

The Survival Show Podcast: Season 4 / Episode 1

A Simplified Emergency Food Plan: The Disaster Ready Home - Part 1

Links Mentioned in Podcast:

Tiny First Aid Guide and Save 20%...

It's been a blessing to see it receive rave reviews and becoming a #1 NEW Release in First Aid over on Amazon - So to get this guide in your hands as soon as possible - go over to [UltimateSurvivalTips.com](https://www.ultimatesurvivaltips.com) and use CODE:

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Visit Today's Guest Co-Host - Creek Steward

Go Check Out EVERYTHING Creek is Up To (and Grab His FREE Sprouting Course at: [CreekStewart.com](https://www.creekstewart.com)

The Disaster Ready Home (New Book by Creek Stewart) [on Amazon](#)

HARVEST RIGHT Freeze Dryers (Save Around \$1,000) - [Use this link](#) to get FREE SHIPPING, a Premiere Pump Upgrade and a FREE Starter Kit of Bags, Oxygen Absorbers, Heat Sealer - Everything you need when you use this link: www.ultimatesurvivaltips.com/freeze

David's Freezer Dryer Setup and "How to Video": And for my full VIDEO review on YouTube - <https://youtu.be/mMNr0ofO1Fk>

[OVERVIEW]

Today you are in for a real treat... as I begin an IMPORTANT series with my friend Creek Stewart - based off of his brand NEW book, *The Disaster Ready Home*.

- **Simple Emergency Food Plan:** Today we are gonna to discuss The SIMPLEST, most affordable and practical long-term emergency food plan I've ever seen...
- **2 Week Plan:** Then we will discuss how to easily build a 2 week, 2 month - and even up to a 2 year food supply (in a short period of time) without breaking your budget - stressing yourself out or going into debt.
- **5 Threats to Long-Term Food Storage**
- **How to Preserve Food for Up to 35 years**

[DISCUSSION POINTS]

CREEK! Welcome to the show brother.

Congratulations on the New Book - *The Disaster Ready Home* on AMAZON 4.9 Stars! **#1 NEW Release** in Survival & Emergency Preparedness - Link: <https://amzn.to/3tXj3Rh>

Creek you've been on the podcast several times but as we get into the today series - would you please refresh us with a bit of your back story - right up to why you wrote *The Disaster Ready Home* at this moment in time...

MAIN TOPIC: Long Term Food Storage for Sheltering in Place: PART 1: A discussion of practical and affordable options to build a buffer of food for uncertain times.

PART 1 (Today) focuses on entry-level, easy to implement emergency food storage strategies for the average suburban home that require very little to no lifestyle change.

PART 2 (Next Time) focuses on more robust food storage and production SYSTEMS that require more time, effort, and energy to implement.

A. Why emergency food storage?

- a. Food supply interruption
- b. Can't get to grocery store
- c. Job loss
- d. RISING COST of FOOD - Storing and Preserving Food is LITERALLY Becoming an Investment that is Currently Appreciating in Value.
- e. Timing is Still OKAY. Food is Reasonably Affordable. Start Now!
- f. Fragile Supply Chain - Rising Fuel Prices (Tractors, Transportation)
- g. Panic Buying Theory - Shelve Can Empty Quick
- h. Buy As time and budget allows

B. THREE BROAD CATEGORIES of Long Term Food Storage

- a. Rotation items from Grocery Store (1-3 year shelf life)
- b. Bulk Dry Goods
- c. Freeze Dried Foods
 - i. Store bought
 - ii. Self made

C. ROTATION – The most practical first approach

- a. Make a list of top 10-20 items your family eats most often that have a shelf life of 1-3 years
- b. Canned goods, dry goods, boxed meals, etc. (NO FRESH PRODUCE OR MEAT)
- c. Buy a few extras of these items on each trip to the grocery
- d. Store them in a closet on a shelf for regular rotation with Kitchen pantry
- e. Store the items you eat and eat the items you store.
- f. Slowly build buffer of these items

D. BULK DRY GOODS

- a. Dried beans, lentils, pastas, grains, rice
 - b. Great option to gather a lot of food on a budget
 - c. Where to get?
 - i. Costco
 - ii. SAMS
 - iii. GFS (restaurant supply stores)
 - iv. Country Life Naturals
 - d. Must be repackaged if desired to last more than 3 years
 - e. REPACKAGING PROCESS – **DETAILS in PART 2** (Next Time)
- E. FREEZE DRIED FOODS (David Discuss)
- a. What is it?
 - b. Where to buy prepackages freeze dried meals?
 - i. ReadyWise
 - ii. MyPatriot
 - iii. Amazon
 - c. AT-HOME FREEZE DRYING
 - i. David Tells All in PART II but teases here.
 - ii. HARVEST RIGHT FREEZE DRIERS - Use this link to get FREE SHIPPING, a Premiere Pump Upgrade and a FREE Starter Kit of Bags, Oxygen Absorbers, Heat Sealer - Everything you need when you use this link:
www.ultimatesurvivaltips.com/freeze -
 - iii. This link is in the podcast description and in the FREE show notes @ <https://ultimatesurvivaltips.com/> and Click the Podcast Link.
 - iv. And for my full VIDEO review and step by step setup and us of our freeze dryer - I'll put a link in the SHOW NOTES - <https://youtu.be/mMNR0ofO1Fk>
- F. Other items to think about

- a. Spices
- b. Vitamins
- c. Fats

G. SURVIVAL SPROUTING / MICRO GREENS

- a. What is sprouting?
- b. Supplies Needed
- c. Sprouting Seeds
- d. Six -Day Cycle
- e. Tips and tricks

[DAVID]

Before we head out of here for the day... what are two thoughts you'd like to leave our listeners with today?

So next time we will continue our discussion with:

PART 2: What David Calls this "FOOD Forever"

Small scale food production

- i. Chickens
 - 1. Creek's experience
- ii. Rabbits
 - 1. Potential guest (Beth Hoy)
- iii. Guinea pigs (yes, I've experimented with this)
- iv. At Home Freeze Drying
 - 1. Details
- v. Raised beds
- vi. BEE KEEPING - David's Experience
- vii. Gardening / Heritage Seeds
- viii. BULK DRY GOODS REPACKAGING

1. 5 Gallon Buckets
2. Mylar Bags
3. 2000cc Oxygen Absorbers
4. Home Iron/2x4
5. Gamma Seal lids
6. 30+ years
7. Other considerations
8. Grain mill
9. Dry canning

Creek how can people find and connect with you online?

CreekStewart.com

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... AND while you're there checkout my MSK-1 survival knife and my COMING SOON super secret NEW knife - PLUS - my custom designed EDC survival kits and take 20% off my NEW Tiny First Aid Guide by using CODE: FIRST AID20 at check out...

All right everyone, thanks for Joining us today! We'll see YOU next time... on the Survival Show Podcast.

And Remember to... **Keep it simple, Be positive and Stay Sharp!**