

# Simplistic Survival Food, SuSiSS

*By: Texan*

If you are poor or have little room for storage

General Ideas:

- Only keep food that you eat on a regular basis and intend to eat in the future.
- Keep several can openers as well as plates, silverware, bowls and glasses stored and ready to take with you when you evacuate.
- When you look for survival food and you are on a budget you do not want diet/health food, you want get as much fat or calories per dollar spent.
- When you decide which food to purchase compare your choices to each other and get as many calories or fat per dollar spent as possible
  - Canned yams have more fat and calories than potatoes,
  - Canned chicken is more expensive per pound than tuna.
- I recommend having at least one fourth of your survival food in the form of meat
- If space is limited try putting a dozen or so identical cans in a grocery sack, tie/tape it shut, write it's contents and the purchase month/year on the outside of the sack and store it. This makes it easier to store and rotate the food.
- Only store food inside an air conditioned home.
- Keep a master list of all your supplies so you can easily tell what you have and you can more easily make a decision as to what you don't have.

Types of food:

- Canned beans
- Canned chicken, tuna, vienna sausages
- Canned stew, make sure it contains real meat
- Ravioli type food, be aware that many of these are composed mostly of wheat
- Canned vegetables
- Peanut butter

Water:

- Water is more important than food, treat it as such
- If you keep 30 days worth of food then keep at least 30 days of water in storage

- Keep a few gallons of non-scented bleach for purifying water, it helps to at least have extra coffee filters to pre-filter the big stuff out of the creek water prior to boiling and bleaching the water
- At a minimum you should treat water by filtering out the big particles, then you boil the water, then you add bleach as a final purification measure.
- If you want to have more than minimal water purification capabilities then you should have a water filter that filters at least to 0.3 microns.

#### Storage:

- Be creative in how and where you store your supplies
- If you must have a coffee table do not get the pretty glass topped one with no room for storage, instead get one that is shaped like a rectangular box with lots of storage room inside. Use this idea with all the furniture in your home.
- If you have a close and trustworthy friend or family member that lives close keep some of your stuff at there home
- Pull your couch or book shelf out away from the wall 6 or 12 inches and keep stuff behind it.
- If you have several closets, take one and fill it to the top with supplies.

#### Bug-out

- Keep a dozen duffel bags or other large/strong collapsible bags.
- To make these bags waterproof just line them with large/strong leaf or trash-can bags prior to putting your supplies in them.
- When you need to evacuate fill (or keep them pre-filled) these bags with your supplies and securely strap them on your car. Either on the roof/trunk/hood or even strap them on your bumpers.
- This type of bug out bag may be difficult to carry and strap onto your car so make sure you practice with them ahead of time to make sure you have the right rope/straps to secure them onto your car.
- Using this method could easily overload you cars suspension, engine, fuel economy, transmission or tires so it must be practiced and researched properly and ahead of time to make sure it will work.
- Each pre-filled bag should have a label on it so when you must evacuate you can decide which bags to take.