

Fastest Way To Prepare

A dramatic scene of a city skyline, likely New York City, with a massive, jagged crack running through the center. The crack splits the city into two halves, with debris and smoke rising from the fissure. The sky is dark and stormy, with lightning bolts visible. The overall tone is one of impending disaster and crisis.

MODULE 2

LARDER
OF FOOD

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Hello, in this module we are going to talk about fast, yummy, affordable food for 40 days and 40 nights. As I've discussed, I'm going to show you how to take care of it in a 30 minute trip to a big box store for about \$2 per person per day, and if that's not good enough I will show you how to do it with no out-of-pocket cost.

Next, we are going to cover water for 40 days and 40 nights, and I am going to show you a few tricks for hiding it, and this is particularly good if you have nosy neighbors or basically just want to keep your preparations under wraps. Also, what to do about waste when toilets don't work and you still have to be mindful of disease and smells.

Let's start off with 40 days of yummy survival food, and here's a picture of one of our 40 day supplies. We are going to go over all the contents of it, and you're going to see it's a wide variety of foods, foods that you like, probably foods that are normal and foods that require little or no preparation, which makes it very-very convenient.

This plan is designed to get done, it's not designed to be perfect, it's not designed to be the most nutritional plan that's available, it's designed so you can hop in your car on your way home from work and spend 30 minutes at Costco or Sam's or another big box store like that, and have it done and get a good nights sleep, knowing that you've got 40 days worth of food taken care of.

It's not going to be perfectly balanced, but survival, if it was perfect and perfectly balanced, would not be primitive living. Survival is a stop-gap measure to take you from one time of stability to another time of stability and that's what this is designed for.

Now granted the foods that I am going to share with you are going to be better than what a lot of people eat on a daily basis, and that's sad, its reality and it's the truth. So, the foods that we are going to do are not fresh and they are not organic. You can do the same thing with organic canned foods, but I have chosen not to because of the simple fact that it doesn't fit into the idea of one trip to Costco to get this all done. If you have the ability to get canned organic foods and want to pay the premium to do so, more power to you.



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You are also going to want to tweak this for your particular diet or conditions, if you've got a salt sensitivity, if you don't have your gall bladder, if you've got diabetes, any number of things. You are going to want to tweak it to your particular situation. Remember this is a stop-gap; this is to help you go from one time of stability to another or to transition from everyday life to primitive living. This isn't an end-all diet, it's temporary.

What are the big problems with getting a food supply in place? When I ask people it's one or all three of these, they've either got no time, no money or no space. It's common, if one of these excuses, reasons, obstacles is what has kept you from getting your food storage in place, don't worry about it, everyone is in the same boat. So how do you take care of it? The answer is, with this quick and easy, stupid-simple plan.



You spend 30 minutes in the store, you get three plastic stackable bins and you spend about \$2 per person per day, which is a great deal. Freeze dried food costs about \$8 per day, if you get a good deal and if you include some textured vegetable protein or TBP in there. I think it's the USDA, their budget is – it says the average family spends \$7 to \$12 a day per person on food. I personally think that's a little bit low, but it depends. Some people are spending significantly less than that some people are spending significantly more than that, it depends on how much fresh food, how much organic food, and how much you eat out. Two dollars per person per day is cheaper than dog food. When you look at the number of calories that's in dog food and how much it would cost to live on dog food, it's not that good of a deal. You could feed this food to your dog and save money. Now I don't know how nutritionally balanced it is for a dog, I don't know if you could do it long-term, but just from a calorie and vitamins and minerals perspective, it's cheaper than dog food, and it's definitely better tasting. It's stuff that I like to eat on a regular basis.

Perhaps most importantly you don't need a wheat grinder, you don't need to bake bread, and you don't need primitive skills to use this plan. I love the basic four where you get honey, oatmeal, wheat and salt and you live on it. The problem is, it's not exciting. I know people have figured out ways to spruce it up and make it tolerable, it doesn't excite me at all. I like a varied texture, I like it varied consistency, I like different tastes. I like different things with every meal. If I have to I can ... I don't need to, but if I have the option I will go with variety.

I want to tell you what the nutritional assumptions are that I went through on this. The average person, or not the average person but for the most part, people need between 1200 and 1500

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calories per day to stay out of starvation mode. For a lot of people, being in starvation mode for a while wouldn't be the worst thing in the world. Most people want to lose weight, and while you don't want to starve your body, a reduced caloric intake for a time isn't a bad thing.

This plan, depending on whether you go with \$2 per day or \$200 for two people for 40 days, it's going to provide somewhere between 1500 and 2000 calories, it's really up to you. What you want to do is aim for 60,000 and 80,000 calories per person for the 40 days. This is in addition to what you've got in your fridge, freezer, and cupboards. So in reality, depending on what you've got in your house already, this will sustain you for more than 40 days, possibly a lot longer than 40 days.

We are going to try and shoot for getting 50 to 60 percent of the calories for the day from carbs, 20 to 30 percent for protein, and 20 to 25 percent from fats. This isn't something you need to get hung up on here, again this is a survival plan it's not perfect nutrition forever plan. If you're a body builder, if you're a distance runner, if you have particular allergies, you're going to see some things in here that you'll want to change. But that's what we're going to shoot for; we're going to shoot for relatively balanced, maybe not every particular meal, every particular day but over two, three, four day period we are going to have a good combination of carbs, proteins and fats to keep you healthy.

