

Prepper Powdered Gatorade Drink Mix

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Many preparedness check-lists state that the ideal amount of powdered drink mixes to store in your emergency pantry range on the order of 70 pounds or so. These juices can range from the ever-popular Tang as used by the early astronauts to the joyfully advertised Kool-aid brand with its dancing pitcher along with a few not so popular brands. To be of most benefit to the prepper these products should cost no more than fifty cents per serving.

As I always say a prepper should eat what you store and store what they eat. This applies equally well to their drinks also. Many people complain that they simply do not care for the taste of the usual powdered drinks. The major point here is that unless you and your family are content to drink nothing but plain water you will need to condition your tastes to the powdered drink mixes. I recently did a search on several of the dehydrated food websites and found that each carry their own brands of powdered drink mix.

Over the years I have heard so many excuses for not storing powdered juices that I could just about recite each and every one by heart. One individual proclaims that he stores only 100% fruit juices in mason jars and swears that they can take care of his family if he diluted them as necessary in order to make them last a bit longer. Another says that he dehydrates a good many different fruits for use in smoothies along with some dried milk and a touch of honey. He even claims to have successfully stored up a grand total of two years' worth of fruit for this purpose. One lady claimed that she uses apple sauce which she can convert to a drink during bad times while I heard from one individual who stocks up on Ultra Slim Fast Soy Protein Orange and pineapple drinks. Lastly, one old timer said he prefers to stock up on good ole fashion vacuum sealed tea or I have even encountered someone who talks of the vitamin advantages of storing rose hip tea.

The following websites will carry a selection of powdered drink mixes that could easily fill the bill for the drinks necessary for emergency food storage. Here they are:

- Emergency essentials

- Healthy harvest
- Honeyville
- Walton feed

Be sure to check these sites out before condemning powdered products. Most of the food storage companies shown above offer a variety of drink mix to select from. The prices seem fairly reasonable for a #10 can which is properly packed for extended storage. Walton's actually carries an orange juice powder which has an abundance of vitamin C in it. There are several different flavors that come in #10 cans. Cases would cost you 16 cents a serving which is well under the fifty-cent limit set above in our article.

Realistically speaking however, none of the drink mixes that you purchase commercially are really healthy in nature. In the event that you discover one which is healthy for you, then it will likely upset your budget when you try to buy enough to store up on. It is probably either going to be extremely expensive or excessively difficult to store for a long-term period of time.

One of the frequent complaints that I hear from people is that their water does not taste good even if they filter it. One person commented to me that after a SHTF situation takes place and everything else is gone they could manage to drink some of the water themselves but their major concern is for their children. Although the water is safe to drink it tastes terrible and he anticipates having problems with the children drinking it. Some sort of flavoring would likely be in order. One alternative would be to store a few bottles of lemon concentrate. All you need do is add a drop or two to the glass of water and the kids should enjoy the flavor.

Gatorade is a high sodium concentrated drink which is used when one is perspiring and needs to replace their lost sodium. There is an abundance of warnings posted around the internet on the safety of sports drinks for children. Taking such thought under consideration one should limit the intake of these drinks for children when they are not perspiring. It would be sufficient for them to drink a little bit of it when outside and they are sweating profusely.

Crystal mixes can be obtained in small packets for insertion into water bottles. In addition, there are also many regular powder types used in a similar manner. We always kept a good supply of these drink mixes in our motor home for when we made trips around the country.

In concluding this article, I would like to provide you with several recipes for instant powdered Gatorade drinks which you may wish to try out. The first is a simple homemade Gatorade where you may not be able to tell the difference from the original. In essence Gatorade is nothing more than a flavor, some sugar and salt for sodium. Don't be fooled by fancy words such as electrolytes used to describe Gatorade. This word is nothing but a fancy name for common salt that they put in the drink. It doesn't make any sense to spend what they are asking for something you can make at home.

Ingredients

- 1 pack of Kool-Aid orange
- 1/2 cup sugar
- 2 Quarts water
- 1/2 teaspoons salt

That it all there is to it. Mixed the ingredients up and you have Gatorade at a fraction of the cost in the grocery store. You can try Orange or even Fruit Punch Kool-Aid and you will find they taste the same as the store-bought version of Gatorade. Another possible formula for ensuring that your children are getting the electrolytes that they need is as follows:

- 1 quart of water
- ½ teaspoon of baking soda
- ½ teaspoon of common table salt
- 3 to 4 tablespoons of sugar

Mix the above ingredients well and give to your children as necessary. I have been experimenting with making some homemade juices such as instant powdered apple juice. These are natural ingredients and I will post the results when I get them.

I end this article with a comment on being thirsty. Normally in the event we are thirsty we merely get ourselves a drink of water. In emergency conditions we must question why we are thirsty. If we need water is it because we are dehydrated and our body needs to have the electrolytes replaced? We can readily make this call by observing our urine. If your urine does not come out clear than it is likely that you are dehydrated. When a drop of sweat gets into your eyes and causes them to sting than you may be losing too many electrolytes. This is a critical period of time and rehydration with a diluted electrolyte-based drink is necessary.