

# Fastest Way To Prepare

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## In This Module

- Fast, yummy, affordable food for 40 days and 40 nights (And I'll show you how to do it for \$0 out of pocket cost)
- Water for 40 days and 40 nights, including one trick that we use to “hide” and store it.
- What to do about waste when flushing isn't an option

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## 40 Days of YUMMY Survival Food

- This plan is designed to “Get 'er done”
- Not perfect or perfectly balanced—survival isn't
- Not fresh or organic
- Tweak for your diet/condition
- Stopgap / transition



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### No time, No money, No space

- 30 minutes in the store
- 3 plastic stackable bins
- \$2 per person per day (freeze dried ~\$8/day)
- Cheaper than dog food (dog food's not that cheap)
- No wheat grinder, baking bread, or primitive skills necessary.

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### Nutritional Assumptions

- 1,200-1,500 calories needed per day. This plan provides 1,800.
- Aim for 70,000 calories per person, in addition to fridge, freezer, & cupboards.
- 50-60% carbs, 20-30% protein, 20-25% fats.
- Protein requirements: 50-150 g/day.
- Stress burns calories. Control stress.
- Active?
- Vitamins, spices, & condiments.

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### My Original Plan

- 1 trip to Costco/Sams
- Buy plastic bins there
- Buy 1 of (almost) every item in the canned/boxed food aisles.
- VERY close to a workable plan!

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Modified Plan

- Spreadsheet of all canned and shelf stable food
- Calculate nutritional and financial requirements
- Buying list
- ATTACK!

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\$2/person list

- Kirkland mac n cheese
- Carnation Instant Breakfast
- Chicken of the sea Tuna
- Canned chicken
- Black beans
- Zafarani rice (small bag)
- Quaker oats
- Refried beans
- Beef ravioli
- Peanut butter
- Peas
- Olive Oil
- Snack Cracker assortment

\$200 list (2.25/person)

- Raisins
- Sweet Corn
- Green Beans
- 80 oz. Honey

Other high-impact items

- Pancake mix/cornbread mix
- Instant potatoes
- SPAM
- Mars fun bag (150 treats)

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### Notes on Big Box Stores

- Prices change every day.
- Selection changes every day.
- Selection changes by store location.
- Selection changes by chain.

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### “No Out Of Pocket” Approach

- USDA says \$7-\$12 per person per day
- Let's go with \$10...\$70 per week
- Next week, spend \$70 on “the plan” (5 weeks)
- Eat food from “the plan” for the week (4 weeks)
- Same \$. No food left vs. 4 weeks left.
- You KNOW the food will work.
- Too much change? 1 meal/day=10 days.

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### Why I Recommend This Plan

- |                       |                                   |
|-----------------------|-----------------------------------|
| • Limits Spoilage     | • Easy to rotate                  |
| • EASY to set up      | • Easily valued                   |
| • Easy to give away   | • No special equipment            |
| • OPSEC               | • Stores easily                   |
| • Eat cold            | • Scalable                        |
| • Cook in can         | • Done TODAY                      |
| • Limited leftovers   | • Integrates with life            |
| • Includes water      | • No MSG or artificial sweeteners |
| • Meshes with charity |                                   |

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# Considerations

- Big rice same price as little rice
- Bins weigh 50-60 lbs
- High in sodium
- Not a “lifelong” diet
- Survival is not ideal
- Spam vs. Ramen
- Emotions vs. logic
- Spices
- Drink mixes
- Exercise in compromise

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# Planning Sheet

A	B	C	D	E	F	G	H	I	J	K	L	M	N
	Cost	servings	\$/serving	Cal	cents/calorie	1500 calorie	Protein	total protein	5/g protein	quantity	cost	calories	protein
target												1500	60
actual												120000	4800
per day per person												160.2	4800
M&M's cheese sauce	\$ 14.79	36	\$0.41	270	0.152	\$2.38	10	360	\$0.04		2.0025	1650.188	60.8375
Kirkland mac n cheese	\$ 7.99	45	\$0.18	240	0.074	\$1.11	9	405	\$0.02	2	15.98	21600	810
Thai jasmine rice	\$ 28.99	504	\$0.06	160	0.036	\$0.54	3	1512	\$0.02	1	14.99	30000	600
Zahara rice (small bag)	\$ 14.99	200	\$0.07	150	0.050	\$0.75	3	600	\$0.02	1	14.99	30000	600
Blue ribbon long grain	\$ 14.99	500	\$0.03	160	0.019	\$0.28	3	1500	\$0.01				
Krusteaz multigrain pancake	\$ 7.99	39	\$0.20	210	0.098	\$1.46	6	234	\$0.03				
Biquick	\$ 4.99	66	\$0.07	150	0.049	\$0.73	3	294	\$0.02				
Krusteaz cornbread	\$ 1.97	112	\$0.02	110	0.016	\$0.24	2	224	\$0.01				
Quaker oats	\$ 7.95	113	\$0.07	150	0.045	\$0.65	3	465	\$0.01	1	7.85	16500	505
Caraway	\$ 9.99	30	\$0.33	130	0.254	\$3.80	5	150	\$0.07	2	19.78	7800	300
Quaker oats	\$ 7.95	113	\$0.07	150	0.045	\$0.65	3	465	\$0.01	1	7.85	16500	505
Instant mixed potatoes	\$ 8.49	36	\$0.24	110	0.214	\$3.22	2	72	\$0.12				
Bumma spaghetti	\$ 6.99	48	\$0.15	190	0.077	\$1.15	6	288	\$0.02				
protein													
Chic sea small	\$ 10.99	36	\$0.31	50	0.611	\$9.16	11	396	\$0.03	2	21.98	3600	792
Chic sea big	\$ 6.99	24	\$0.29	60	0.485	\$7.28	13	312	\$0.02				
Canned chic	\$ 9.99	21	\$0.48	60	0.793	\$11.89	13	273	\$0.04	2	19.98	2520	540
Spam	\$ 17.69	48	\$0.37	180	0.205	\$3.07	7	336	\$0.05				
Barcl's beans	\$ 4.99	24	\$0.21	130	0.160	\$2.40	6	144	\$0.03				
Refried	\$ 6.99	28	\$0.25	120	0.208	\$3.12	6	168	\$0.04	1	6.99	3360	168
Beck beans	\$ 5.45	28	\$0.20	100	0.202	\$3.03	6	168	\$0.03	2	11.3	5600	336
Beef ravioli	\$ 6.99	16	\$0.44	230	0.190	\$2.85	8	128	\$0.05	1	6.99	3680	128
Peanut butter	\$ 8.59	48	\$0.18	200	0.089	\$1.34	9	432	\$0.02	1	8.59	9600	432

