

# COMMUNITY/REFUGE/ AND SANCTUARY

**COMMUNITY:** A unified body of individuals: such as...: the people with common interests living in a particular area broadly.

**PREPARATION:** The action or process of making something ready for use or service or of getting ready for some occasion, test, or duty.

**REFUGE:** Protection or shelter, as from danger or hardship. A place providing protection or shelter, a source of help, relief, or comfort in times of trouble.

**SANCTUARY:** A sanctuary, in its original meaning, is a sacred place, a special place where God dwells. These places are safe places for those who are facing danger. The motive and intent of our hearts must be to walk out our faith and be a laborer in the harvest; save the lost; and provide for those in need. As the church faces a number of challenging days ahead...we are to be a place of safety. Individuals, homes, families, churches, ministries, houses of prayer and regions can be a place of refuge.

**NOTE:** Some have made preparations and many have not. You may ask...what can I do? How do I start? **I have limited income or have little space to do anything.** There are solutions if we realize we are the body of Christ connected and joined and called to work together. We can work individually or in a cluster of families. A church/group of churches can be a hub of preparation. Neighbors can work together as well.

## BASIC PHYSICAL NEEDS

Meeting the felt needs of our family, extended family, neighbors, even people we don't know is our Christian responsibility as we love our neighbors and those around us.

- \*Water
- \*Food — Short and Long Term
- \*Emergency Supplies
- \*Non-Hybrid Garden Seeds
- \*Financial Preparation
- \*Heat/Shelter/Electrical/Lighting
- \*Medical Needs
- \*Transportation/Fuel

## SPIRITUAL NEEDS

Prayer and seeking God is the most critical aspect in facing any crisis. Devotion to His Word and hearing God's voice as He speaks to you is critical. The prayer closet is the key aspect in this search for wisdom and understanding. As you study the preparation information below seeking the Lord is critical as to defining priorities, where you start, and what you can do.

*"But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly." (Matthew 6:6)*

*"He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress; My God, in Him I will trust. Surely He shall deliver you from the snare of the fowler And from the perilous pestilence. He shall cover you with His feathers, And under His wings you shall take refuge; His truth shall be your shield and buckler." (Psalm 91: 1 -4)*

## **FOOD PREPARATION & STORAGE**

*"Therefore, If your enemy is hungry, feed him; If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head." (Romans 12:20)*

### **I. How Much Food Do You Need To Survive For One Year? And Where Do I Buy It? What is a plan and what are my options?**

**IMPORTANT:** As we give you this information think incrementally starting with a week, a month, or three months. Do not be overwhelmed as we always say take baby steps in various areas and the process will be accomplished. Do not panic just look at the basics. Each of us can only do so much, but working together much can be accomplished.

If you had to go to the grocery store right now and buy all the food you need to keep you alive for one year, do you have any idea how much that would be?

The key part of this question is the word - SURVIVE. This is not the amount of food one needs to be happy or thrive. Here is a breakdown of the amounts needed for **one person**: I personally do not think that survival is what God has for us on the earth. If we have been baptized then we are already dead (Romans 6). We can't really survive...but we **should plan to be a place of refuge, a sanctuary for people in developing a community of like-minded believers.**

It is important to remember that food is just calories. So, if you desire to know how much food you need to thrive, take the caloric intake you desire and multiply that by 365 to find out how many calories you need for a year.

### **II. BREAK DOWN - ONE YEAR - YOU CAN ADJUST FOR 1 MONTH OR MORE!**

Grains (wheat, rice, etc.) – 400 pounds

Beans (any kind) – 60 pounds

Fats (cooking oil, butter, etc.) – 10 quarts (2 1/2 gallons)

Salt – 8 pounds

Powdered Milk – 16 pounds

**How much does this cost - these prices are much more at this present time as this manual was prepared years ago?** You can buy these staples through Walton Feed, Costco, Sam's, my grocery store, and a few other places. Here's a breakdown of my costs (based on my last purchases).

Grains (wheat/rice) 400 pounds. 8 bags of Winter White Wheat, \$26.50/50-lbs. = \$212

8 bags of White Flour, \$15/50-lbs. = \$120

8 bags of Rice, \$20/50-lbs. = \$160

Beans (any kind) – 60 pounds. 4 bags of Black Beans, \$15/25-lbs. = \$60

Fats (cooking oil, butter, etc.) – 10 quarts (2 1/2 gallons). 2 containers of Canola Oil, \$9/5 quarts = \$18

Salt – 8 pounds. 2 large boxes of Iodized Salt, \$1/4-lb. box = \$2

Powdered Milk – 16 pounds. 9 – #10 cans of dry milk, \$5.40/#10 can = \$49

**\*Total Cost for a One person - 1 Year BASIC Food Supply = \$600-\$650** (plus tax)

Think ½ year or 6 weeks to make it more doable. Break it up and buy these items slowly over time. **So the question then becomes, not how much do I buy, but where can I buy all this stuff?** That depends on the types of food you want to store. Do you want to buy food and stick it away and forget about it? Or do you want to buy stuff you use every day and use?

**NOTE:** I will be providing information for people in Michigan regarding Mormon food canneries throughout our state. They are very fairly priced and are open to the public.

### **III. Different ways to store Food**

<b>Food Item</b>	<b>Canned</b>	<b>Frozen</b>	<b>Dehydrated</b>	<b>Freeze Dried</b>
Vegetables	2 years	1-2 years	1-2 years	25-30 years
Meat	2 years	1-2 years	1-2 years	1-2 years
Fresh Eggs	N/A	1-2 months	N/A	N/A
Eggs-SCR.	N/A	N/A	N/A	25 years
Milk-Pow.	N/A	N/A	10-20 years	10-20 years
Cheese	N/A	1-2 years	N/A	25 Years

Using this and the food pyramid you can begin to plan accordingly. **We all need a 3 day, 1-month, 6 week, 3-month, 6 month, a year, or a longer term plan in order to be a place of refuge** for those who are hungry.

**NOTE:** We are giving this information for each family to pray and assess what can be done on a household basis. Think of your extended family and friends. Every little bit counts. **Do not be overwhelmed as God will care for you!** It is the little that you can do to contribute to a larger cause. May Acts 4:32-36 be a guide to us all!

### **Storing Food**

1. Freeze Dried/Cans
  - a. Very easy to store.
  - b. Any space you have to stack
  - c. Shelf reliance has a great product
  - d. Other sites online that offer specialized shelving specifically for canned goods
  - e. Great product to keep hidden as it store for a long time, you can bury it
  
2. Canned Goods
  - a. Store above cupboards, inside of furniture
  - b. This can also be buried in most cases
  
3. Dehydrated
  - a. Certain dehydrated foods taste better
  - b. Stores easily

#### **IV. Root Cellars (Root Cellaring by Mike & Nancy Bubel – Google it!)**

1. You don't have to have a full blown root cellar to store your fresh produce.
  2. What are other ideas for the creation of a root cellar?
    - \*A trench in your garden. You can simply cover a row of carrots with a cloth and mulch. In a sense you are creating your own root cellar.
    - \*A hay bale fortress (putting hay bales around vegetables extends the life for months possibly)
    - \*Creating Tents. This is using a plastic sheet to cover a row of crops. It is in essence a mini green house.
    - \*Mounds. This is centuries old. It is simply making a mound out of dirt and burying select vegetables in it. You choose a spot and dig 8-12 inches of soil. Pack it with 3 inches of hay, leaves, straw, etc. Then stack vegetables in a cone shape and cover it with 3 inches of straw all the way around. You need to have a ventilation area at the top. After this cover it with soil.
    - \*Buried refrigerators - Buried barrels or metal cans - Root box - out buildings -under a porch - crawl space.
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- A. Fruits and Vegetables need to be very humid and cold.
    - 32-40 F & 90-95% humidity For most
  - B. Try to keep fruits and vegetables separate when you can
  - C. Need to have some type of air flow, or else gas from fruits will make vegetables begin to grow(sprout) right in the root cellar.
  - D. Try to save wood shavings, mineral wood, cedar, Styrofoam, fiberglass. All of these are great for creating a storage area for food.

