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This FAQ does not tell me what I need to know!

Please post your question in this site at [Survival Talk](#) or put the question to the [misc.survivalism](#) newsgroup. You can also post to the [rec.food.preserving](#) newsgroup. You could even resort to the tried and true method, a book.

The following is a list of books that I have found to have useful information. It is by no means an exhaustive list on the subject. If you have books you would like to suggest, please feel free to e-mail me with the particulars. If you can please include the same kind of information about the book in question as you see below, particularly the ISBN #, if it has one.

Books

Build Your Ark; Book 1: Food Self-Sufficiency; Geri Guidetti; 1996; ISBN# 0-938928-01-5; Published by the author; The Ark Institute, P.O. Box 364, Monkton, MD 21111; E-mail to arkinst@concentric.net

- *Cookin' with Home Storage*, By Vicki Tate; 1993; ISBN# none; Published by the author; Address: 302 East 200 North, Manti, Utah, 84642; Tel # (801) 835-8283
- *Home Food Systems*, Edited by Roger B. Yepsen, Jr.; 1981; ISBN# 0-87857-325-9; Rodale Press.
- [Keeping Food Fresh](#), Janet Bailey; 1985; ISBN# 0-385-27675-3; Doubleday & Co.
- [Keeping the Harvest : Preserving Your Fruits, Vegetables & Herbs \(Down-To-Earth Book\)](#); Nancy Chioffi, et al; Paperback
- *Making Food Storage Fun, Fast and Easy*, LauraAnne J. Logar; 1993; No ISBN; Published by the author; Address: LauraAnne J. Logar, 17140 Oak Leaf Dr, Morgan Hill, Ca 95037-6621
- [Making the Best of Basics - Family Preparedness Handbook](#) James T. Stevens; 1996; ISBN #1-882723-25-2; Gold Leaf Press <http://www.webcom.com/infinet/basics.html>
- *Marlene's Magic with Food Storage* Marlene Petersen; 1991; No ISBN; Published by the author; Marlene's Magic, 4958 Alpine Circle Highland, Utah 84003 (801) 756-6423
- *Nutrient Content of the U.S. Food Supply 1909-1988*; 1992; Nutrient Education Division; Human Nutrition Information Service of the USDA.
- *Nutritive Value of American Foods*; Catherine S. Adams; 1975; No ISBN; USDA Handbook No. 456





- [Putting Food By](#); Greene, Hertzberg and Vaughn; 1992; Penguin USA.
- [Root Cellaring : Natural Cold Storage of Fruits and Vegetables](#); Mike and Nancy Bubel
- *Whole Grains*; Sara Pitzer; 1981; ISBN #0-88266-251-1; Garden Way Books

Pamphlets

- Consumer Information Center, Department EE, Pueblo CO 81009. Ask for the Consumer Mailing List Catalog. Order those nifty USDA pamphlets from this catalog.
- Check your extension service office for pamphlets, which can usually be bought for a dollar or so. Especially important for high altitude canning, getting recipes specific for locale, even information on U-Pick sites and local farmers' markets.
- *Controlling Indianmeal Moths in Stored Shelled Corn and Soybeans*
Phil Harein and Bh. Subramanyam; FS-0996-A-GO Revised 1990
Minnesota Extension Service, University of Minnesota
- *Food Stockpiling for Emergency Shelters*; Food and Materials Division, Commodity Stabilization Service, USDA, April 1961]
- *Food Storage In The Home FN502*
Utah State University Cooperative Extension Service Bulletin
- *Frequently Asked Food Questions FN 250, 1993*
Utah State University Cooperative Extension Service Bulletin
- *Molds And Mycotoxins In Feeds*; C.M. Christensen, C.J. Mirocha, R.A. Meronuck; FO-3538-C-GO 1988; Minnesota Extension Service, University of Minnesota
- *Molds In Grain Storage*; Richard A. Meronuck FO-0564-C-GO Revised 1987
Minnesota Extension Service, University of Minnesota

- *Nonfat Dry Milk FN142*
Utah State University Cooperative Extension Service Bulletin
- *Use of Oxygen Absorbers in Dry Pack Canning*; Albert E. Purcell, Theodore C. Barber, John Hal Johnson; Benson Quality Assurance Laboratory
Department of Food Science, Brigham Young University

Magazines

Backwoods Home Magazine. Dave Duffy, publisher.

P.O. Box 40

Montague, CA 96064

(916) 459-3500

(800) 835-2418 (orders only)

E-mail: backwood@snowcrest.net

<http://www.backwoods.com>

Countryside & Small Stock Journal

N2601 Winter Sports Rd.

