

The Survival Inheritance Foods

By Joseph Parish

Our long running joke in our family is that my three children will inherit a vast supply of non-perishable emergency foods. We never have to worry about throwing food away, or wasting it even after its "use by" date has expired. Our food stockpile has been accumulating for a number of years, and is ready for any sort of emergency that comes our way. Most of it is composed of consumables which never spoil or go bad. In many cases the shelf life of our stored foods is in excess of 20 to 30 years or more. Since they are properly stored, I would venture to say that our food supplies will outlive my wife and I.

When I say stored properly to ensure their long life what I mean is they reside in a cool dark location free of moisture. There is no direct sunlight permitted in the food storage location and extreme temperature changes are avoided. All are stored in airtight containers usually either the pre-sealed number ten cans or in quart mason jars. Some are vacuum packed in Mylar bags to retain their freshness and palatability. These conditions are important to maintain the foods long shelf life.

As a health conscious prepper you will appreciate the fact that most of these survival foods are real food items. My wife and I do much of our own dehydrating which often times makes our two Excalibur dehydrators work overtime. This is especially true in the summer time when the fresh vegetables and fruits are plentiful and inexpensive. Granted, some of the foods which we dehydrate might change slightly in flavor or texture as time passes by but they still remain very edible and completely safe for human consumption. Naturally, one must use some common sense in evaluating their food supplies as no system is fool proof. If your food does not smell up to par when you get ready to use it or has become soft and developed mold by all means discard it. It is better to be safe than sorry.

Certain staples blend in well with survival food supplies such as white rice, dehydrated fruits and vegetables. These types of survival foods never seem to spoil or go bad. Additional storage foods include honey which will last for hundreds of years, molasses, maple syrups, and dried beans of all types from lentils to split peas, assorted pastas and noodles and seasonings which are very important in times when survival foods are used. The foods always seem to taste better when seasoned properly. Sugar is another resource you would want to save however since honey has such a long shelf life you might want to convert your sweet tooth to honey before the SHTF.

Based upon the research that I have done, flour, cornstarch and baking soda will not expire as long as it is stored unopened and completely dry. Corn Starch may not go bad but it does tend to lose its efficacy as a thickening agent. More will need to be used than if it is fresh but when it is not available this would be better than none at all. There is a specific method that we have found that works best with flour and will be the subject of a future article on food storage. Again, one has to follow the proper conditions to be sure

of these items shelf life. The better you package your stored food the longer the shelf life will be. Another quick note is you should store what you eat and eat what you store. Make certain you rotate your food stock to ensure freshness at all times.

We store up on an abundance of alcohol not so much for drinking but rather to be used as a medical disinfectant. Vodka is clear and basically tasteless and works great when making herbal remedies. Wine is made and stored as well as Apple Cider when the fruit is in season. Most of our dairy products are in the form of dry powder which reconstitutes when added to water. This provides us with powdered milk which under good storage conditions can last as much as 20 years, dehydrated sour cream and of course some powdered cheeses. In many cases we wax our chunk cheese to preserve it.

In this article we have merely touched the surface of storing food for long term however we will try to keep you up to date on any methods that we have tried and found successful so come back and check often.