

Bulk Survival Food Tips

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What are the options for food emergency preparedness?

The conventional wisdom offered by our governments is to go to your local supermarket and buy canned food and dry grains and store them. There are limitations to this survival food strategy that are highlighted below.

Two other options [MRE or 'meals ready to eat'](#) and [Freeze Dried Food](#) have additional superior survival food benefits that will make you and your family much better prepared for a situation that requires a survival food supply from 72 hours to 6 months.

1. Survival Food Option - Buy Canned Food and Dry Grains

Buy the canned foods, grains, and bottled water as many government agencies recommend. Store in your house or apartment.

- Good, can be done in 2 hours or less
- Bad, most will forget or not store it properly so it will be useless when it is needed
- Bad, Goods are heavy, space is often limited people will not be able to store much
- Bad, grains need a lot of water to cook to eat and water may be unavailable or scarce.
- Bad, you will need to spend a lot of time preparing food
- Bad, canned foods can destroy appetites after awhile

2. Survival Food Option - Buy Canned Food and Dry Grains on “inventory cycle” plan

Same as the first option except be more careful in storing and ‘cycle’ inventory of goods buying new food so that food store is always edible.

- Good, food will not be bad when you need it
Bad, most people do not have the time, space, or inclination to do this
- Bad, grains need a lot of water to cook to eat and water may be unavailable or scarce.
- Bad, you will need to spend a lot of time preparing food
- Bad, canned foods can destroy appetites after awhile

3. Survival Food Option - Buy MRE's (military style Meals Ready to Eat)

- Good, easy to store and lasts upto 5-7 years in a cool dry place.

- Good, fastest preparation time possible and can be heated fast with “MRE heaters”
- Good, can be ordered online in minutes, delivered to your house. You will only have to spend less than 30 minutes storing it.
- Bad, relatively expensive per meal and for extended reserve of 6 weeks, 3 months, or a year a lot space required to store.
- Bad, lasts only 5-7 years so you will need to buy a replacement reserve relatively soon.
- Bad, tastes like canned food which can destroy appetites after awhile

4. Survival Food Option - Buy Freeze Dried Food

- Good, easy to store and lasts up to 30 years.
- Good, fast simple preparation just add water. But only water that is needed to hydrate the food, much less than cooking.
- Good, once hydrated, freeze dried food taste is very close to original food taste.
- Good, light weight easy to store large qty (Mountain house #10 cans) of food for reserves of 6 weeks, 3 months, or a year. A 6 week food reserve can fit under a bed!
- Good, can be ordered online in minutes, delivered to your house. You will only have to spend less than 30 minutes storing it.
- Good, as economical choice - cost can be less than \$3.35 per meal.

As you can see there are a lot of benefits to Freeze Dried Food over the other options making it a superior choice for bulk survival food.

More information on survival food including MREs and Freeze dried food at <http://bulk-survival-food.com>