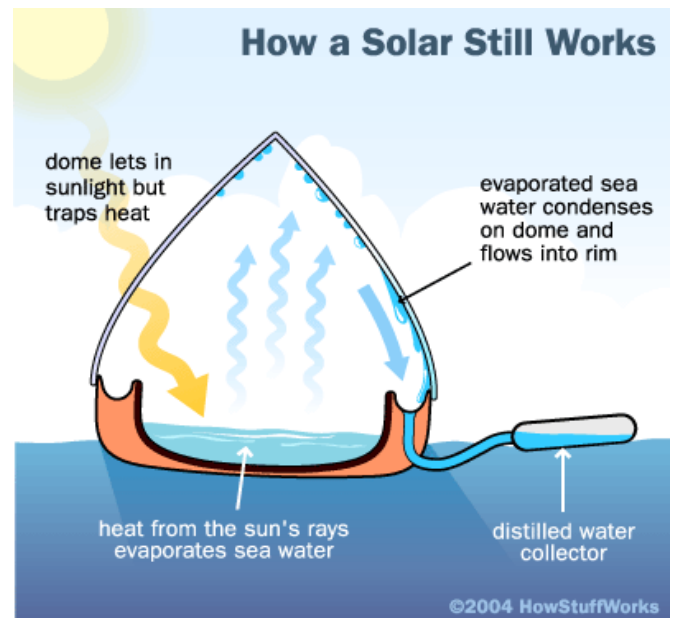
## Solar Still

This method will only work if you are in the right climate for it, one that has frequent sun. To do this, you need a hole in the ground, a container for water collection, a plastic sheet, and some rocks. It is simpler than it sounds, trust me.

The gist of this is that the plastic layered over the hole in the ground serves as a barrier that traps in moisture. That moisture then evaporates from the humid soil. Heat from the sun shines through the clear plastic to kill the impure water, and the purified water is collected under the plastic that then drips into the container.

If you do not want to go out digging holes, then you can try an alternate version of a solar still. It requires a rock as well and some clear wrap, but everything else is done with a bowl and a heavy cup that will not float. Place the weighted cup in the bowl and fill the bowl with the impure water, careful not to let any get into the cup. Cover the bowl tightly with the wrap, place a rock on top right over the cup, and leave it out in the sun.

Keep in mind: the solar still method can and will take up a lot of time. Days or weeks can go by without seeing much water, so it is an option that is best when you know there will be constant sunlight every day.



quora.com

turbinegenerator.org





## Makeshift Filter

There are a few ways to come up with a makeshift filter. First, you can make use of the gravel and sand method. To do this, all that is needed are two separate containers, preferably large bottles, a cotton ball, and the gravel and sand. The sand and gravel act as filters that clean out the water that is then soaked in through the cotton ball. Clean water winds up flowing into the opposite container.

Another makeshift filter uses just soil or sand rather than gravel. You will just need a container and something to keep the soil or sand from getting in like a t-shirt. Just pour the water over the filter to remove the particles from it. Repeat this process several times until the water looks clear.



## Solar Water Disinfection

This is yet another method that relies completely on those natural ultraviolet rays from the sun. It can take less time than a solar still though. Place some clear plastic bottles filled with water on a dark surface and leave them out in the sun. This process can take anywhere between six hours and two days depending on how cloudy the water is.

Now that I have pointed you in the direction of some natural ways to purify your water, you should also be aware of how much water you need to make it through every day. Understanding this depends on a number of factors. The bare minimum to survive now is usually 1 gallon per person per day for drinking and some food preparation. However, once you take into account everything else water is required for (e.g. washing), the number should double.





Always keep in mind the people that are with you too as specifics about them factor in greatly. For example, pregnant women and those with medical conditions can require more than the average amount of water per day. Also, those who have babies have to focus on what is needed for them such as formula and cleaning out bottles. Pets are another thing to factor in. If there are any in the household, it is best to just count them as another person, take into consideration their size, and go on from there.

Another factor to always keep an eye on is climate. In hotter weather, it is obvious that you will need a greater amount of water than if it were cooler out. Heat makes you sweat, which can make you dehydrated. If you know that the climate will be on the warmer end of the spectrum, and you also know that you will be outside and active more, then double up on that amount per day.





