

The Survival Show Podcast: Season 4 / Episode 2

How to Store and Stack Bulk Food Quick and Cheap: The Disaster Ready Home - Part 2

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: **FIRSTAID20 (at checkout) for 20% off Tiny First Aid Guides**. Also check out David's [MSK-1 Knife](#) and EDC Gear at [Tiny Survival.com](https://www.tinysurvival.com)

Tiny First Aid Guide [on Amazon](#)

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Visit Today's Guest Co-Host - Creek Stewart

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.

- **The NEW surge in food (supply chain) issues** AND shortages facing the USA. (and other countries) - HOW it may effect all of our lives... and most importantly how we can all prepare - now...
- **5 Gallon Bucket Food Storage:** We'll take you step by step through everything you need to know about how to quickly build your long-term bulk food storage including:
 - Where to buy HIGH quality - low cost bulk foods.
 - The simplest, most affordable (and effective) way to package your bulk food investment - so that it lasts 20 years.
 - And a critical mistake that can ruin your stored food.
- And a lot more...

[DISCUSSION POINTS]

CREEK! Welcome to the show brother.

MAIN TOPIC: Long Term Food Storage for Sheltering in Place: PART 2: A discussion and deeper dive into long term food storage and production options for uncertain times.

REMINDER: PART 1 focused on entry-level, easy to implement emergency food storage strategies for the average suburban home that require very little to no lifestyle change.

THIS PODCAST: PART 2 focuses on more robust food storage and production SYSTEMS that require more time, effort, and energy to implement.

PART 1 RECAP

- WHY Long-Term Food Storage?
- Importance of setting GOALS

THREE BROAD CATEGORIES of Long Term Food Storage

- Rotation items from Grocery Store (1-3 year shelf life)
- Bulk Dry Goods

- Freeze Dried Foods
- We discussed MINDSET

BULK DRY GOODS

- Dried beans, lentils, pastas, grains, rice.
- Great option to gather a lot of food on a budget
- Where to get?
 - Costco
 - SAMS
 - GFS (restaurant supply stores)
 - Country Life Naturals
 - LDS Church Store
 - Azure Standard

Note: Must be repackaged to last more than 3 years

TODAY's SHOW:

Discuss Article:

U.S. Food Supply Is Under Pressure, From Plants to Store Shelves. Article [Link to Article](#)

Article Bottom Line: Food and good supply chain is still fragile. Omicron sicknesses have made the problem worst. It may be months until store shelves are fully stocked again.

PACKAGING PROCESS – Step-By-Step HOW-TO (CREEK)

WHY Pack and Stack Food in 5 Gallon Buckets?

Discuss: "Set it and Forget It" vs. Everyday Kitchen Food Rotation (from Last Week).

REVIEW - 5 Enemies of your Long Term Food Storage:

1. Oxygen
2. Moisture

3. Sunlight
4. Heat
5. Active Biology: Critters, Bacteria, Bug

KEY: Eliminating first 4 threats prevents threat #5

STORAGE SUPPLIES NEEDED:

- 5 Gallon Bucket/s with Lids
- Lid Wrench - Optional
- Mylar Bags
- Oxygen Absorbers
- Home Iron
- 18" - 2 x 4

PLASTIC 5-GALLON BUCKETS/ LIDS

- Where to get? Lowes, ULINE etc.
- Food Grade vs. Non-Food Grade
- Lids (Regular vs. Gamma Seal)

Note: Quality Rubber or Silicon Lid SEAL is VITAL (Many Cheap / Department Store - and Building Supply Stores DON'T Come with Lids or Lids with Seals. David's Source - ULINE

MYLAR BAGS

- Where to get?
- What size?
- What is MYLAR?
- Mylar vs. Plastic Bags - Mylar is Food Safe, Airtight - Heat Sealable

OXYGEN ABSORBERS - Vital!

- Size 2,000cc / 5 gallon bucket
- Reasons for Using

5 GALLON BUCKET PACKAGING PROCESS - STEP BY STEP

Review Full Process in pages 43 - 55 of [The Disaster Ready Home](#) book.

FREE Video Link (from Creek): <https://www.creekstewart.com/drh-food>

Discuss: BULK FOODS are ingredients rather than whole meals so:

1. Store Spices
2. Print and Store Recipes with Bulk Food
3. Practice Using Your Bulk Food

10 Reasons to Prepackaged or Home Freeze Dry Food is the Ultimate Long-Term Preparedness Food

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

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NEXT TIME - PART 3: What David Calls this "FOOD Forever"

- Small Scale / Small Plot Food Production
- Chickens - Meat, Eggs, Fertilizer
- Rabbits - Meat, Fertilizer
- Guinea Pigs - Meat (Creek's Gig)
- Raised Bed Gardening
- BEE KEEPING - David's / Creek Experience

- Edible Landscaping
- Old School Ways to Preserve Produce
- Wild Foraging
- NEXT Best thing to Forever Food.

If you enjoyed today's EPISODE I would be honored if you would help us GET the word out by doing TWO things:

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- And... please pay it FORWARD by sharing this Episode with your friends and loved ones via text, email or on social media. ITs free to do so and it's a win, win win for everyone.

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And don't forget to go over to UltimateSurvivalTips.com where you can also grab today's show notes - for FREE by clicking on the Podcast at the top of the page ... 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: FIRSTAD20 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!**