Withee, Wisconsin 54498

(800) 551-5691

Mother Earth News

P.O. Box 56302

Boulder, CO 80322-6302

(303) 678-0439

<http://www.motherearthnews.com/>

Phone (non-modem)

Your extension service--check your local university directory, especially if its a Land Grant College; look under Government Services, under Dept. of Agriculture. Master Preservers--similar to Master Gardeners or Master Composters.

Electronic

- <ftp://ucdavis.edu/pub/extension/4h-youth> fp001.zip-fp008.zip
Files are compressed, written in Word Perfect 5.1 or Post Script format.
Files are eight lessons in food preservation.

- <ftp://ftp.michvhf.com/pub/rec.food.baking/FAQ>
The FAQ for the rec.food.baking news group. Good stuff.
- <http://www.tiac.net/users/mcron/rff1.html>
Website with the rec.food.preserving FAQ's on it.
- <http://waltonfeed.com/self/default.htm>
The Walton Feed information area on food production, preservation, storage, water storage and purification, nutrition, planning, culture and a great deal of other useful information. One area also has the labels showing contents, nutritional breakdowns and other information of most of the products produced and/or sold by Walton Feed.

Software Sources

[I have not used any of these programs myself, but I'm listing them for those who might be interested - editor]

<http://waltonfeed.com/grain/calc.html>

There are two Excel spreadsheets here that can also be imported into Lotus 123, Quattropro or Works For Windows. The first spreadsheet is a nutritional calculator showing the breakdown of 65 nutrients for 167 foods with more being importable. The second spreadsheet is a yearly supply calculator.

<http://waltonfeed.com/self/plan.html>

A nutritional calculator that allows you to enter your food supply and it gives you a daily nutritional printout. This is a smaller, less versatile version of the one from Revelar, but is less resource intensive and will run on a DOS only machine.

<http://www.revelar.com/fsp.html>

A more extensive, versatile version of the above program, makes it much easier to modify for personal use. It also requires at least a 486, Windows and 8mb of Ram. A version for the Mac is available as well.

<http://beprepared.com> (click on free software area)

Offered on the Emergency Essentials website. The first program is a food planner demo for creating shopping lists and planning recipes for any length of time. The second is a 72 hour preparedness program that will take you through various disasters and how to prepare for them.

Food and Equipment Suppliers

Mail Ordering Storage Foods -- What You Should Know

When it comes to building a long term food storage program, sooner or later it is going to become necessary to seriously consider mail ordering at least a part of the foods you want to store. Even for those of us who try to do as much as we can locally there are some things which are not going to be easily available in your area. Because of this I have included below a list of food and equipment suppliers where just about anything can be found.

Because many do find it necessary or desirable to purchase through mail order I am including a few points which should be considered before shelling out the cash.

1. Find out how much the shipping costs are going to be. Grains and legumes are relatively cheap, but weigh a lot when bought by the five or six gallon-bucket full. Because of this, shipping charges can sometimes be as much as double the actual cost of the product by the time you get it to your door. Adding insult to injury is the new \$2.00 per bucket fee UPS is charging. Compare carefully each company's list price *and* their shipping charges, combined, when deciding who to order from. Saving up for a larger order, or trying to find someone to combine orders with might enable you to make a large enough order to get a price break on shipping. You could also take a vacation in the area of the company's location or swing through the area on the way back from one. If you choose to do this, be certain to call ahead and let them know so they'll have your order ready and waiting for you. The company in the next state may be slightly higher on the list price, but end up being much cheaper than having it shipped in from six states away.
2. Ask the supplier when your order is going to ship. Some suppliers are way behind in order filling and you could be waiting and waiting. Slowness in shipping is not necessarily a sign of bad business. Some suppliers may drag their feet, but others may be genuinely swamped by the volume of business they are receiving because they have a good product at a fair price.
3. How fresh is the product you are ordering? Freshness is what it's all about when it comes to storage foods. If a food has a five year shelf life in its container then you want as much of those five years to be on *your* shelf, not the supplier's.

4. Be very clear as to how the product you are ordering is packed. Many suppliers offer identical foods packed in several different ways. Be certain the product number you are giving the salesperson is for the product packed in the manner in which you want it.
5. If you are ordering foods packed in a nitrogen flushed oxygen free container (with or without an oxygen absorber packet added) then ask about the laboratory test results that measure the oxygen content of the head gasses in the container. This is of great importance if you are counting on the extra storage life such packaging will give you. There are but a few companies such as Perma Pak, Sam Andy and Walton Feed that actually produce packaged storage foods and most dealers only distribute and retail their products. If the dealer can not produce the manufacturer's test data measuring the head gasses of the products they are selling then keep looking.
6. If you are purchasing wheat and intend to use it primarily for bread making then be sure to ask about its protein content. The best breads need at least 12% protein and the higher the better. Also take a close look at the weight of the grain. One company's five or six gallon bucket of wheat may not weigh the same as another's. The same applies to dehydrated foods such as fruits, vegetables, tvp, etc. Ask about the moisture content of bulk foods which are not already packaged for long term storage. 10% moisture is where you want to be for grains, legumes and most everything else.
7. What is the company's damage and return policy? If your carefully packed superpails and #10 cans get dented or cracked in shipping you'll need to have them replaced. Most mail order companies will require you to contact the shipper (such as UPS) for a claim number. The shipper may or may not require an inspection so don't destroy any packaging or containers until you know for sure.

