

Get the Basics — Food Storage List

Grains	<ul style="list-style-type: none"> • Wheat • White Rice • Millet • Hulled Barley • Rolled Oats
Beans	<ul style="list-style-type: none"> • Kidney • Black • Lentils • Split Peas • Pinto
Fats	<ul style="list-style-type: none"> • Canola Oil (not the healthiest oil but it has a long shelf life and contains omega 3's) • Coconut Oil • Olive Oil (w/ 1 yr. shelf life – Bragg's brand or other) <p>Note: rotate fats and oils seeing as how they don't last quite that long (1-2+years)</p>
Water	<ul style="list-style-type: none"> • 1 gallon per person per day • Water purifier (Berkey, UV light, lifestraw, etc.)
Fruits / Veggies	<ul style="list-style-type: none"> • Canned • Dehydrated (especially potatoes, onions, and celery) • HEIRLOOM SEEDS (canned, mixed variety)
Dairy	Powdered milk (store in oxygen free jar or FoodSaver bags – unless already sealed in a #10 can.)
Cooking / Baking	<ul style="list-style-type: none"> • Raw Honey • Sugar (sugar in raw / Costco organic sugar is better than white) • Salt (mineral salt from IFA – note: it isn't food grade) • Bouillon • Baking powder (lots!) • Seasonings: pepper, thyme, vanilla, cinnamon, cloves, cayenne, oregano, cocoa powder, chili powder, nutmeg, garlic salt, lemon pepper, Cajun, italian blend, basil, Mrs. Dash, garlic, etc.
Other	<ul style="list-style-type: none"> • Pasta • Tomato Sauce / Paste (soups, pasta sauce, etc) • Raw Apple Cider Vinegar (at least one gallon)

Most ideal way to survive would be:

- Whole eggs from chickens
 - Fresh milk (goats is best)
 - Grains, beans, nuts and seeds of all kinds
 - Sprout grains/seeds now and then for best bio-available nutrients
 - Making the sprouting mix found on my Healthy Preparedness YouTube channel is a great recipe but isn't necessary – grains and beans can be sprouted without being in a mix.
 - Moringa every day or two – (whole food supplement)
 - Alive! Multi-supplement for extra nutrients, when necessary.
 - Grow goji berry plants (most nutrient-dense berry on the planet!)
 - Have a garden with variety of plants growing. (Also have berry plants and fruit trees.)
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Note: I purposefully didn't mention meat. Meat isn't necessary for survival if you have plenty of grains, legumes, vegetables, and fruits.

Regarding how much of each food item to store – just start storing them! Figuring out how much of each item to store can be figured out by doing some internet searches. But it isn't so much about trying to get the perfect amount stored away –just get them in your home! Grains, beans, canned and dehydrated foods store for 10+ years.

My book, *Food Storage Powerhouse*, explains how to prepare these foods, how long they'll last, and gives basic life-saving info about how to get the most nutrition out of our food storage that will help us thrive during a disaster.

Food Storage Powerhouse can be purchased from HealthyPreparedness.blogspot.com