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# Why to Prepare for 2...Even if Alone

- When you account for waste, fuel, time, and spoilage, 2<sup>nd</sup> person costs almost nothing.
- “Buys” you a roommate, extra set of eyes/ears, and help in time of need.
- Allows for charity.

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## Enzymes, Probiotics, Sprouting, & Microgreens



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## WATER!

- Bulky, Heavy, & Necessary
- Needs range from 1-30 gallons per day
- 2 people for 40 days=80-2,400! gallons
- Easier to control use than control production

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## Quickest Solution (in a house)

- Water heater + food grade water/rain barrel (\$20 on craigslist)
- Fill up rain barrel now with tap water unless you're expecting rain.
- Buy flex gutter now, regardless of whether you install it.



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### QUICK, Improvised Solutions Using Plastic Sheetting

- Line bathtub with plastic sheeting and fill.
- Dig under drain spout before rain and line with sheeting.
- Solar still—1 quart per square yard per day.
- Kiddie tub lined with sheeting under downspout

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### Flat Water Storage?

- Rainwater “fences”
- Horizontal or vertical
- RainWaterHog.com
- Plastic-mart.com
- RainTankDepot.com
- TanksForLess.com
- Cool, but expensive: \$300 & up for 50 gal
- 400+ pounds & compact.



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### Hiding Water With PVC

- SIMPLE...cap a section of 6-12" pipe, push it under your deck/porch, and fill. (along wall in garage, in crawl space, in a trench, etc.)
- Schedule 40 volume: 6"=1.5 gal/ft. 8"=2.6 gal/ft. 12"=5.8 gal/ft
- More expensive than rain barrel, but you can hide the water like with water fences.
- Filling can be tricky because of air. Drill hole, fill with water & seal the hole.

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## Storing Water

- Treat it now or treat it later?
- NEW Chlorine: 4 drops/qt or 16 drops/gallon
- Pool shock (Calcium Hyperchlorite): 1/8 teaspoon per 55 gallons.
- Purify with Sawyer (1 MM gallons), First Need XL (150 gallons~4 people for 40 days), Berkey (3000 gallons per filter) or sand/gravel/char.
- Verify every 6-12 months.
- Shake to aerate.

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## Human Waste

- Serious but uncomfortable topic
- Urine-sterile if it's from a healthy person.
- Fecal matter-stuff your body is rejecting: bacteria, viruses, parasites, dead cells, fiber, undigested food, etc.
- Flying insects LOVE fecal matter & they LOVE landing on food. Bad combination.
- MUST have solutions that everyone near you can buy into and implement.

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## Keeping Waste Out

- Ever had sewage back up?
- Lower than most houses around you?
- Consider backflow preventer or shutoff valve for sewer pipe.

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### If sewers ARE working

- Save urine, dish, laundry, and cleaning water to flush fecal matter.

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### If Sewers Aren't Working

- Burn
- Bury
- Bag

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### Bags, Buckets, & Honey Pots

- 1/4-4lb of fecal matter per day 2/3-3/4 solids
- Roughly 62 pounds per cubic foot
- 1 person for 40 days = 10-160 pounds (1.5-19 gallons)
- Line 5 gallon bucket with trash bag, cover feces after each use, seal bucket between uses & empty once a week.
- Use toilet instead of bucket.
- Workable plan, but not ideal...nothing is.

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### Burn it

- Not necessary for individual families. May be necessary for a condo/apartment complex.
- Requires fuel. Creates smoke & odor.
- Diesel is the preferred fuel. 20% gasoline and 80% diesel is recommended by US Army FM 3-34.471
- Consider using for sick people.

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### Bury It-Slit Trench

- 4-6 foot long trench, 1-3 feet deep, 6-8 inches wide. (100 yards away from sleeping/living areas, water, & food if possible)
- Squat over trench. Cover with dirt, ash, sawdust, straw, grass, or vegetable scraps after each use. Don't use lie or lime.
- For long term, dig deeper and put an enclosed platform with a sealable hole over the pit/trench.
- Won't work in high water areas.

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### Bag & Bury Combo

- Line your toilet, bucket, or box with a bag.
- Collect fecal matter inside and dispose once daily outside.

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### Toilet Paper

- First...always keep a spare container of 4-12 toilet paper rolls around. (2 is 1 and 1 is none)
- If/when that's gone, use phone books.
- Crumple paper into a ball, flatten back out, & fold to taste.

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### Final Thoughts

- Biggest concern is flies going from OTHER people's fecal matter to YOUR food. Spread the word on waste management.
- Urine can increase the production in water stills.
- Hygiene saves lives. Clean your hands, clean your body, clean your clothes.
- Better digestion and absorption leads to less fecal matter—pick food your body likes, chew it, and consider enzymes and probiotics.

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