Protein requirements: I mentioned body builders, protein requirements vary vastly depending on who you talk to. In general you're going to want 50 to 150 grams per day. We will go with that, I am going to keep it simple, I don't want to dive into that too deeply. One thing that a lot of people talk about is how much additional food you need when you're under stress. That's true, if you let stress take control of your life and completely throw your hormones out of whack. You're going to burn a heck of a lot of calories per day, as much as 4000 additional calories per day just from stress. The answer isn't to stockpile a lot more food; the answer is to learn how to control your stress. Because if you're under the type of stress that is going to cause you to burn 4000 extra calories per day, you're not going to live 40 days, it's just that simple; your body is going to crash and burn. You've just got to learn how to control your stress, and we are going to talk about that somewhat. It's a topic in and of itself, but it is so-so vital, because if you can control your stress you're going to sleep better, if you can sleep better your mental state is going to be better. If you are burning fewer calories, you don't have to store as much. If you're not eating as much because you're not burning as much you don't have as much waste to take care of. All this stuff is interrelated, and so it's just vital that you control your stress.

The other thing is how active you are. If you are just surviving and sitting in your house doing a self quarantine for 40 days, and maybe doing some aerobic exercise in your house, maybe not, then you're not going to use near as many calories as if you're out chopping down trees that have fallen across the middle of the roads, or doing other strenuous physical labor.

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You are going to have to plan accordingly. This plan will let you live, survive, for 40 days in and of itself. You add in the stuff you've got in your cupboard, freezers and fridge, and you're going to have more calories to add onto it. If you are overweight at all you're going to have more calories that you can burn. So basically what I'm saying is don't get incredibly hung up on calories, they are important, and we are going to give you enough. But, calorie requirements will vary greatly from person to person so you're going to have to make some modifications for yourself here.

The next things are vitamins, spices and condiments. I try to take care of the vital vitamins in the plan, it's not a perfect solution, but it is a solution. If you have a very good multivitamin, I suggest you keep 40 days on hand at a time. We like to keep three to six months worth of vitamins on hand at a given time, and we do this for a couple of reasons. One, we never run out, it allows us to buy them online and get them at a significant discount to what they are in the stores, and we just always have a supply. You can also take advantage of sales as they happen, which is usually quarterly or semi-annually, and it saved us a considerable amount of money. They are going up in price fast enough that we see it as a decent investment. It's just a delay tactic of paying more, but it has worked out very well for us so far.

Spices and condiments: I mentioned before that I like a lot variety in my food, and this plan assumes that you have spices and condiments in your house already that you use and like, and if you don't I suggest you find something you like and get some big containers of them. Not several pounds, but maybe half a pound or a pound of ones that you use often.

So, my original plan was to do one trip to Costco or Sam's, buy plastic bins while I was there, go through the canned and boxed food aisles and just pull one of almost every item off the shelf and see what I ended up with. Amazingly enough it was very-very close to the requirements for 40 days, it was about \$250-\$300 and there was enough calories, there was enough fat, there was enough protein to make it work. So if you really need a simple solution that's one thing that you can do.

I modified it though because I really wanted to hit that \$2 per person per day number, or at least \$200 for two people for 40 days. So what I did was I took all of the shelf stable food that was in Costco and put it on a spreadsheet – I didn't do Ramen or some other items, I didn't do things that had artificial sweeteners in them, I didn't do products that had MSG in them because I won't eat those, and I can't in good conscious suggest them to people, so they aren't included on the spreadsheet. I am going to share this spreadsheet with you and I'm going to get into the particulars of it in a little bit.

With the spreadsheet, I calculated the nutritional and financial requirements for the plan, and then from that I figured out the combinations of foods that I could use and make it work. From that I got a buying list and then went to the store and all I had to do was go up and down a couple

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of aisles and I was done. It was quick, and I am going to share that list with you. But here's an example, this is the \$200 plan. I want to stress, don't get hung up on the \$200 plan versus the \$2 per person per day plan. Two dollars, per person per day works out to \$160, \$200 works out to \$200. What it does is it gives you a little bit more of a variety and a few really-really nice options.