#### **LONG-TERM FOOD STORAGE HINTS**

All you have to do to remove the possibility of bugs getting in your stored food is put the grain, beans, flour, cereal, or whatever in air-tight moisture-proof containers, then freeze at zero degrees or colder for 10 days or longer. This kills all the bug eggs that are in the products from the field where it is grown, and on through processing. It is very important to put the item in the container before freezing. If you don't, as soon as you

take the item out of the freezer, moisture starts attaching to it in the form of condensation.

The enemies of long-term food storage are moisture; air; temperature fluctuation; critters/insects. By simply freezing in air-tight containers you eliminate 3 of 4 enemies.

After doing this all you need to do is find the most temperature-stable environment available to you. This process was taught in the early 90's by a Food Research Scientist and has served me well for 20 years. We maintain over 1300 buckets of 54 different dry items for these 19 years. I have yet to find a dry good this would not work on. Other methods such as dry ice, diatomaceous earth, oxygen absorbers and such may work. For me, freezing has been the most cost effective, non-evasive way to store food long-term. I want nothing in my food but food. Absolutely killing the eggs from the beginning eliminates anything extra being added. It doesn't allow eggs to hatch leaving dead insect bodies as diatomaceous earth does. Freezing is simple, cheap, and clean.

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## **FOOD STORAGE-HAND OUT - TYPES OF FOOD TO STORE**

\*Fresh—Grow it or Raise it - Very best for you, nearly endless supply, working in a garden therapeutic - Takes the most forethought and planning, space, tools, costs, etc.

\*When raising farm animals you must constantly feed, water, and shelter them.

\*Canned—Buy it or Home Can - Less expensive, long lasting, quick and easy to use, - Heavy, takes a lot of space, less nutritious, less flavor,

\*Dry/Bulk—Whole Grains, Legumes, Pasta, Spices, Sweeteners, or Processed  
Least expensive, little space, long lasting - Longer cooking time, less flavor,

\*Frozen—Meat, Dairy, Seeds, Fruits, and Vegetables - Readily available, flavor, affordable, very easy to process/store from harvest - Vulnerable in power outage, continuous cost, not mobile.

\*Dehydrated or Freeze-dried - Very easy to use, portable, least space, lightweight, most expensive, questionable flavor, texture a little different, few spices,

\*Comfort Foods- Chocolate, Candy, Pancake Mix, Brownie Mix, Beer/Wine, Special Meal; A must to relax, help feel normal, relieves stress, use as reward, motivating, Great barter/trade value, distraction from troubles, not nutritious, takes space, takes money that could be used on more nutrition

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## **METHODS/HINTS FOR STORING EACH TYPE OF FOOD**

## **MORE COMMON FOOD STORAGE FACTORS** (some mentioned above)

\*Keep in a dry, cool place with a steady temperature. The more constant/dry, the better.

\*Underground storage is the ultimate. Over five feet deep has a constant temperature of approximately 58 degrees.

\*A garage, empty building, or storage shed is the very worst. Temperature variance of over 30 degrees daily, and much more over seasons, quickly destroys nutrient levels. Nutrient depletion doesn't ruin the food! You can eat it. It will simply do nothing for your body. This can happen in as little as three years under the wrong temperature conditions. You can literally starve with a full belly.

\*Expiration dates are primarily to keep food moving on store shelves, not consumer protection.

\*Avocado oil even with a late expiration date, kept at 58 degrees is still good.

\*Refrigerator- assuming electric power or backup power.

\*Freezer- assuming electric power or backup power.

\*Root Cellar- a cool, dark, moist storage place for example- potatoes, certain fruit, winter squash, etc...

\*Underground- cool/dry/constant temperature

\*Leave in the ground until needed

\*Leave on plant/tree until needed or as long as possible

\*With animals- don't butcher until meat is needed, if possible

**NOTE:** Plan to raise as you can eat...then eat as you raise

\*Canned goods stay good easily passed their expire date when kept dry, cool, and a constant temperature.

\*Guard against moisture to avoid rusting. In most cases the contents of tin can remains edible unless it rusts through, swells up or is punctured. Dry/Bulk—Whole Grains, Legumes, Pasta, Spices, Sweeteners, or Processed

\*Common food storage factors above definitely apply here.

\*Store whole food groups in air-tight container to keep out moisture/oxygen.

\*Every one of these items should begin storage by being frozen at zero degrees or colder for a minimum of 10 days. This kills insect eggs that would hatch later and attack/contaminate the food. These foods can be kept indefinitely if stored properly.

### **Frozen—Meat, Dairy, Seeds, Fruits, and Vegetable**

- \* Freezing is one of the easiest methods given freezer space and electricity.
- \* If you are using this method it is imperative you have backup power and an alternative method of cooking should power go out or the freezer quits working.
- \*Backup power only needs to run one hour every 3-4 hours to keep the freezer cold.
- \*Large commercial "Freezer Warehousing" are available in most cities at the rate of only \$20.00 per month- or more for each pallet. They usually have backup power as well. This is an easy way to inexpensively freeze your stored containers of grain and beans as well.
- \*Have enough mason jars, lids, and pressure cooking pots on hand to be able to can most of my frozen food should it thaw for any reason. Have five-gallon propane tanks with deep-fryer burners available as an alternative cooking and heating source as well.

### **Dehydrated or Freeze-dried**

\*This is the easiest type of food to store as long it is in a place with stable temperatures.

### **Comfort Foods**

\*Chocolate, Candy, Pancake Mix, Brownie Mix, Coffee/Tea, Special Treats

## **GETTING STARTED - SOME KEY QUESTIONS TO ASK AS YOU PLAN!**

1. How many people are you preparing for and how long a period of time?
2. Who are the exact people in this number?
3. Do they have the right to bring others or pets? Who feeds them?
4. Who, what, or how are decisions made? To ration? How much? How long?
5. Which ones of the group has immediate access to the food stored?
6. Where is food storage kept? Does the temperature fluctuate much?
7. What food storage is excess to help others?
8. Who makes the decisions whom to help? When? How much?
9. What food storage is excess for bartering or trade?
10. Who executes those trades? Who is a worthy trading partner?
11. Who do we trust? What are qualifying factors?
12. When do we show force to protect the group's stored supply?
13. What if I have more supply than anyone else in the group?
14. Does your group have the equipment/tools to utilized stored food? Grain grinder? Pressure cooker? Mason jars w/lids? Buckets? Airtight plastic containers? .



15. Do you know how to re-hydrate dehydrated foods?
16. Do you eat healthy, or will whole grains, legumes, and other fresh foods be a shock to your system? Will this cause your body to let you down or be your best?
17. Do you have appropriate cookware and cooking basics (oil, sugar, soda, vinegars, spices) to prepare tasty meals?
18. What are some ways you can begin storing food now?
19. What are some practical ways you can begin to create a “storehouse”?
20. What are other storage ideas for your area?

## **ACTION STEPS**

**Step 1-** Decide how many people you need to store food for and for how long and begin by asking am I preparing for 2 or for 10 people - for 6 weeks, 6 months or a year.

**ACTION:** LIST ALL FOOD ITEMS YOUR FAMILY USES, ESPECIALLY SPICES & CONDIMENTS

**Step 2-** Determine to store what you eat and eat what you store. Food storage you don't eat will eventually become old and no good.

**ACTION:** PLAN AND DESIGN YOUR FOOD STORAGE AREA TO ALLOW COMPLETE ROTATION - (This way your food supply stays replenished)

**Step 3 -** Develop a budget for purchasing your list. Rate everything by priority 1-10 Identify budget areas you can save on so you can stock up on food priorities NOW!

**ACTION:** BEGIN PURCHASING ITEMS RATED TOP PRIORITY FIRST

**Step 4 -** Evaluate your current home set up to determine if you need to relocate to take proper care of your family. Take necessary action, because land will not get cheaper

**ACTION:** IF YOU NEED LAND WRITE A LIST OF EXACTLY WHAT YOU NEED. START LOOKING NOW! - (You will need a water source, fuel source-wood/trees, or natural gas, grazing land, garden land)

**Step 5 -** Decide if you need to grow food to satisfy supply for the length of time you decided in Step 1. If so, start listing the tools you need as well as determining your seed strategy.

**ACTION:** STUDY GARDEN TOOL AND SEED SUPPLIERS THEN START PURCHASING TOOLS & SEED

**Step 6 -** Determine in advance if you will have extra food to share, so you have no arguments with your loved ones during an actual crises. You need to be able to ensure supply for your own people.

