

Fastest Way To Prepare

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)
- 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)

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 rotate |
| • EASY to set up | • Easily valued |
| • Easy to give away | • No special equipment |
| • OPSEC | • Stores easily |
| • Eat cold | • Scalable |
| • Cook in can | • Done TODAY |
| • Limited leftovers | • Integrates with life |
| • Includes water | • No MSG or artificial sweeteners |
| • Meshes with 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.

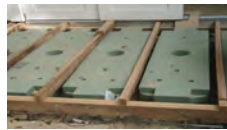


QUICK, Improvised Solutions Using Plastic Sheeting

- 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, etc.
- 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

- Burn
- 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 ideal...nothing 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.