	Cost	servings	\$/serving	Cal	cents/calorie	1300 calorie Protein	tot protein	\$/g protein	quantity	cost	calories	protein	
target											1500	60	
actual											120000	4800	
per day per person											132015	4851	
6 Mac cheese annies	\$ 14.79	36	\$0.41	270	0.152	\$2.28	10	360	\$0.04		0	0	
7 Kirkland mac n cheese	\$ 7.99	45	\$0.18	240	0.074	\$1.11	9	405	\$0.02	2	15.98	21600	810
8 Thai jasmine rice	\$ 28.99	501	\$0.06	160	0.036	\$0.54	3	1512	\$0.02		0	0	
9 Zafarani rice (small bag)	\$ 14.99	200	\$0.07	150	0.050	\$0.75	3	600	\$0.02	1	14.99	30000	600
10 Blue ribbon long grain	\$ 14.99	500	\$0.03	160	0.019	\$0.28	3	1500	\$0.01		0	0	
11 Krusteaz multigrain pancake	\$ 7.99	39	\$0.20	210	0.098	\$1.46	6	234	\$0.03		0	0	
12 Bisquick	\$ 4.99	68	\$0.07	150	0.049	\$0.73	3	204	\$0.02		0	0	
13 Krusteaz cornbread	\$ 1.97	112	\$0.02	110	0.016	\$0.24	2	224	\$0.01		0	0	
14 Quaker oats	\$ 7.35	113	\$0.07	150	0.043	\$0.65	5	565	\$0.01	1	7.35	16950	365
15 Carnation	\$ 9.89	30	\$0.33	130	0.254	\$3.80	5	150	\$0.07	2	19.78	7800	300
16 Oatmeal packets	\$ 9.24	62	\$0.18	160	0.111	\$1.67	4	208	\$0.04		0	0	
17 Instant mixed potatoes	\$ 8.49	36	\$0.24	110	0.214	\$3.22	2	72	\$0.12		0	0	
18 Rummo spaghetti	\$ 6.99	48	\$0.15	190	0.077	\$1.15	6	288	\$0.02		0	0	
21 protein													
22 Chic sea arrail	\$ 10.99	36	\$0.31	50	0.611	\$9.16	11	396	\$0.03	2	21.98	3600	792
23 Chic sea big	\$ 6.99	24	\$0.29	60	0.485	\$7.28	13	312	\$0.02		0	0	
24 Canned chic	\$ 9.99	21	\$0.48	60	0.793	\$11.89	13	273	\$0.04	2	19.98	2520	546
25 Spam	\$ 17.69	48	\$0.37	180	0.205	\$3.07	7	336	\$0.05		0	0	
26 Ranch beans	\$ 4.99	24	\$0.21	130	0.160	\$2.40	6	144	\$0.03		0	0	
27 Refried	\$ 6.99	28	\$0.25	120	0.208	\$3.12	6	168	\$0.04	1	6.99	3360	168
28 Black beans	\$ 5.65	28	\$0.20	100	0.202	\$3.03	6	168	\$0.03	2	11.3	3600	336
29 Beef ravioli	\$ 6.99	16	\$0.44	230	0.190	\$2.85	8	128	\$0.05	1	6.99	3680	128
30 Peanut butter	\$ 8.59	48	\$0.18	200	0.089	\$1.34	9	432	\$0.02	1	8.59	9600	432
31													
32 fruit/veg													

This is the \$200 plan and as you can see there's a good variety of items here, variety as far as taste, texture, glycemic index, proteins, fats, breakfast foods, lunches, dinners, items that need preparation and items that don't need preparation; it's a great mix. You can probably look at this and see yourself living on it for 40 days, because it would be quite simple.

Here's some of the things that are in the \$2 per person per day list – mac & cheese, instant breakfast and that's where a lot of the vitamins and minerals come in. Chicken of the Sea tuna, and something important on that, they sell both small and big cans of tuna. The big cans of tuna are significantly cheaper per serving and per pound than the little cans of tuna. The problem is if you've got two three four people, you're not going to use a huge can of tuna and you're going to end up wasting some of it. And so in this plan, I used the small cans of tuna, and you can see it over on the right hand side. There is canned chicken on the top and canned salmon underneath it.

Like I said, I've also got canned chicken which is a great variety when you mix up tuna and chicken either each day or each meal depending on how many people you've got. Then black beans, or you can also use refried beans, and I've got those in there too. I picked the zatteroni rice and it's in a small bag, and it's in the lower right hand corner. The reason I picked it was mainly because of the size of the bag. The number of calories it provided and the number of servings it provided worked out very well for 40 days. It has about 200 servings in it, and incidentally if you get a 500 serving bag of rice it costs exactly the same amount. So that's

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something to keep in mind. In this instance I got the small one because it's going to fit into the containers better and it's supposedly a high quality of rice, it's got better taste and the stickiness qualities are better.

I also have Quaker Oats for breakfast, beef ravioli which is a quick simple easy meal in a can, peanut butter, peas, olive oil and snack cracker assortment. The snack cracker assortment is where the peanut butter goes. My wife asked that – she looked at it and said 'Well it's great that you've got peanut butter but there's no crackers or bread or anything to put it on,'. Solution: it goes on the snack cracker assortment. Depending on how long you plan on storing the items, crackers and bread are going to be difficult to get. That is a place where what you've already got in your pantry to start with comes in, so if you keep crackers on hand, you don't necessarily need to go out and buy additional ones.

You can add a few items and go from that \$2 per person per day up to \$2.25 per person per day and it makes a big difference, adding in raisins, sweet corn, green beans, and an 80 oz. container of honey. I happen to love honey. I love honey as a sweetener.

Honey can also be used as a medical tool. You can put it on wounds and it will basically cause bacteria cells to explode and keep infections clean. It has been used on horses and animals for years and it's a great-great product for medicine.

Some other high impact items that you may want to include are pancake mix and cornbread mix. These aren't great as far as the glycemic index goes, but as far as comfort food that's easy to make and will make people happy and warm their hearts, it's great. You can make one or two muffins at a time with it or one or two pancakes at a time with it. Another thing is instant potatoes; at Costco they've got a combination potato, instant potato bags that have some kind of butter flavor in them. That and Spam have become one of my favorite camping meals.

On the topic of Spam, you might think it's funny that I won't include Ramen but I will include Spam. For some reason, Spam has a ... it tugs at me emotionally and I absolutely love it. It reminds me of when I was guiding back country trips and we'd eat Spam half way through the week as a big treat. Spam definitely isn't the most healthy item in the world, but I happen to love it.

Another thing is a Mars fun bag, and it has 150 candy bars of various types, and that's something that you may want to add in if you've got a sweet tooth or if you've got a neighbor who's got a sweet tooth, you want something good for barter.