**ACTION:** SET ASIDE A CERTAIN AMOUNT OF FOOD FOR BENEVOLENCE NOW, WHILE YOU ARE ABLE TO - (Know how much it is and when it runs out so you know you are protecting your loved ones)

**Step 7-** Predetermine exactly who your group is feeding. Will others show up and expect to depend on you? Leave no room for surprises. Example- who determines when food is rationed?

**ACTION:** CHART A PREARRANGED ASSIGNMENT OF AUTHORITY SO QUICK DECISIONS ARE MADE - (Leave no room for confusion or rebellion with your immediate group)

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## **Water – the Essential Life Source!**

### **1. How much do we need?**

\*75-85% of our brain is made up of water

\*75-80% of muscle is water

\*The average adult is 65-75% water. That means the average adult is 11-13 gallons of water. Clearly it is vital that every person have a good supply of water.

\*It keeps the body temperature regulated and monitors it

\*In order to maintain the various bodily functions in a temperate climate, you need almost 4 liters a day. In warm climates you need a least double that.

### **2. Water loss**

\*When at rest, in moderate circumstances the average person sweats about 1 liter a day even while doing nothing.

\*Strenuous activity in temperate climates you can sweat as much as 1.5 liters an hour!

\*Most people cannot go without water for more than 3 days. This decreases when engaging in physical activity.

### **3. Just for drinking alone**

A group of 25 people needs almost 13 gallons of water a day. (which is over 100 pounds) This is not accounting for cleaning, gardens, cooking, etc.

\*Drinking Plan for 1 gallon a day

- a. Cooking - Plan for at least 1 cup per person per day
- b. Hygiene - For planning, this will depend largely on personal use/context
- c. Cleaning - Usually use the left over water from cleaning and hygiene since there is already soap in it.
- d. Grey water - Primary use is for gardening and farming. Any water that can not be purified because of dense amounts of chemicals.

#### **4. Finding & Collecting water**

\*Open bodies of water near you streams, lakes, ponds, reservoirs, puddles, springs, water collected in rock formations.

\*Rain water from roofs – Use sheet metal, tarps, large pieces of plastic, rain gutters

\*Collecting water indoors use bathtub, sinks, empty containers (not milk jugs), stackable plastic boxes (a little on the expensive side), water pouches (everyone should own a camelback type back pack), clean trash cans, swimming pools.

\*Collecting water out doors use 5 gallon buckets (much easier to transport), 55 gallon drums for bigger use, dig a hole and put a piece of plastic in it, for gardening and big use they sell a 500 gallon barrel, collect dew with towels on your feet, hollows in rock formations

#### **5. Filtering & Purification**

First step - Filtration: The removal of particles from the water; dirt, grass, twigs, dirt, bugs, rocks. You can use coffee filters!

Second Step - Purification or the removal of invisible impurities such as spores, viruses, amoebas, bacteria, etc.

\*Micro-filtration - this includes most filtration devices where you can go online and google. Readymaderesources.com and safecastleroyal.com are of many.

- a. Water bottle Filtration

- b. Life straws (cheap) great for crisis/camping – campingsurvival.com
- c. Small scale filters (Google Katadyn Filters - they are good!)
- d. Larger Stainless steel filters (Google Big Berkey)

\*Boiling - Needs to go to a rolling boil above 149 degrees.

\*Chemicals - iodine tablets are easy to obtain, bleach, 2 drops per quart of water. Let it sit for 30 minutes, “Pool Shock” (calcium hypochlorite)-can be converted into bleach and a bucket goes A LONG WAY.

\*UV - newer innovation. Sterilizes all parasites, molds, bacteria, & viruses. Then they pass through the digestive tract. SteriPen is good for field use. Year round would be Crystal Quest Ultraviolet Water Sterilizer.

\*Distilling - Boiling water and collecting the built up condensation. Survival still - this is able to personally still salt water. Big innovation!

## 5. Storage - planning requires you answer these questions

\*How many gallons per day per person do you plan to use?

\*How long must your supply last if it is your only source of water?

\*How many people do you plan on providing for in the event of a disaster?

\*How much available storage space do you have?

**NOTE:** Water has an indefinite shelf life, as long as there are no contaminants in it.

## EMERGENCY WATER TREATMENT WITH CHLORINE BLEACH

### Water Chlorine (5.25-6% sodium hypochlorite)

1 quart 2 drops

1 gallon 8 drops

10 gallons 1 teaspoon

55 gallon barrel 5 1/2 teaspoons

100 gallons 10 teaspoons

275 gallon container 9 tablespoons (or 1/2 cup +1 tablespoon)

NOTE: If water is cloudy, typically you will need double the amount of chlorine shown. A test kit will ensure levels of chlorine free residuals are between 2 and 5 ppm.

When using household bleach, be sure that it is unscented.

**IMPORTANT:** Chlorine you purchase in a store has a shelf life. Consider purchasing “Pool Shock” – chlorine powder – Be careful on mixing very strong!

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## CRISIS GARDENING

Gardening has value, both in good times and bad. Each season brings new challenges and new successes. As you gain experience, production increases. During a crisis, such as high food prices, supply disruptions, etc., it is important to concentrate on:

- Fruits and vegetables that are dependable, non-fussy, and adapted to your region
- Non-hybrids, so you can save seeds or even let them re-seed themselves.
- Items that produce a lot in a small amount of space. Ex. Pole beans rather than bush
- Vegetables that are nutrient dense. Ex. Greens of any type — chard, kale, collards
- Variety of maturity dates and growth habits- Ex. Early crops may do well, while later ones are damaged by drought or extreme heat. Potatoes may yield well, but corn is eaten by deer and raccoons.
- Ease of storage — some fresh fruits and vegetables are more perishable than others

### **Make maximum use of your space:**

- Vertical planting — be creative!
- Succession planting — as soon as one crop comes out, another goes in
- Companion planting — beans and squash planted with corn/stalks for support
- Extend the season — use row covers, hoops, etc.
- Start your own transplants — use shoplight and re-cycled containers

### **Make maximum use of resources:**

- Composting
- Mulching
- Capturing rain water
- Incorporate edibles in landscaping
- Learn to save seeds
- Always have at least one year supply of seeds in storage

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## EMERGENCY MEDICAL SUPPLIES FOR CRISIS SITUATIONS

**NOTE:** This is not meant to be an all composite list or one where you feel obligated to purchase or even obtain all of the items listed below. We must **consider working together as a cluster of families**, a church body or a group of churches to be prepared to meet basic needs of those around us in case of any occurring emergency situation.

\*A basic "how to" Medical Journal

\*Multi size bandages- lots of these in several sizes, spot, knuckle, size 1x 3 is great to cover most lacerations.

- \* Oral antibiotics - may also include garlic oil, honey, cayenne, thyme oil, peppermint oil and eucalyptus oil as herbal alternatives or fresh garlic or ginger
- \*Steri strips and butterfly bandages to close minor lacerations - Ace bandages- 3 or 4
- \*Abundance of gauze/dressings (sterile and non-sterile 4x4s)
- \*Include lots of "telfa" pads( non-adherent-so healing wounds won't stick to the dressing) and a xeroform petroleum dressing (non stick)
- \*ABD pads (usually 5x9) also called combine dressings 10x30 trauma dressing
- \*Tapes- include duct, adhesive and paper (for adhesive tape allergies)
- \*Quality bandage scissor/trauma shear (ALL METAL, the plastic handle ones break cutting jean material!)
- \*Pliable fracture material
- \*Mole skin- for blisters
- \*Scalpels
- \*Lots of nitrile gloves
- \*A couple pair of sterile size 7 1/2 gloves
- \*Hand sanitizer
- \*Betadine swabs/wipes
- \*BZK wipes-to clean hands/wounds - Hydrogen Peroxide Solution
- \*Alcohol pads - Rubbing alcohol - Burn/First aid/Hydrocortisone Cream
- \*Masks- surgical(for sick people) and N-95s(for healthy people to keep them from getting sick!)
- \*Dermabond (Rx) OR super glue (may burn the skin)
- \*Needle holder and sutures (2-0 nylon- don't bother with 3-0 or smaller- higher the number=smaller the needle!)
- \*Curved kelley clamp ( to remove foreign objects from wounds)
- \*Tweezers
- \*Several large safety pins
- \*Magnifying glass
- \*Pen light
- \*Tongue depressor(s)
- \*Clotting powders/dressings- cayenne pepper powder may help minor bleeding
- \*Styptic pencil- minor bleeding
- \*Quality tourniquet- only use in severe bleeding that will stop with a major pressure dressing or clotting agents
- \*Olaes modular bandage or Israel bandage
- \*Blood stopper dressing (dressing with 2 kerlix attached for wrapping) \*Q-tips
- \*Cravet triangle bandages
- \*Snake bit kit
- \*Rubber bag (hot water bottle)
- \*Re-useable GEL packs- can be cooled OR heated
- \*Aquatabs
- \*Fels naptha soap- to wash off poison ivy, oak or sumac from skin and clothes (also a great clothes detergent)
- \*Dental kit- toothpicks, dental mirror, cotton tip applicators, dental filling material (commercial or mix zinc oxide powder and 2 drops clove oil), pill cups for mixing the dental filling.

