

Survival Key #2

CARBS

Survival Energy and Clear Thinking Comes from Carbohydrates

NOTE

HUNTING, KILLING, FIELD DRESSING, CARVING AND
COOKING ONE MICHIGAN WHITETAIL DEER
CONSUMES MORE ENERGY THAN IT PROVIDES

CARBS ON SHELF IS SURVIVAL SENSE

Carb Foods to Store:

1. PASTA: SPAGHETTI IS COMPACT & MOBILE
2. RICE: STORE DRY & AIR TIGHT, EASY TO MOVE
3. FLOUR: STORE W/YEAST. KNOW WOOD OVENS
4. ROOTS: SEE ROOT CELLAR FOOD SKILL #3
5. DRIED: DEHYDRATED POTATOES, DATES
6. BARS: PEANUT BUTTER AND CANDY BARS
7. BEANS: COMPACT AND MOBILE AND PROTEIN
8. NOTE: OFF-GRID SHTF-ERS PREFER SHELVES
9. NOTE: STORE JARS INCASE CANNING IS NEEDED
10. HYDROGEN GAS ADDED TO CARBS STORED IN AIR-TIGHT CONTAINERS ELONGATES SHELF LIFE BY DECADES.