A few notes on this, I found this as I was going back to Costco day after day, getting this plan worked out originally. Prices change every day, selection changes but it doesn't change every day. If they get a really good supplier they are going to keep stuff on hand for a while or have

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something similar, especially with the Kirkland brands. As long as they're selling and they are making them in-house, they are going to keep them in the store.

Selection does change by store location. If you happen to live in an area that has multiple Costco's or multiple Sam's, the inventories aren't going to be the same from store to store, and of course selection also changes when you switch from Costco to Sam's or to any other store.

Here is how the no out-of-pocket cost approach works. The USDA says that the average person or the average household spends \$7-\$12 per person per day on food. Let's just assume it's \$10 or \$70 per week, if you take the \$70 that you would have normally spent on food and instead go to Costco and spend \$70 on items that I am going to tell you or suggest that you buy, that will get five weeks worth of food.

If you eat food from the plan for a week, you've eaten a week of the five weeks and you've got four weeks of emergency food left. You spent the same amount of money, you spent \$70 whether you spend it the way you normally would spend it or spend it on the plan, except in this case when you get to the end of the week, you've got four weeks of food left. All you've got to do is do this for another half week and you've got your 40 days of food.

One of the biggest benefits of doing this is that at the end of the week you'll know that the food will work for you in an emergency. If you go out and buy a pallet of emergency food that's expensive and not stuff that you're used to, you really are never going to know if it's going to work for you until you use it. Again it's expensive and it's not prepared the way you would normally prepare. This way you know very-very quickly if you need to make changes to the diet, or if it's going to work for you. And now is the time to test those things out and find what works and what doesn't.

Okay – part of that slide didn't show up, but the next thing on there is if it's too much for you to do all of your meals from your emergency food supply, basically what you can do is take one meal per day and instead of going out and paying for it, just take that money and use it to buy emergency food supply and eat it. If you do that for a month you'll have your 40 days of food by the time you get to the end of it.

***Now here's why I recommend this plan, as you can see there are several reasons. It limits spoilage because of the size of the portions. It's great portion size for two, three, four people, depending on how you scale stuff up. It's easy to set up, you can have this in place in a day, you don't have to order it and wait a week, six weeks, however long it's going to take for it to get to you. You don't have to line up a truck; you don't have to do anything, just boom!! – go to the store, half hour later you've got your food. It's easy to give away which is a big consideration. Going along with OPSEC or Operational Security, if somebody shows up to your door after a disaster and asks for food and all you have is high speed survival food to give them, a bell is going to go off in their head that says 'they've got high speed survival food; I wonder what else

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they've got'? But if you've got plain old boring ordinary food like what they see in Costco everyday or every time they go to Costco, it doesn't give you away as somebody who has prepared. This can be a very valuable thing. Most of the items that are canned you can eat cold, they have already been cooked. It's a good thing and it's a bad thing. It's a bad thing because the foods that have been cooked don't have any enzymes left in them so it's going to put more strain on your body unless you take enzyme supplements with them. But the good thing is, you can eat them straight out of the can, warming them up is great because it adds variety and it adds comfort and there's a psychological component to it, but you don't necessarily have to. If you do need to cook it or heat it up, most of the can stuff you can cook in the can. Are there liners in the can that make it not ideal to cook in the can? Yes. Is it possible that things that aren't good for your body will leach into the food in an ideal situation? Yes. You may or may not be willing to do that. I am and for the most part put really-really good foods into our body. **

The other thing is, this goes along with spoilage, and it limits leftovers, because you don't have a lot of food left over at the end when you're eating it one can at a time.

If you live in an area where water is at a premium, which is a lot of the country, a big thing is that the canned food has water in it already. That is water that can go toward your daily intake and its water that you don't have to find to cook the food.

Another thing is, the canned foods and the items from Costco will mesh with charity, and what I mean by that is let's say we go out one, two, four, five years and nothing has happened and for some reason you haven't eaten all of the food and rotated it. You can go to your local food bank and they'll know what to do with a can of beans, they'll know what to do with a can of tuna. They'll know what to do with all of this stuff, because it's normal food. Its food that they can use immediately, it doesn't take any special preparation, no special concerns that they have to take.

It's also easily valued for barter, if that becomes an issue – a can of beans is a can of beans. The better name it's got the more value it's going to have. In general stuff from Costco has a high perceived value so it will have good barter value.

You don't need any special equipment for this, I talked about it earlier with grinding wheat, and it stores easily. Those three bins, you can store them in a closet you can store them almost anywhere, it's scalable. If you want to scale this up, you can get a bag of rice and a bottle of oil and some tuna or meat and be able to take care of another person for 40 days for next to nothing.

Again I talked about how important it is to do something that you can get done today, get it done immediately. This integrates with life, it meshes with life. It isn't going to take a big side-step to get done, and as I mentioned before there is no end to your artificial sweeteners.

Now for some considerations, I talked about big rice being the same price as little rice, a 200 serving bag being the same as a 500 serving bag. Another thing is that the bins weight 50-60 lbs.

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So if you can't lift a 50-60 lb. bin you may need to have multiple bins, you may need more bins or you may need to take items out before you move the bins. This mix of foods is fairly high in sodium because of the amount of sodium used in the canning process. And again, I talked about this not being a lifelong diet, this is a 40 day plan to help you survive, and always important to remember that survival food is not ideal, it is a stop-gap. Survival food helps you transition from one phase of life to another.