\*Baking soda, hydrogen peroxide and 2 drops of peppermint oil make a great gum treatment and toothpaste

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## **100 Items to Consider for Storage – Store Shelves will Empty Quickly!**

1. Generators (expensive, gas storage is risky; maintenance needed; noisy --can be a target of thieves)
2. Water filters; purifiers
3. Portable toilets
4. Seasoned fire wood (takes 6-12 mos. to become dried for home use)
5. Lamp Oil, wicks, Lamps (clear oil is best)
6. Coleman Fuel [impossible to stockpile too much]
7. Guns, ammunition, pepper spray, knives, slingshots, bats & clubs
8. Hand Can openers & Hand Egg beaters, whisks
9. Honey; Syrups; White & Brown Sugar
10. Rice; Beans; Wheat
11. Vegetable Oil (for cooking) w/o it food will burn or has to be boiled
12. Charcoal; Lighter Fluid (will become scarce quickly)
13. Water Containers (All sizes) Food grade plastic if for drinking purposes
14. Mini Heater head (Propane) so that propane can heat a room
15. Grain Grinder (Non - electric)
16. Propane Cylinders (Urgent -- definite shortages will occur)
17. Survival Guide Book
18. Mantles for lanterns (w/o this item long term lighting is difficult)
19. Baby Supplies [diapers, formula, ointment, meds, etc.]
20. Washboards, Mop bucket w/wringer (for doing laundry)
21. Camp Cook stoves [propane, Coleman & kerosene]
22. Vitamins
23. Propane cylinder handle-holder [small canister use dangerous without this]
24. Feminine hygiene / Hair care / Skin Products
25. Thermal underwear (tops & bottoms)- Winter coats & jackets & ski pants
26. Bow, saws, axes & hatchets, wedges & honing oil
27. Aluminum Foil [regular & heavy duty] Great for cooking & bartering
28. Gasoline Containers (Plastic & Metal)
29. Garbage Bags
30. Toilet Paper; Kleenex; Paper Towels
31. Milk [Powdered, evaporated, condensed] Shake liquid every 3 mos.
32. Garden Seeds (Non-Hybrid) A MUST-have!
33. Clothes Pins / line / hangers
34. Coleman's Pump Repair Kit
35. Tuna Fish (in Oil)
36. Fire Extinguishers (or a large box of Baking Soda in every room)
37. First Aid Kits
38. Batteries (all sizes buy latest expiration dates )
39. Garlic, Spices, Vinegar & Baking supplies

40. Big Dogs [and plenty of dog food]
41. Flour, Yeast & Salt
42. Matches (strike anywhere preferred) Boxed wooden matches preferred
43. Writing paper; pads; pencils; solar calculators
44. Insulated Ice Chests (good for keeping items from freezing in winter)
45. Work Boots, & Snow Boots, Belts, Jeans & durable shirts
46. Flashlights; light sticks & torches, "No. 76 Dietz" lanterns
47. Journals; diaries & scrapbooks (jot down ideas, experiences; historic times)
48. Garbage Cans [plastic -great for storage, water & transporting]
49. Men's hygiene: shampoo, tooth brush& paste; floss; nail clippers, etc.
50. Cast Iron Cookware (sturdy & efficient)
51. Fishing Supplies & tools
52. Mosquito repellent; coils, sprays; creams
53. Duct Tape
54. Tarps; twine; stakes; nails; rope; spikes
55. Candles
56. Laundry detergent (liquid)
57. Backpacks / duffel bags
58. Garden tools & supplies
59. Scissors, Fabrics, & sewing supplies
60. Canned Fruits, Veggies, Soups & Stews, etc.
61. Bleach (UN-scented only)
62. Canning Supplies [jars, lids, rings, wax]
63. Knives & Sharpening Tools: files, stones, steel
64. Bicycles; Tires & tubes; Pumps, Chains, etc.
65. Sleeping Bags; Blankets; Pillows; Mats
66. Carbon Monoxide Alarm (battery powered)
67. Board Games, Cards, Dice, etc.
68. D-con; Mouse Prufe II; Rat poison; Roach Killer
69. Mousetraps, Ant traps & Roach magnets
70. Paper plates; cups; utensils
71. Baby wipes; oils, waterless & anti-bacterial soap (saves H2O)
72. Rain Gear; Rubberized Boots, etc.
73. Shaving Supplies (razors, cream, talc, after shave)
74. Hand Pumps & Siphons (for water & fuels)
75. Soy sauce; Vinegar; Boullion cubes; gravy & soup base
76. Reading Glasses
77. Chocolate; Cocoa; Tang; Punch [water enhancers]
78. Needles, assorted threads, safety pins & straight pins
79. Woolen clothing, Scarves, Mitts & Gloves, Hats & Ear Muffs
80. Boy Scout Handbook & Leaders Catalog
81. Roll-On Window Insulation Kit (MANCO)
82. Graham Crackers, Saltines, Pretzels, Trail Mix; Jerky
83. Popcorn, Peanut Butter, Nuts
84. Sock, Underwear, T-shirts, etc.
85. Lumber (all kinds)



- 86. Wagons & Carts (for transport to and from)
- 87. Cots & Inflatable mattresses
- 88. Gloves: Work; Warming; Gardening....etc.
- 89. Lantern Hangers
- 90. Screen Patches; clothing patches
- 92. Tea (Regular, green & herbal)
- 93. Cigarettes (Barter)
- 94. Wine & Liquor (for Barter; medicinal, etc.)
- 95. Paraffin Wax
- 96. Glue, Nails, Nuts & Bolts, Screws, etc.
- 97. Chewing gum & candies
- 98. Atomizers (spray bottles) for cooling & bathing
- 99. Hats & cotton neckerchiefs & handkerchiefs
- 100. Goats & Chickens

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## WHAT DISAPPEARS FIRST OFF OF STORE SHELVES DURING AN EMERGENCY?

**POINT TO PONDER:** Never lose your perspective that God provides...*never panic* as He is in control. The scripture below is a reminder that God will take care of us.

*"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin." (Matthew 6:26-28)*

**NOTE:** You've heard the announcement on the TV of a pending emergency. What's your first reaction? Well, if you're like 95% of the adult population it's to go to the store and stock up. But **if you already have key items on hand and know how to discern between that which is needful and that which is foolish**, you'll avoid the chaos that will inevitably be present at any store after such an announcement. Do you want to know what to be sure you have on hand in the event of an emergency? Here is a list of items that typically were scarce or flew off of the shelves first in other areas of the country when a disaster hit. Obviously, if these items are the first to go when doom and gloom is forecast, then it is logical to believe that these are items that people will value most in an emergency. However, while I will highlight these items as those which individuals hoard in an emergency, I will also address why you may be smart to avoid the hoarding inclination.

