

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)
- $\bullet \text{Water}$ 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

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



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.

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.

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!

Modified Plan

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



\$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.

"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.

Why I Recommend This Plan

- · Limits Spoilage
- . EASY to set up
- Easy to give away
- OPSEC
- · Eat cold
- Cook in can
- Limited leftovers
- Includes water
- Meshes with charity

- Easy to rotate
- Easily valued
- No special equipment
- · Stores easily
- Scalable
- Done TODAY
- · Integrates with life
- No MSG or artificial sweeteners

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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tanch beans	8	4.99	24		130	0.160	52.40	6	344	50.03		1			
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Black beans	5	5.65	28		100	0.202	53.03	- 6	168	50.03		2	11.3	5600	33
beef ravioli	5	6.99	16		230	0.190	52.85	. 8	128	50.05		1	6.99	8680	121
Peanut butter	5	6.59	48	50.18	200	0.089	51.14	9	432	50.02		1	8.59	9600	43

Why to Prepare for 2...Even if Alone

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

Enzymes, Probiotics, Sprouting, & Microgreens









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

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.





QUICK, Improvised Solutions Using Plastic Sheeting

- · 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

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.



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.

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. **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, • Flying insects LOVE fecal matter & they LOVE landing on food. Bad combination. • MUST have solutions that everyone near you can buy into and implement.

Keeping Waste Out

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

If sewers ARE working	
Save urine, dish, laundry, and cleaning water to flush	
fecal matter.	
If Sewers Aren't Working	
ii dewels Alent Working	
• Burn	
Dura	
• Bury	
• Bag	
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 idealnothing is.	

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. **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. Bag & Bury Combo • Line your toilet, bucket, or box with a bag. · Collect fecal matter inside and dispose once daily

outside.

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.

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.