Spam versus Ramen: I talked about that. It doesn't make any sense and that's why I wrote down emotions versus logic below it. Make sure and include foods that satisfy you emotionally as well as nutritionally. If they're unhealthy, don't put too many of them in, but if you really-really enjoy dark chocolate, get some dark chocolate and include it in your kit.

Another thing is spices, touched on that.

Drink mixes: You'll notice that the list that I had didn't have any drink mixes or premade drinks, and the reason is because most of them either contain too much sugars or artificial sweeteners. We don't really drink, drink mixes. If you do, that's something you're going to want to add. Remember this is an exercise in compromise. If you want a lot of variety it's going to cost more money. If you want it to be very-very inexpensive you're not going to have too many choices. So go ahead and alter the plan however you need to. The biggest thing is act on it, get something in place. If you go with it, if you go to Costco or Sam's and spend 30 minutes and let's just say \$200 and you get three bins of food and a month later you decide that two or three of the items don't work for you, you can give them away. You can give them to a food bank and you can replace them with something that does work, but in the meantime if something happens you've got stuff in place. It is just so important that you have stuff in place.

Here is what the planning sheet looks like. I am not going to spend a whole lot of time on it now; I am going to include it in the member's area so you'll be able to tweak it as you want. There's items on here that your local store won't have, you're going to want to just delete them out. There's going to be items on here that the price has changed or the quantities have changed, and when that happens just go ahead and edit it for your situation and you're going to be good to go.

Now the reason, this is very interesting, if you're alone its still important that you prepare for two people and here's why. When you account for how much food gets wasted by one person, because of portion sizes, how much fuel it takes to cook two meals as opposed to one, and how much you lose to spoilage, a second person costs almost nothing to prepare for. Having food for a second person may just buy you and "buy" is not a bad term here, it's just the simplest way to explain, it can buy you a roommate, an extra set of eyes or ears and help in a time of need. If you have a neighbor who has no food someone you get along with and you do have food, all of a sudden you've got a partner. You've got someone who's going to look out for you. Could they take advantage of you? Yes, absolutely. That's always the case, but if you go ahead and prepare

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for two and be generous with food that probably would have gotten wasted anyhow, 9 times out of 10, if not 99 out of 100, you're going to be better off. This also allows for charity, you can cook meals for families or if you don't team up with someone, you can make your meal and take and leave a meal for someone else. Leave it on the doorstep and knock or go up to their door and say, 'I had some extra food, this is for you, I hope it helps'.

Okay next we've got enzymes, probiotics, sprouting and microgreens. As we talked about in the very first video, enzymes and probiotics and chewing your food can increase the amount of nutrients you get from the food by two to ten times. I told you I would tell you what we take on a daily basis. Now the enzymes we take, we actually switch back and forth between this one and another one, and I can't tell you the name of the other one yet, I have been asked not to. But I will tell you as soon as they give me the green light. But, it is made by Enzymedica and its called Digest Gold. It's worked well for us, I am not a doctor, I'm not a dietician, I can't give you specific advice on whether it's going to work for you or not, all I can tell you is it's worked for me and I like it. The probiotic that we take is called Garden of Life, Primal Defense Ultra and it was actually recommended to me by Dr. Joe Mercola, and this was years ago before Joe had his own probiotic, but it worked so well for me that I just continued to take it. It is another one I feel very confident sharing with you.



The middle at the top there's a product called a sprout garden and this is the one that we have. You can do it more simply than this but this is really slick. It's very simple and easy to setup for sprouting seeds and sprouting legumes. They are probably \$20 or \$30 on Amazon, and then Microgreens are in the middle on the bottom and I talked about that, where you basically let them grow and then harvest them while they're tiny and you get a ton of nutritional value from a very-very small package. And you don't have near the problems that you have with having a real garden. You don't have the complexity, you don't have the resource requirements, but you do have the problem of you don't get as much food per seed, and you can't collect seeds for the

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following season when you're done. But in a 40 day disaster that's really not a concern, what you're worried about is right here right now.

Next we are going to talk about water. Water is a huge issue. You can go about three days without water in ideal circumstances before you have serious-serious problems, serious biological, physiological and psychological problems. The problem is water is bulky and heavy, you can't compact it. You can't dehydrate it, you can't freeze dry it, it is what it is, its water. Your needs are going to range from 1-30 gallons per day depending on what all you include when you define the word need. As far as for biological processes, if you're not exerting yourself tremendously, half a gallon to a gallon a day is going to be good. When you add in exertion it goes up from there. When you add in hygiene and cleaning, dishes and laundry, flushing toilets and anything else you happen to use water for, it shoots through the roof. What this means is, for two people for 40 days you're looking at somewhere between 80 and 2400 gallons, which is a lot. It's a lot to store. One thing to keep in mind is it's easier to conserve the water that you have then generate new water or find new water.

The quickest solution for this is a combination of a water heater and food grade water barrel or a rain barrel. What you can do is drain off water from your water heater and get 40 to 60 gallons of water, depending on what kind of water heater you have. I suggest you purge your water heater every six months so that any buildup that's in there, any mineral buildup – you can flush it out, so if you do need to drink it for survival, it will be clean and ready to use.

The other thing is the rain barrels, and these shown on the right don't have a lid on them. I would definitely suggest getting a lid, and they will hold 55 gallons of water. You can get them for as low as \$20 a piece on Craigslist. You can buy them new for significantly more than that. You can pay \$50 to \$100 to \$150 depending on what kind of plastic they are made of or whether they are wood, or all sorts of other options. All you need is just plain food grade plastic and you're going to be good to go.