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### **A Very Thorough List...Redundancy in Some Areas from Above:**

**1. Generator:** *If you must get one of these, do not skimp. Get a good quality one. However, I don't recommend that you waste good money on this when you don't have everything else ready. A generator should be the last thing you acquire because it is a luxury item. And worst case scenario, you can trade some of the many other valuable items you have for the temporary use of a generator.*

**2. Water Filters/Purifiers** - Life straws (cheap) – [campingsurvival.com](http://campingsurvival.com)

**3. Portable Toilets**

**4. Seasoned Firewood:** *Wood takes about 6 - 12 months to become dried, for home uses...also dependent on where you reside for feasibility.*

**5. Lamp Oil, Wicks, Lamps:** *First Choice: Buy CLEAR oil. If scarce, stockpile ANY!*

**6. Coleman Fuel:** *Some say...impossible to stockpile too much.*

**7. Guns, Ammunition, Pepper Spray, Knives, Clubs, Bats & Slingshots.** *Protection, hunting and for barter.*

**8. Hand-can openers, & hand egg beaters, whisks.**

**9. Honey/Syrups/white, brown sugar:** *Honey is a great disinfectant over an open wound and it is said by some if mixed with flour can stop bleeding.*

**10. Rice - Beans – Wheat:** *A pressure cooker is good to have to cook these.*

**11. Vegetable Oil:** *for cooking, baking, maintenance, etc. You've got to have oil so that your hormones and joints will function properly, so don't try to skimp on using such a commodity. Peanut oil burns very hot and can store for a long time. It can be stored for as long as 5 years, and that's after using it. Olive Oil also has a good shelf life and is also good for you. However, the best oil to store is expeller pressed coconut oil. It doesn't taste like coconut in your foods, and has a very, very long shelf life.*

**12. Charcoal & Lighter fluid:** *While this may be OK for an immediate source of cooking, it's unrealistic to think of this as a long-term solution. Being able to store enough is not likely and the lighter fluid is combustible, so not ideal to store either. Think in terms of more long-term solutions such as the fuels I've mentioned previously. However, these two items will become scarce very, very quickly if a news report breaks out of a coming catastrophe.*

**13. Water containers:** *In my opinion, if you wait for the news report to try and obtain these, then you've waited too long. You should be acquiring these now. Only use hard clear plastic. Do not use milk bottles as they break down very quickly. It's important to think in terms of all different kinds of sizes so that you can have portable water as well as primary sources. You can live without food for 3 days, but you cannot go very long without water. It's necessary for the 200,000 gallons of blood your heart pumps through each day., and the several thousands of gallons worth of water than your kidney and liver go through each day as well.*

**14. Fuel-based heater:** *It would be a shame to have plenty of food and water on hand but still perish due to cold weather. Cold weather will also compound any illnesses that you and your family may be experiencing as well. If you use a kerosene heater, you can use it inside in an emergency situation, but you will need to have ventilation as well.*

**15. Grain Grinder:** *Yes, these get hoarded in an emergency situation. You need to have a non-electric one on hand. Flour will fly off the shelves with the right newscast. And it's significantly more expensive than the whole grains of wheat, millet, etc. So start looking now for the ideal model while you have the luxury to do so in order to not have to do with whatever is left.*

**16. Propane Cylinders:** *Another highly hoarded item is the grills that go with the propane cylinders. Be sure that you have a quality grill on hand now and some spare propane cylinders as well.*

**17. Lamps such as Aladdin, Coleman, etc.:** *YOU will not successfully be able to light your environment without something more substantial than candles. A human being will function an average of 8 hours each day when there is no natural light on hand. You're probably more reliant on light that you realize. So be sure to think in terms of long-term lighting solutions now. Be sure that you have appropriate hardware to hang a lantern someplace as well.*

**18. Baby Supplies:** *Diapers/formula/ointments/aspirin, etc. These items were some of the most asked for items when the Teton Dam broke. I would suggest that if you have little ones in diapers that you at least store some cloth diapers and pins for an emergency as well. Even though we do not have children, we have put them in our storage as a great trade item should things come to that.*

**19. Washboards, Mop Bucket/wringer:**

*Sanitation is critical in an emergency. And having clean clothes is a serious component of maintaining a sanitary environment. There are also small hand cranked clothes cleaners you can purchase at emergency preparedness supply stores. Do not think in terms of "short-term survival" and think that you won't need clean clothes..Be sure that you have **liquid laundry detergent** on hand as well!*

**20. Cookstoves:** *such as propane, Coleman, and kerosene. I would suggest that you get these now while you have the luxury of selection and also be sure that they operate properly. Having to live off of such a small cooking surface can be daunting. The use of a pressure cooker will help you conserve fuel as it takes less to heat them up and keep them hot. And you'll still end up with very hearth and satisfying meals with them as well.*

**21. Vitamins:** *I'm relieved that such an item is hoarded. Do not underestimate this asset. It is critical. Due to the lack of serious diseases in our culture so many of them are off our radar, but in an emergency when you are making your meals from what's dead and processed on your shelves, supplementing that food with sheer vitamins is critical. Vitamins C, E, and B are the top of my list. If you're involved with a nutritional*

*network marketing company, be sure to store a year's supply of the health product of your choice!*

**22. Propane Cylinder Handle-Holder:** *Small but important. The small canisters are actually dangerous to use without them.*

**23. Hygiene products:** *such as feminine products, shampoos, toothbrushes and paste, floss, deodorants, and lotions. There is a reusable product called a menstrual cup made from either latex or medical grade silicon. They work much like a diaphragm. I recommend the DivaCup tm . Also be sure you have combs and brushes on hand. For some reason there was a run on women's hair bands after the Teton Dam broke as well. Guess when you don't care what you look like, you just want to pull that hair back and get back to work. Be sure that you also have baby wipes also. Using them to "bathe" with will conserve water/ energy. So will anti-bacterial liquids such as Purell*

**24. Thermal underwear:** *Remember tops and bottoms.*

**25. Bow saws, axes and hatchets & Wedges:** *Remember the honing oil as well.*

**26. Aluminum foil:** *Get the heavy duty. You can wash it and reuse it under many circumstances. (Great Cooking & Barter item)*

**27. Gasoline containers:** *You can completely disagree with this item, but if you've got to flee it is smart to have on hand. However, for long-term survival, gasoline is impractical and it will only put a target on your back from looters.*

**28. Garbage bags:** *This is one item that you do not want to skimp on. We must not fail to take care of sanitation. It's impossible to have too many of these.*

**29. Paper products:** *such as toilet paper, Kleenex, paper towels. Do you even know how long one roll of toilet paper lasts in your home? Better find out. Also paper plates and plastic cups and utensils will help to conserve your water supply as well as energy.*

**30. Milk:** *Think in terms of powdered or condensed milk. Be sure to shake the canned milk ever 90 to 120 days. You can make a whole lot of your ideal dairy products with powdered milk such as cheese, yogurt, sour cream, butter, etc.*

**31. Garden seeds:** *(Non-hybrid) Do not buy canned seeds — they must be aerated.*

**32. Clothes pins/line/hangers:** *This should be a "duh" item, but most of us take our electric dryer for granted.*

**33. Canned meats:** *Thank goodness for the big wholesale warehouses that sell quality canned beef, chicken, turkey and tuna. Also, I'd rethink your negative stigmas of the canned "meat" Spam. I've made several great dishes with this recently. And Spam stores for a very, very long time.*

**34. Fire extinguishers:** *Where there's chaos, there are fires. Be sure you're prepared. It would also be smart to have very large boxes of baking soda on hand for the same purpose as well.*

**35. First Aid Kits:** *Ideally you can also have a military field surgical kit on hand as well. This is an area that is significantly underrated and will be used more times than a toilet in an emergency. Be sure to remember aspirin, ibuprofen, and cough syrup as well.*

**36. Batteries:** *You'll want to be sure that you have all different sizes on hand. In my opinion though, you're best off if you have rechargeable batteries and **invest in a solar battery charger**. Be mindful of the expiration dates on the batteries you purchase.*

**37. Spices and baking supplies:** *Be mindful of flour, yeast, salt, garlic, and other spices that you use on a regular basis. Be sure you have bouillons and soy sauce, plus mixes for soy sauce, vinegars, gravy mixes and soup mixes on hand as well.*

**38. Matches:** *While matches are an asset, you'd be better off getting a magnesium stick with a striker. However, if you're going to purchase matches, be sure to get the "strike anywhere" kind. Boxed and wooden matches will go first in an emergency.*

**39. Writing paper/pads/pencils/solar calculators:** *Don't make me expound on this one. Just make sure you have plenty paper and writing utensils on hand.*

**40. Insulated ice chests:** *Ice chests have a dual purpose in both warm and cold weather. In the warm weather they obviously can prevent items from overheating, but in the cold, they can keep items from getting freezer burn or just plain getting too cold. Think of them as an insulator for whatever temperature you want to maintain.*