**[BONUS] You'll even discover how to make your own liquor that you can keep for yourself and especially use as a barter item. And so much more!**

I mentioned before how alcohol can be used as a barter item. If you don't have any or are short on it, you cannot just go out and buy more. One of the best methods to both use and barter alcohol is by learning to brew it yourself.





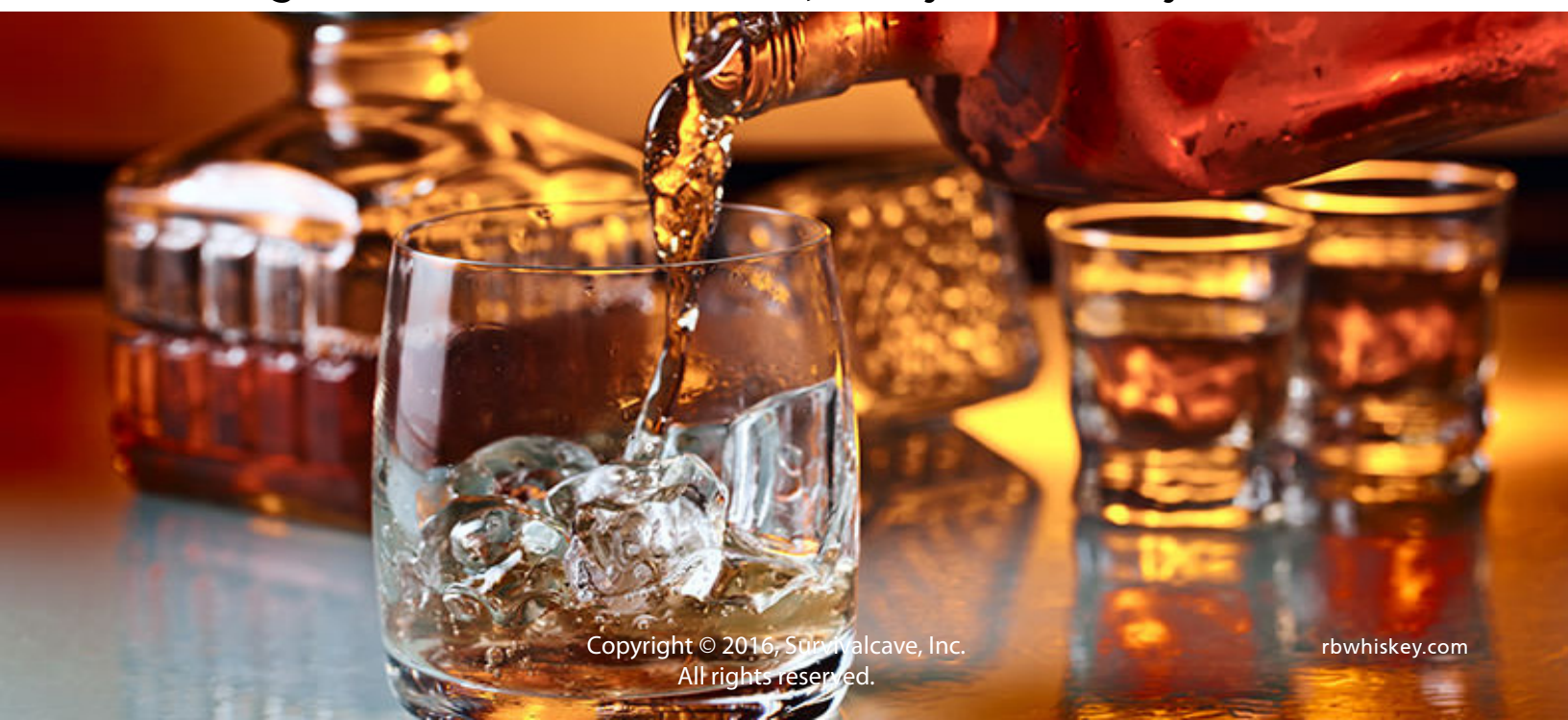
## Whiskey

This process is carried out over a few weeks, but I've simplified the process as best as I could. It should give you about 2 gallons of whiskey.