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I suggest that you fill up the rain barrel now, fill it up with tap water unless you're expecting rain in the very near future. The reason is, there's some stuff involved with getting set up to collect rain water. You need a flexible gutter or flexible down spout and you need to have it set up and all ready to go, so that when the rain comes it collects the water. Ideally you want to get rid of all the junk that comes off first that may or may not happen depending on if you're around the water barrel when the rain starts falling. At least with your first barrel, just fill it up with tap water. Have 55 gallons of water on hand, and if you want to get into rain catchment, then that's great. Regardless of whether you get into rain catchment now or not, I suggest you go ahead and get a flex gutter or flex down spout so that if a disaster happens you'll be able to transition over to water catchment without batting an eye or having to go to a store to get the necessary materials.

Something that I love, and this works for both people with houses and people who are in apartments or condos, is plastic sheeting. It has so many uses when it comes to water, and I am just going to share a few of the really high impact one, the really high impact strategies that you can use. One is to line your bathtub with plastic sheeting and then fill it with water. It seems very-very simple, and the reason it seems very-very simple is because it is. There's solutions that you can buy, water bob, the aqua pod and the Red Cross even makes one that are covered and they cost between \$20 and \$40 a piece. During hurricane season you can't even buy the water bob, they are sold out. They are made in Florida and you just can't them. But they don't have very many advantages over just lining your tub with plastic sheeting and duct taping it in place if you need to and filling it with water.

Something else you can do is to dig a hole under your drain spout, you have to make sure to do it before it rains, and line the hole with sheeting to catch the water as it comes off of your roof. This can be a good one if you live in an apartment or a condo, and especially if you have a big piece of sheeting. I know a lot of people who are probably going to think they deserve a portion of whatever water you collect. You can make a pretty darn good sized water catchment area, and everyone can draw off the water very quickly, so just the people in your building get water. Take the plastic put it back inside and wait until the next storm.

Another suggestion is that you can use plastic for is a solar still, they aren't incredibly effective. They are kind of a last ditch effort, just because of how inefficient they are. You are going to generate about one quart per square yard of plastic per day if it's made well. So you are going to need at least four of these a day per person and it's just for the most part isn't a good use of time if there is any other option available.

Another consideration - you could do is put a kiddie pool underneath a gutter and line that with plastic. Something to keep in mind is you can get a 10 ft. in diameter kiddie pool with hard sides off of Craigslist for \$50 or new for \$200 that will hold over a thousand gallons of water. So if you are concerned about that, if you're concerned about water and you live anywhere there are dependable rainfalls, this could just be an incredible solution for you.

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Next I want to show you flat water storage, this is a pretty darn cool idea; hard plastic water containers that can be either horizontal as in the illustration, this where they're being stored under a porch or patio going up to a door, or they can be vertical and integrated into a fence. You can Google them and find them by searching for rain water fences, and they are different sizes. These are, I believe they are 51 gallon models, and you can get them at RainWaterHog.com, Plastic-mart.com, RankTankDepot.com, and TanksForLess.com have different varieties of them as well.



There are different sizes you can get – like I said these are 51 gallons per module, some of them are 600 gallons or more and they are designed as vertical fences to be put around a pool or wherever you'd want to use a fence. They are cool but they're expensive. They are \$300 and up for 50 gallons and up of storage. So from a price point of view, just a plain old water barrel is going to be a better solution.

As far as hiding water goes, I've got a solution for you that kind of meshes the ability to hide it that these have with the price of the rain water barrels, and that is using PVC. It's so-so-so simple, I felt like I got hit on the side of the head with a hammer when I heard this the first time.

Basically what you do is take a section of 6"-12" pipe and push it under your deck or your porch and fill it with water. It's just that simple. You can use it along a wall in a garage, in a crawl space, under a house, in a trench that you dig, anywhere that you can fit PVC, good size PVC,

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you really don't want to go smaller than 6". But anywhere you can keep that you can store water. Just as a reference, Schedule 40 which is the common white PVC pipe, 6" pipe will hold a gallon and a half per foot, 8" pipe will hold 2.6 gallons per foot, and 12" pipe will hold 5.8 gallons per foot. So you can get a significant amount of water. If you have 10 feet of 12 inch pipe which cost \$60 or \$70 you can have 58 gallons of water stored. It doesn't have the same signature as a water barrel. It could be along the wall of your garage. If your garage is 17 feet or 20 feet long then you are looking at over 100 gallons.

Like I said, this is more expensive than a rain barrel, but you can hide the water like you can with water fences.

Filling them can be kind of tricky. Depending on how it's angled, you may get into a situation where you're pushing water and you can't completely fill it. What I ended up having to do was, instead of trying to fill it from an end and getting fancy with Ts and different things, is just drilling a hole in the top of the pipe, and filling it that way and then using silicone caulk and duct tape to seal it off.

When you store water, you have to make a decision whether to treat it now or treat it later. In my opinion you always want to treat it later, because you just don't know what grew in it while you were storing it. Unless you're buying sealed water from a store, and even in those cases, if it's been stored for a long time you may still want to treat it.

If you've got new chlorine, and when I say new chlorine, it's been manufactured within the last month or two, you can use four drops per quart of water or 16 drops per gallon of water for storage purposes. You can also use pool-shock which is Calcium Hyperchlorite and some powder or solid. You use an 1/8 of a teaspoon for a 55 gallon drum.