**41. Labor attire:** *such as work boots, belts, gloves, jeans, etc. You'll find yourself much more active in an emergency. So your everyday clothes that you may wear for fashion as opposed to function just aren't going to cut it.*

**42. Flashlights, light sticks, and torches:** *Portable lighting will be invaluable in an emergency.*

**43. Cast iron cookware:** *When you're cooking on raw open flames you definitely don't want to use your standard cookware. Be sure you have cast iron cookware available. A "**Dutch Oven**" and Tripod (cooking over a open fire) is a necessity for many. The Dutch Ovens can be used to cook anything over a gas, woodstove, open fire, or grill. They can be used to bake a pie, make bisquits, bake bread, make stews and other meat dishes.*

**44. Fishing supplies/tools:** *While this is a resource for getting "protein" in your diet, the likelihood of fishing supplies really coming in handy during the initial phase of an emergency is slim. Waters could be poisoned in the event of an earthquake or terrorist*

*attack, and you will be much more focused on taking care of your family right where you are rather than expending energy to forage for food in the lakes and streams. This is yet another reason why you need to have food stored that you can use in your home, and not kid yourself into thinking that you can fish your way through a disaster.*

**45. Pest and Insect repellents:** *Consider sprays, creams, or lotions. The oil made by Avon, called Skin-So-Soft is actually a VERY effective mosquito repellent and obviously has multiple purposes. In the event of a disaster which requires you to live without your standard comforts, get ready to make friends with the bugs. Keep traps and bug sprays on hands as well. If chaos breaks loose breaks loose, the varmints will come from everywhere they normally are foraging for survival just like you.*

**46. Duct tape:** *You will NEED duct tape for a whole lot of reasons. A case can be purchased at warehouse outlets.*

**47. Shelter Materials:** *Be sure you have heavy tarps, stakes, and rope on hand to ensure that you do not go without shelter. You will also need the tarp to section off rooms in the cold so that you're heating just small spaces instead of your entire home. You'll want to be mindful of screen patches, glue (super glue, craft glue and fabric glue), nails, screws, nuts and bolts.*

**48. Candles:** *While these do run in short supply very quickly in the event of a looming disaster. Look for 100+ hour candles.*

**49. Backpacks & Duffle bags:** *in the event that you've got to leave your home and travel with sufficient supplies elsewhere, backpacks are necessary. These are also ideal for a 72 hour kit if you choose to have those handy as well.*

**50. Sewing supplies:** *Clothes will need repairs; fabric will need modified, so be sure that you have a really good quality of scissors. If you don't know how to sew, it will serve you well to take a couple of basic classes. Regardless of what your financial circumstances are that may prohibit you from purchasing the preparedness items you need, you have no excuse not to hoard knowledge. You've got the internet, the library, and a whole lot of cheap or free classes available so that you can learn these types of necessary skills.*

**51. Canned goods:** *such as fruits, veggies, soups, etc. Be sure to have your own canning supplies on hand as well such as the jars, lids, and paraffin wax. This makes plug #3 for a pressure cooker a wise investment so that when you do can foods, you ensure your jars seal properly.*

**52. Knives:** *Be sure to have the foresight for sharpening tools as well. Obviously these are good as weapons, tools, cooking aids, etc. Don't skimp on something so critical.*

**53. Bedding:** *While you may believe your own bed is comfort enough, you're very likely to be taking others into your shelter in the event of an emergency, or to need to flee*

elsewhere with transportable bedding. Think of having sleeping bags, cots, self-inflating mattresses, pillows, sheets, blankets, and ground mattresses on hand. You'll be useless if you can't get quality rest at night.

**54. Games:** Such as board games, cards, dice, etc. I love seeing that these are items that are in high demand in the event of an emergency. Many have the foresight to take care of the mental needs of themselves and their loved ones.

**55. Water enhancers:** such as chocolate or strawberry powder, Tang, Kool-Aid etc. While it takes much less energy to add a flavor to stored water to make it taste good, it's not the best way to intake your daily dose of water, especially in an emergency state. Your body even treats water with a simple lemon in it completely different than it does straight water. It has to exert energy to filter it prior to it being used by the kidneys and the rest of your body. Your body needs WATER...just plain WATER to function properly. Try to avoid relying on flavors to get your necessary intake. Instead try pouring the water from one container to another to aerate it to make the taste more pleasant.

**56. Easy foods:** Such as graham crackers, saltines, pretzels, trail mix, beef jerky, peanut butters, and nuts.

**57. Lumber:** 2 x 4s and sheets of plywood are the first to go. Having a few of these pieces on hand will save you a great deal of stress later.

**58. And last, but definitely NOT least... Guns and Ammo:** While many so-called emergency preparedness experts tend to shy away from discussing this need, it's naive and frankly derelict to do so. If there's an emergency, chaos will ensue. There's no guarantee that those behind bars will stay there. And there are PLENTY of persons who are not prepared for such a disaster that will be desperate and highly motivated to get the resources they need—from your supplies. You can say to yourself that you would be willing to die if someone needed your food and other supplies that badly. That's fine. **That's your choice.** But are you willing to make that same choice for your children? It's naive to believe that only your supplies will be targeted by those who would harm you for what isn't yours. Are you willing to watch idly by while those you love have their virtue threatened at the hands of violent criminals as well? In order of priority, get a handgun first, then a shotgun, and then a rifle. Be sure that you have rounds of ammo for each gun type you have. And last but not least, be sure you get sufficient knowledge so that you can actually use a firearm in an emergency. There will possibly come a time in which ammo is worth more than the currency you carry in your purse or wallet. So even if you have no intention of defending yourself, you may want to at least have something of value on hand to get what you need. If you don't believe that these items will be important in the event of an emergency, understand that sales have increased over 40% from last year just because of an administrative change in our government. People will be more aware of this need in the event of a disaster. Having the supplies is one thing...being assured to benefit from them is another.

**NOTE:** For any Christian this is a matter of conscience or personal choice!

*"Go to the ant, you sluggard; consider its ways and be wisent has no commander, no overseer or ruler, yet it stores its provisions in summer and gathers its food at harvest."*  
**(Proverbs 6:6-8)**

*"He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. will say of the Lord, "He is my refuge and my fortress; My God, in Him I will trust."* **(Psalm 91:1-2)**

*'Ants are creatures of little strength, yet they store up their food in the summer,-*  
**"(Proverbs 30:25)**

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## **SENIORS AND PHYSICAL DISABILITY CONSIDERATIONS**

The critical needs of individuals with disabilities during an emergency include the evacuation of transit systems, getting to safe shelter in the event of a natural disaster, and full access to transportation systems when there is a need to evacuate a particular location. If you or someone close to you has a disability or a special need, you may have to take additional steps to protect yourself and your family in an emergency.

### **Disability/Special Need Additional Steps:**

**Visually impaired** May be extremely reluctant to leave familiar surroundings when the request evacuation comes from a stranger. A guide dog could become confused or disoriented in a disaster. People who are blind or partially sighted may have to depend on others to lead them, as well as their dog, to safety during adisaster.

**Hearing impaired** May need to make special arrangements to receive warnings.

**Mobility impaired** May need special assistance to get to a shelter.

**Single working parent** may need help to plan for disasters and emergencies.

**Non-English speaking persons** May need assistance planning for and responding to emergencies. Community and cultural groups may be able to help keep people informed.

**People without vehicles** May need to make arrangements for transportation.

**People with special dietary needs** Should take special precautions to have an adequate emergency food supplies.

**People with medical conditions** Should know the location and availability of more than one facility if dependent on a dialysis machine or other life-sustaining equipment or treatment.



**People with intellectual disabilities** May need help responding to emergencies and getting to a shelter.

**People with dementia** Should be registered in the Alzheimer's Association Safe Return Program. Remember, preparedness must begin with you. Preparation, which includes practice, is the key to success in dealing with a disaster. Preparation is an ongoing process. Keep in mind the usual means of support and assistance may not be available during an evacuation and after the disaster. Prepare a personal disaster plan with the following in mind: Create a network of neighbors, relatives, friends, and coworkers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment.

**NOTE:** Disabled World News - Information regarding disaster and emergency planning and procedures for seniors and persons with disabilities in emergencies: <http://www.disabled-world.com/disability/emergency>Mixzz2ADyWMPLh

\*If you live in an apartment building, ask the management to mark accessible exits clearly and to make arrangements to help you leave the building.

