

Food Skill #1

SHELF SUPPLIES

NOTE

UTILIZE GROCERY STORES NOW. SHIFT PURCHASES TO
DRIED, CANNED, CURED, SALTED AND DEHYDRATED
FOOD W/ LONG EXPIRATION DATES

FOOD STORED IN HYDROGEN GAS LAST INDEFINITELY

If I have to lie, cheat, steal or kill. . . I will never be hungry again.
-Skarlet O'hare

Top Shelf Products:

1. PASTA: SEALED PASTA IS GOOD FOR DECADES
2. RICE: SEALED RICE IS GOOD FOR DECADES
3. CANS: CANS OUTLIVE EXPIRATION DATES
 - A. TOMATO ACIDS MAY SPOIL EARLIER
 - B. OIL BASED CANS LIKE TUNA RESIST FROST
4. RAMA: NOODLES ARE A BASE FOR MANY MEALS
 - A. RAMA CAN BE USED TO DRY MEAT
5. DRIED: MASH POTATOES LAST INDEFINITELY
6. MILK: POWDERED MILK SUPPLIES VITAMIN D
7. PB&J: SPOIL-PROOF PROTEIN & CARB COMBO
 - A. CREAMY STORES LONGER
8. FLOUR: STORE IN HYDROGEN IF POSSIBLE
 - A. SOME PREFER NON-ENRICHED
9. KRUSTY: CARB-RICH PANCAKE MIX IS STABLE
10. CHEESE: WAXED CHEESE GETS BETTER WITH TIME
11. EGGS: OIL LAYERED EGGS LAST 6-9 MONTHS

PREPPERS STORE FOOD & WORK TASKS FOR NON-PREPPER
MIGRANTS OR SHAD'S SO THEY EAT WITH DIGNITY AND HAVE
STRENGTH TO WALK AWAY WHEN THEY ARE SENT OFF