Ingredients: 10 pounds whole untreated kernel corn, 5 gallons water plus more warm water for sprouting, 1 cup champagne yeast, large burlap sack, clean pillowcase.

Directions: To sprout the kernel corn, place it in a burlap sack and place the sack in a larger bucket or container. Saturate the sack with warm water, and make sure corn is evenly soaked. Let it sprout for 8-10 days. Keep it in a warm, dark environment during this process, and make sure the corn remains damp for a week and a half. Also, keep temperature between 62 and 86 degrees F.

When sprouts grow 1/4 in. long, rinse the corn in a bucket of clean water and remove as many of the sprouted roots as possible. Discard the sprouts and reserve the corn. Use a rolling pin or any other large implement to crush the kernels in the primary fermenter. Stop when all have been broken apart. Add 5 gallons of boiling water to the corn mash, and you're ready to ferment.



Allow mash to cool down to 86 degree F. Add yeast to the top of mash and close lid on fermenter. For four to five minutes, carefully pitch fermenter at an angle, slowly moving back and forth to agitate the yeast. Vent fermenter with an airlock. Allow mash to ferment in warm environment for 5-10 days. Keep mash steady at 77 degree F. When fermentation is finished, strain or siphon mash into a still. If you want to strain the mash, use a clean pillowcase and keep as much of the solids away from the still as possible.

To distill, heat the still on medium heat over the course of 30 minutes to an hour until it starts to boil. The temperature zone will be between 172 and 212 degree F. Turn on condensing tube after the wash reaches 120-140 degree F. The tube should begin to spit out liquid. Throw out the heads, which are a mix of volatile compounds that evaporate from the wash and should never be consumed.

After heads have been collected and thrown out, collect the moonshine once the temperature hits 175-185 degree F. Continue to collect until the thermometer on the tube reads 205 degree F. At that time, the liquids you start distilling are oils which should be thrown away. Turn off heat and let pot and moonshine cool off.





Use a proof and tralle hydrometer to test Alcohol by Volume (ABV) of your moonshine. If you want to age the whiskey, let it go into the barrel at around 58% to 70% ABV. Whiskey only ages in barrels, and the aging process will stop when bottled. Typically, oak barrels are used.

After aging, dilute the whiskey before drinking and bottling it. It is most likely around 60%-80% ABV, so it should be diluted to around 40% or 45%.



# Rum

## Ingredients:

3 1/2 gallons of water, 2 pounds of sugar, 3 quarts of molasses, 1 teaspoon distillers yeast.

Directions: First step is to ferment. Add half of the water and all of the sugar and molasses to a stockpot. Bring water up to warm, and dissolve the sugar and molasses. Allow mixture to cool until it's just warm. It should be between 75-80 degree F. Take out a cup or so of the sugar water and dissolve yeast in it. When it bubbles and foams, add it back into the pot.

Pour out the wort into your fermentation bucket. Lock the lid and wait for the process to begin. Store the bucket in an area between 70-80 degree F, and within 24-48 hours, you'll notice no more air bubbles.





It'll take about 3-10 days for it to be ready, and use your hydrometer to test it every day after the 3rd day. When it hits 990 or stays the same for three days, you need to distill it. 990 will place the alcohol at around 16-18% alcohol. Once the hydrometer says it's done, place bucket somewhere cool so the yeast settles on the bottom.

Do not pour yeast into the distiller, as it'll change the taste. Run the wort through the distiller, and after the first time, it may still have an amber color. Taste it to see if you want it more refined and run it through again until you are happy with. You can drink it or put it in a cask to age it.





Now that you have the basics covered, I want to show you a way to dramatically increase the shelf life of your food stock even more and lower your overall expenses to be prepared for any emergency. Not to mention how much time you'll save.

Plus you'll also discover one thing most people never think about to protect your nutritional life line from people who might try to steal your food. Not only that, you'll even discover how some very popular emergency foods should NEVER be eaten unless you want to spend every waking hour worshiping the porcelain god from both ends.

Just click this link now and watch this very important presentation that could literally be the difference between the life and death of you and your loved ones. Click here before it's too late...

**WATCH NOW!**



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