There are some concerns with storing this especially around petroleum products, but it won't go bad like liquid chlorine will until you mix it with water. So it's got a lot longer shelf life.

The other thing you can do on the backend is you can purify the water with chlorine again or you can use a Sawyer purifier like what I've talked about before, that is rated for a million gallons. First Need XL which is rated for 150 gallons per filter, which incidentally is how much four people would need for 40 days for drinking and possibly a good chunk of their cooking needs. Or a Berkey, I love the Berkey's. Berkey filters, they filter down to the virus level and they will handle 3000 gallons per filter. So they will last you for years, or the sand/gravel and charcoal filter that I showed you in one of the earlier videos.

One of the things that you want to do with your water is draw some out every few months, and sniff it, see if it smells rank or if it just smells stale and figure out what you need to do to it to feel comfortable drinking it. You really don't want to get some water-born bacteria – you really don't want it any time but especially after a disaster. I was just having some intestinal issues and

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couldn't figure out why. I was trying to figure out what it had to do with my diet and everything else, and finally realized it was from a camel back bladder that I hadn't cleaned recently enough. I hadn't sanitized it. Evidently either from my mouth or from water being introduced into or who knows how, but something started growing in there and every time I would drink it I'd get an upset stomach. So I finally figured that out and got the camel back bladder cleaned out and I'm good to go. All that to say, you just don't want to mess around with intestinal problems, in good times or in bad, so it's good to have this stuff planned, have it in order.

The good thing is with these filters and purifiers, they're the ones we've already talked about having in your 72 hour kit, so this is one of the places where the 72 hour kit ties in with your long-term disaster plan. If you've got good stuff in your 72 hour kit you're set for a long-term disaster.

When you get stale water, when you've got water that's been sitting for a year or two years or however long, and regardless of whether you decide you need to filter or purify or not, you probably want to shake it to aerate it, it will just taste better when you go to drink it. It won't be any more nutritious but it will taste better.

The next thing we're going to cover is human waste and this is a very serious topic, even though it is uncomfortable to talk about. It can be comedy or it can just be uncomfortable, but it's something we've got to cover because you create human waste every day and in a disaster situation if you can't flush the toilets you've got to take care of it, so you need to plan.

One thing to keep in mind is urine is sterile if it's from a healthy person. Some medicines from India, they include drinking urine as a cure-all for all sorts of things. I don't necessarily believe in that, but I know that you can drink it for survival. I am not going to say that you drink it here; just it's that clean in general. The biggest problem with it is it has salts in it, and if you drink it too many times the salts build up to levels where it will dehydrate you more than it hydrates you. So, what this means is you can get rid of urine fairly easily and we will get into a few ways on that.

Fecal matter is the stuff you need to worry about, it is stuff that your body is rejecting, bacteria, viruses, parasites, dead cells, the waste from all of your human operations. All of your bodies, the great machine that your body is, it's the exhaust, it's the junk, also fiber and undigested food and other things, and so we want to get rid of it.

Here is where it becomes very important. Flying insects love fecal matter and they love landing on food, and this is a very-very-very bad combination, especially if its insects landing on other people's fecal matter and then landing on your food, it can pass diseases from person to person very quickly and very easily, and we see this around the world and we've seen it throughout history.

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One of the things that is very important, because of this, find solutions that not only you can use but everyone in your area can buy into. Because of this factor you need to protect yourself from other people's fecal matter and they need to protect themselves from yours. So what that means is exotics are out, you can use a composite toilet, but unless everyone in your neighborhood has one, you're still in danger from bad treatment of fecal matter. Chemicals are out for the most part, because they are not needed; there are enough bacteria and enzymes in fecal matter to digest itself if you just leave it alone unless people have had an abundance of artificial sweeteners or antibiotics. Basically what you need to do is just put it somewhere where it won't seep into ground water, where it won't affect food and where insects can't get to it, and it can just decompose on its own.

As far as keeping waste out, if you've ever had a sewer backup into your house, you know what a horrible nasty thing it is. After a disaster it's a fair assumption to think that sewer backups will happen more often than they do during normal times. You need to consider this if your house is lower, even if you have never experienced a sewer back up before, if it's lower than the houses around you or even some of the houses around you, you need to take measures to protect yourself.

What you want to do is look at getting a sewage backflow preventer. They are fairly straight-forward, you put it in and install. You can also get a valve to put on your sewer line. So that if the sewer system stops functioning you can turn the valve and shut it off or the backflow valve will work and keep sewage from coming into your house – very important.

If sewers are working this is pretty straight-forward so I'm not going to spend very much time at all on it. Save your urine, dish water, laundry water and water from cleaning your hands and showering and bathing to flush fecal matter down the toilet. If sewers aren't working three of your options are to burn it, bury it, or bag it.

If you're going to bag it, here are some things to keep in mind. Most people are going to produce between a quarter pound and four pounds of fecal matter per day, again this gets back to chewing, enzymes, probiotics and eating foods that your body likes. You don't want to have four pounds of fecal matter per day, that means that you're eating junk that your body is not getting a lot of nutrition out of. Ideally you are not going to have that issue; you are going to be closer to the quarter pound, but probably closer to a half pound or a pound.

Two thirds to three quarters of that is going to be solid, the rest is water. It works out to about 62 pounds per cubic foot, which is the same as water. Again it's very interesting but it's somewhat awkward to talk about. It's why sometimes when you go to the bathroom you have some stuff that floats and some stuff that sinks, the reason is it's almost exactly the same density as water.