\*Keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, prescriptions, food for service animals, and any other items you might need.

\*Be sure to make provisions for medications that require refrigeration.

\*Keep a list of the type and model numbers of the medical devices you require.

\*Wear medical alert tags or bracelets to identify your disability.

\*Know the location and availability of more than one facility if you are dependent on a dialysis machine or other life-sustaining equipment or treatment.

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## **FINDING FOOD IN THE FOREST...Related Topics**

*"Stalking the Wild Asparagus"* (Field Guide Edition) - Euell Gibbons

*"The Wild Food Trail Guide"* (New and Expanded Edition) – Alan Hall

*"A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants"* - Samuel Thayer

USDA: *"Field Guide to Common Macrofungi in Eastern Forests and their Ecosystem Functions"* – Michael Ostry, Neil A. Anderson and Joseph G. O'Brien

*"Peterson Field Guide to Medicinal Plants and Herbs"*— Steven Foster and James Duke

*“Dry and Save”* (A complete Guide to Food Drying at Home)...with Recipes

*“The Practical Preppers”* (A Complete Guide to Disaster Preparedness) – Scott Hunt

*“Dutch Oven Cooking”* – Bruce Tracy

*“Pioneer Heritage”* (Wild Game Cookbook) - Jack French

*“The Food Pharmacy”* Jean Carper

### **Alternative Power/Energy...Google online!**

- **Types of Solar Panels**
- **Interstate Battery Information**
- **Battery Terms/Words**
- **Generator Size Calculator**
- **TEG Power (thermoelectric generators)**

### **Food Storage Calculator...Google Online**

- **LDS Food Storage Calculator**
- **Long Term Food Storage Calculator**

### **Food Storage – Google Online**

- **Preserving Eggs**
- **Prudent Food Storage**
- **Food Storage Made Easy**

### **Grow Your Own Food – Google Online**

- **NCMC Clases on Small Farms**
- **Window Farms - you have got to look at this!**
- **Growing for Market - information on hoop houses**
- **Home Dutch Bucket Hydroponic Tomatoes**
- **Easy Hydroponic Tomatoes**
- **Jason's Indor Guide to Organic and Hydroponics Gardening**
- **Frugal Hydroponics**
- **\*Cellaring - Mike and Nancy Bubel**

### **Health and Home – Google Online**

- **Natural Healing first-Aid Kit**
- **\*Vitacost Supplements**
- **\*Remnant Remedy Mini Reference Manual Essential Oils**
- **\*Therapeutic Grade Essential Oils**
- **\*Homemade Dishwasher Detergent/Laundry Soap**
- **\*Essential Fats and Oils**
- **\*House Cleaning with Essential Oils**

## Essential Oils

### Magazines and Books

- **Backwoods Home Magazine** <http://www.backwoodshome.com/>
- **Lights with a plastic bottle** <http://www.wimp.com/lightenup/>

### Preparedness Information Sites

- **American Red Cross** <http://www.redcross.org/>
- **FEMA Security Risk Management Series Publications**  
<http://www.fema.gov/plan/prevent/rms/index.shtm>
- **Local Area Citizens Corps**  
<http://www.citizencorps.gov/cc/CertIndex.do?reportsForState&cert=&state=MI>
- **Emergency Preparedness Online Training**  
<http://www.citizencorps.gov/getstarted/training/is.shtm>
- **List of Michigan Emergency Managers and contact information**  
[http://www.michigan.gov/documents/msp/LocalDir\\_external\\_320561\\_7.pdf](http://www.michigan.gov/documents/msp/LocalDir_external_320561_7.pdf)
- **RSOE EDIS - Emergency and Disaster Information**  
<http://hisz.rsoe.hu/alertmap/index2.php>
- **Public Health Emergency (DHHS)**  
<http://www.phe.gov/preparedness/pages/default.aspx>
- **Pioneer Living Survival** <http://www.pioneerliving.net/>
- **FEMA Preparedness Site** <http://www.ready.gov/are-you-ready-guide>
- **Community Emergency Response Team (CERT)**  
<http://www.citizencorps.gov/cert/about.shtm>

### Preparedness Gear & Food...Google

#### Water Storage and Purification...Google

- FEMA Water Recommendations <http://www.ready.gov/water>
- Berkey Water Filters <http://www.bigberkeywaterfilters.com/>
- Rain Water Harvesting <http://www.tank-depot.com/tanks/rainwater.aspx>
- Emergency-1-120 <http://www.emergency-h2o.com/New-Products.html>
- Homemade Water Filter <http://www.survival-spot.com/survival-blog/homemade-berkey-water-filter/4>

*"A good plan violently executed now is better than a perfect plan carried out next week."*  
- George Patton

## INTERESTING SURVIVAL TIPS – PINE TREES

[http://www.naturalnews.com/048353\\_pine\\_trees\\_naturalmedicine\\_survival.html#ixzz3PVCEUoGI](http://www.naturalnews.com/048353_pine_trees_naturalmedicine_survival.html#ixzz3PVCEUoGI)) The pine is one of the most useful trees on the planet, providing food,

shelter, medicine and fuel. Knowing how to utilize this versatile resource could someday be the key to your very survival if you find yourself alone in the wilderness. There are many species in the pine family (or genus *Pinus*), and they can be found virtually everywhere in the world.

### **Here are just a few of the many uses for Pine Trees (or conifers)**

**Food:** Many types of pine needles can be used to make a tea rich in vitamin C. Simply steep a handful of needles for 5-10 minutes. The longer you steep them, the less vitamins will remain, so don't overdo it. It's important to note that some pine needles are poisonous -- be sure to avoid consuming the needles from the Norfolk Island Pine (*Araucaria heterophylla*), the Yew (*Maus*) and the Ponderosa Pine (*Pinus ponderosa* -- also known as Western Yellow Pine, Bull Pine and Blackjack Pine). Make sure to learn the differences between the edible and non-edible varieties before making pine needle tea. Pine nuts from all varieties of pine are edible, although some are small and not typically harvested. They can be a little tricky to harvest and perish quickly once they are shelled but can be stored longer if left in their shells or roasted. Inner pine bark and pine resin are edible; male pine cones and their pollen can also be eaten. Native Americans chewed pine resin as sort of a natural chewing gum. The inner bark of large pine trees is edible, and the bark from young pine twigs can be eaten as well. Be careful not to damage or kill a pine tree by tearing off too much bark, and never "ring" the bark from a pine tree. Instead, tear off small pieces of bark or look for branches that have already fallen. The inner bark can be eaten raw -- it can also be boiled, fried or cooked over a flame.

**Medicine:** Pine resin is a natural antiseptic and disinfectant. It also has antimicrobial and antifungal properties. It can be directly applied to wounds or sores and helps keep germs out. Pine resin can also be used to staunch the flow of blood. The resin can also be used to extract splinters -- just dab some on the skin where the splinter is embedded and within a day or two the splinter should come out on its own.

**Fuel:** Pine resin makes a great fire starter, particularly in damp settings. You can usually find a spot on a pine tree where resin is oozing out from a break in the bark -- try not to injure the tree to collect pine resin, but if necessary, make a small break in the bark or break a branch. The resin will begin to ooze out as protection for the tree. If you are in an area where there are pine stumps, look for places on the stump where resin has soaked the wood and made it sticky. Tear small strips of the stickiest wood from the stump and save them as aids for starting fires.

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### **From a War/Crisis Survivor in Serbia**

\*Experiencing horrible things that can happen in a war or a crisis - death of parents and friends, hunger and malnutrition, endless freezing cold, fear, and threatening people.

1. Stockpiling helps...but you never know how long trouble will last, so locate near renewable food sources.

2. Living near a well with a manual pump is like being in Eden. Water is critical!
3. After awhile, even gold can lose its luster. But there is no luxury in war quite like toilet paper. Its surplus value is greater than gold.
4. If you had to go without one utility...electricity - it's the easiest to do without (unless you're in a very nice climate with no need for heat.)
5. Canned foods are awesome, especially if their contents are tasty without heating. One of the best things to stockpile is canned gravy - it makes a lot of the dry unappetizing things you find to eat in crisis somewhat edible. Only needs enough heat to "warm", not to cook. It's cheap, if you buy it in bulk.
6. Books – inspirational Christian, mysteries become more valuable. Sure, it's great to have survival guides, but you'll figure most of that out on your own anyway - you will have a lot of time on your hands.
7. The feeling that you're human can fade pretty fast. I can't tell you how many people I knew who would have traded a much needed meal for just a little bit of toothpaste, rouge, soap, cologne. Not much point in fighting if you have to lose your humanity. These things are morale-builders like nothing else.
8. Slow burning candles and matches, and more matches.