So for one person for 40 days, you're going to have between 10-160 lbs. of waste to deal with, or if you put that in volume it's 1.5-19 gallons. So what you can do is line a 5-gallon bucket with a

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trash bag, cover the feces after each use with dirt, sand, ash, grass clippings, etc, and seal the bucket between uses and empty it once a week. It's going to depend on how much waste you've got and how heavy of a bucket you can handle without spilling anything.

The other thing that you can do is you can use a toilet instead of a bucket. And what I mean by that is, instead of sticking a trash bag in a bucket, you stick a trash bag in the toilet and use the toilet like you normally would only you cover it up with an air-tight seal between uses. You only use it for feces. If you're urinating you do that in a bucket or something else.

Now this is a workable plan but it's not ideal, and again nothing is ideal but it is a good plan, it's a workable plan, it's something that's been proven and you can do. It may be necessary in areas that are experiencing flooding or high water tables, we are going to see some of the other solutions just won't work in those situations.

So another option is to burn it, and this isn't necessarily good for individual families, but it may be necessary for a condo or an apartment complex or somewhere where you don't have a yard or an area where you can bury or dispose of your waste.

The down side of course is that it requires fuel and it creates smoke and odor. To do this, diesel is the preferred fuel to use. You can use all sorts of things but diesel is the preferred fuel because it doesn't flare up like gasoline or alcohol or other things. A combination of 20 percent gasoline and 80 percent diesel is recommended by the Army Field Manual 3-34.471. What they suggest is that you have two containers, metal containers obviously, one that you're burning and one that you're using. Burn one every day and alternate back and forth between which one you use and which one you burn.

This is something you may want to seriously consider for sick people, because if somebody is sick then you really don't want insects getting into their waste and then getting on other people's food and spreading sickness and disease.

The next option is to bury it, and one of the easiest ways to do this is with a slit-trench and what a slit-trench is, is a four to six foot long trench that's one to three feet deep, six to eight inches wide and ideally one hundred yards away from sleeping and living areas and water and food.

In a normal neighborhood that's not going to fly, that's not going to happen, you don't have ten yards before you get to the next house in a lot of places. Maybe ten yards, but you don't have ten yards before you get to the next property. So do what you can with the situation that you're given. This is a very good proven long-term solution and what you do is you squat over the trench, get rid of your waste and then you cover it with dirt, ash, sawdust, straw, grass or vegetable scraps after each use. For the most part you don't want to use Lye or Lime, that was used in old outhouses, but it really doesn't work – in tests of septic tanks and outhouses, it doesn't reduce the odor that much, it doesn't fend off flies that much and it doesn't help with the

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breakdown of the fecal matter. In fact, in a lot of cases it kills the bacteria and enzymes that are in the fecal matter to start with that would break it down, and it can cause it to last longer.

They've done studies on this with bodies because the mob, when they'd bury a body after a hit they'd cover it with Lye or Lime, either one to try to break it down faster. And interestingly enough what they found is, it caused the body to break down slower, it didn't work the way they thought it would. One of the reasons is because it killed the bacteria that would normally cause a breakdown of the tissue. For long term, you want to dig a deeper hole and put an enclosed platform with a sealed hole over the pit or trench or whatever you decide to call it. But for the most part, just a slit trench in your backyard is going to work and it's going to take care of you for a long-long time.

If there's a chance of animals coming, you want to cover it either with a sheet of wood that's weighted down or something so that animals aren't going to dig into it, because there is going to be undigested food in there, they are going to smell it and they are going to want it and you don't want them to get it. You can also take care of it by covering up the waste with a lot of dirt every time that you use the trench, but that's going to mean that you have to dig more trenches more often because you are not going to get as much use out of each trench.

As I mentioned before, this won't work in a high water area, you are going to have to use other strategies, but if you have the ability to dig, it's a great solution. The next you can do is a bag and bury combo, simply line your toilet, bucket or box with a bag and then collect the waste inside and dispose of it once daily outside.

Toilet paper is another concern – the first thing you want to do is just keep a spare container of toilet paper around, whether you get the 4-packs or the 12-packs or whatever you get, just keep an extra one around, it's very simple insurance. This is a case where two is one and one is none. Everyone benefits from having extra toilet paper.

When it's gone the easiest thing to use is phone books. What you do is you crumple the paper into a ball, flatten it back out and then fold it however many times you need to and use it like you would toilet paper. Of course the nice thing about this is, you are probably going to get multiple phone books per year from all the companies in your area that are trying to do phone books. So instead of throwing them out or recycling them, just keep them for a few years.

Some final thoughts, again one of the biggest concerns is flies going from other people's waste to your food. So after a disaster you are going to want to spread the word on waste management and best practices for taking care of it, and possibly helping people set up a system for taking care of their own. If you've got a solar still or a water still, urine can increase the production of this, it's a very-very easy way to recycle and reuse urine without actually having to taste urine, because the end product is going to be pure water and will have no similarity with the original urine.

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The next thing, hygiene saves lives, it saves lives in normal times and it saves lives after disasters. Equipment should be cleaned after each use. Clean your hands, clean your body and clean your clothes and you'll be much better off, and if you can get people around you to practice good hygiene it will help them and it will help you.

The other thing, I know I have said this a few times, but I can't stress it enough – better digestion and absorption leads to less waste matter. So pick foods that your body likes, chew it and consider using enzymes and probiotics.

That's it for this module.