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## **Dealing with Waste (Regenerating)**

Most people are very accustomed to entitlement. That means someone owes me something. We must begin to break that mind-set, and learn to be the ones who are serving and helping others. Part of that is reducing our dependency on systems, which could fail us. A big component of this is leaning to reduce and utilize waste.

There is no such thing as waste on a small sustainable farm.

### **Human waste:**

It is very easy to build an outhouse. Dig a hole and make sure you have sawdust. It is best to keep urine and fecal material separate but if you cannot that is no big deal. After each use sprinkle sawdust. This keeps the smell down and helps the biodegrading process. Urine is great for a compost pile.

### **Composting:**

Happens in nature. (Back to Eden)

Compost has dual functions. It improves the structure of soil (it is easier to work with) and provides nutrients to the soil. It is created from the decomposing and recombining of various forms of plant and animal life. This means you can use

Most all vegetable scraps, most egg shells, most all living material except meat. All the clean up from the yard is perfect, except that which will take too long to break down. It is important to add soil to your pile.

**What to compost:** Leaves, Newspaper, Cardboard, Scraps, Grass clippings, Eggshells, Straw, Lawn weeds (which have not gone to seed), Coffee grounds, Flowers, Seaweed, Wood ash, Manure of most kind, Dryer lint, Saw dust, Wood chips

**Manure:** Manure from farm animals is perhaps the single best ingredient for healthy soil. None of it is waste. You can just pile it up and it will naturally breakdown. You do want to keep an eye on a big pile. It can heat up to the point of starting fire.

**Benefits of Wood ash:** de-skunk, compost, blocks garden pests, melts ice, controls algae in standing bodies of water, make soap, shine anything silver, toothpaste

**Animals:** The list would be way to extensive. There is nothing on any animal which should go to waste. This will be covered in small animal husbandry section below.

**Water:** Most grey water can be re-used on your garden. You just need to make sure there are no chemicals which would damage a plant. Plant life loves grey water.

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## Small Farm Husbandry

### Producing Animals

\*Keeping animals can be a great time. It can also be a source of extremely valuable protein. It can also require a great deal of energy and money.

#### Things to know while getting started:

- a. Food and Shelter
- b. Keeping healthy. There are many great resources for keeping animals healthy.
- c. Balancing the books-always way out the cost benefit analysis
- d. Start small-do not try to do a full on farm right away.

### Chickens

**Living requirements**...Free range-This is where they are allowed to freely roam at day, but shut in at night time. This is the best way to ensure healthy, happy chickens. They can destroy a garden this way if not monitored. They only need water with this method.

\*Movable chicken coops-this is where they are kept in a movable house. They are then moved each day to new ground. This keeps them safe from predators and is less destructive on gardens. You need a large area to do this.

\*Permanent Coop-A wooden house with space for roosting and laying. It is secure and be made out of old wood.

**Feeding**...Let the birds out at dawn and back in early evening. Collect eggs late morning. Most eggs are layed between 9-12 and it is best to get them right away.

\*Chickens love corn. Cracked corn will make the egg production shoot through the roof.

\*They will eat old scraps of table food as well. Do not give them old meat, only vegetables. This will avoid contamination.

\*They need grit and limestone as well. It helps with the egg shell and helps in digestion. The best thing to do is let egg shells dry out and crush them This will aid well.

**Breeding**...Broody hens are easy to spot, they refuse to move from their eggs. Chicks will hatch after 21 days, which is the same amount of time eggs can be kept at room temperature.

\*Once chicks are hatched, they will eat very similar to adults. They just require their food ground up finer.

## **Ducks**

**Living requirements**...Far more straightforward and primitive than chickens. All they need is a dry house and a body of water. A simple wooden box is more than adequate for them

**Feeding**...need very little if left outside. \*They are voracious eaters.

\*They can live on plain grass though and also enjoy grit and limestone.

**Breeding**...Ducks are bad moms. It is better to give the eggs to a broody chicken and 28 days later you will have new moms.

\*Ducks can be processed in 10 weeks. They are full grown and have excellent meat. They are very calorie dense animals. Great food resource for a refuge center.

## **Goats**

**Living Requirements**...Far easier than cows for milk. Up to 8 liters of milk in summer

\*Goats need a dry place to sleep and rest. Must have a very strong fence.

\*You can also tie a goat up and let it range that way.

\*Goats hate the cold, rain, and wind. They will desire a warm dry place.

\*Goats are very social. Keeping just one is likely a very bad idea.

**Feeding**...it is a myth that goats love everything. They are actually somewhat picky

\*Any left over cuttings from vegetables are a great idea for goats. Old apples, oranges, and root vegetables are a great source of food for goats.

\*Goats require very clean drinking water and they love salt licks

**Breeding**...Most goats will not produce milk until they have had a kid. The first mating will be at 15-18 months

\*Contact anyone locally who has goats. Seek advice from them

\*They Usually have 2 kids

**Milk**...You can milk 2 a day.

\*You can freeze Goat milk for up to 6 months

## **Sheep**

**Living Requirements**...Like to roam

\*High density grazing is a great way to do things

**Feeding**...the absolute best is to have an open space in which you can utilize High density grazing for sheep. They eat a lot, and require quite a bit of water

**Breeding**...rams can be very aggressive, keep them away from ewe lambs and new mothers

\*Typically there are 1-3 lambs

\*Born every year

\*Lots of meat for low maintenance. Sheep are calorie dense animals

\*Milk is great for cheese and soaps. Also used for lacto-fermenting.



## **Pigs**

**Living Requirements**...Pigs are great to have. They are somewhat easy to maintain, but require a lot of hard work physically.

\*Pigs have a lot of babies. They would be a great source of trade. A herd of swine can be as big as 8-10 babies at a time.

\*Pigs can either be held in a permanent sty, or free range. Each pig needs at least 150 square meters to roam.

\*To let pigs roam completely free you need at least 6 acres. It is quite a bit of land for a small farmer. At the same time they are the best tillers of land you have ever seen. They dig up the ground very well and fertilize at the same time.

\*Pigs need a very secure structure to house them. They can get out of almost anything.

\*They love mud and need a place to have fun.

**Feeding**...Initially will eat 2 pounds of food per day per pig. Then quickly go to 4-5 pounds a day. Pigs eat a lot of food.

\*Goats milk is a necessity for a pregnant or nursing mom.

\*Pigs love root vegetables. Jerusalem artichoke, rutabagas, turnips, parsnips, etc.

\*Also, love a lot of water.

**Breeding**...piglets are usually 8-10 to a litter

\*Weaned at 4 weeks

\*At 12 weeks they can be sold. They are usually 90 pounds.

### **Questions to ask yourself...**

What are the benefits to having small animals? What are the negatives Which animals would be easiest to maintain in your environment? What would it look like on a daily basis to house differing animals?

**IMPORTANT:** Never let fear, doubt or lack of faith enter in as this will cause irrational decisions and double mindedness (James 1:2-8). God is in control and He will use every one of us to help and love others who do not have the understanding you carry. No matter where you live God has placed you there for a reason. Just do what you can and build relationships with family and friends as you work together..

Every crisis is an opportunity! Run into the crisis and not away from it. Personal prayer is the key to develop a relationship with God and give strength as stated in Matthew 6:6. Hearing the voice of God will be critical as He will not leave you or forsake you!

John Paul Jackson (Prophet) said before he passed away that God showed him to assess the “**4 REALS**” – Real Food; Real Energy; Real Money; and Real Needs.

Spiritually he was told to seek God’s presence; have prayer closet personal relationship; hear the voice of God; love others; and contend for the faith!

**NOTE:** We are in a time of a “Great Awakening”. You have an opportunity to make your mark in history. He who wins souls is wise - so may His church work together “**as one**”.

*“There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.” (1 John 4:18)*

*“You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.” (1 John 4:4)*