Suppliers

DISCLAIMER: The addresses listed below were either found by me or sent to me by the business owners or interested readers. I make *NO* representation as to their worthiness to do business with. Most of these merchants or manufacturers have been in their field for many years and will be around for many more and are honorable in their dealings. However, there are some businesses that spring up and then disappear and with every update of this work there is at least one or two that I cannot locate from the previous update. The advent of the World Wide Web has only exacerbated this problem. In addition to the precautions mentioned

above you should take all of the usual precautions in mail or phone ordering.

I have accumulated the following list of names and addresses of various suppliers of one thing or another relating to food preservation and storage. They are roughly categorized by type:

STORAGE FOOD MANUFACTURERS: the actual producers or packagers of storage foods. Some also do retail sales of their products, but others don't.

FOOD PRESERVATION DEALERS AND SUPPLIERS: these are businesses dealing with the aspects of food *preservation* as opposed to storage. Canning, meat curing, fermented milks, pickling, spices, soybean products, brewing, vintning, etc.

FOOD STORAGE AND PRESERVATION EQUIPMENT MANUFACTURERS: the actual manufacturers of equipment. Some will do retail sales and some do not.

DIATOMACEOUS EARTH MANUFACTURERS AND DEALERS: self-explanatory.

STORAGE FOOD RETAIL DEALERS: retail sales of all of the above.

Naturally, addresses, phone numbers, web sites, etc change over time so if you have more current information than I'm giving here, please be so kind as to let me know. Additionally, I'm always looking for new companies so if you have some that I don't have I'd like to see those too. Thanks - ed.

Storage Food Manufacturers

- **ALLIANCE FOODS**
P.O. Box 845
Invercargill, New Zealand
0064 3 2158850 voice
0064 3 2159889 fax

A New Zealand producer of freeze dried foods.

- **ALPINEAIRE FOODS**
Post Office Box 926
Nevada City, Nevada 95959
(800) 322-6325
(916) 272-2624 fax
<http://www.alpineairefoods.com/>

E-mail: sales@alpineairefoods.com

Storage food manufacturer. Shelf stable foods with a long storage life. Many foods that require no cooking. Also backpacking meals.

- FREEZE DRY FOODS, LIMITED
579 Speer Rd
Oakville, Ontario L6K 2G4 Canada
(905) 844-1471
(905) 844-8140 fax
<http://www.freeze-dry.com/>
e-mail: info@freeze-dry.com

A Canadian freeze-dried foods manufacturer. Produces Hardee Camping Foods. List of dealers on site.

- HARVEST FOODWORKS
445 HWY 29
RR#1
Toledo, Ontario KOE 1Y0, Canada
(800) 268-4268
(613) 275-2218
(613) 275-1359 (fax)
<http://www.harvest.on.ca>
e-mail: thefolks@harvest.on.ca

A Canadian producer of primarily vegetarian (some have meats) dehydrated and freeze dried foods. A links page gives location of dealers. Ingredients and nutrition information on site.

- OREGON FREEZE DRY, INC (Mountain House)
P.O. Box 1048
Albany, OR 97321
(800) 547-0244
(541) 967-6527 fax
(541) 926-6001 international
<http://www.ofd.com/mh/index.html>
E-mail: mtnhouse@ofd.com

Manufacturer of Mountain House freeze dried foods in pouches and larger cans. Does not sell direct, but through distributors.

- READY RESERVE FOODS
Post Office Box 697
Beaumont, California 92223
(800) 453-2202

Over 100 different dry food products for long term storage.

- SAM ANDY FOODS
800 West Airport Frwy., Ste. #1100
Irving, Texas 75062
(214) 445-4144
(800) 331-0358

Manufacturer of low-moisture, long storage life foods. equipment, supplies and information for survival and emergency preparedness. Publishes a periodic newsletter - call to request a free copy.

- SOPAKCO
P.O. Box 1129
215 South Mullins St
Mullins, South Carolina 29574
(800) 776-8731
(803) 464-0121
(803) 464-2178 fax
<http://www.sopakco.com>
E-mail: MLBailey@worldnet.att.netBR>

Manufacturer of military MRE's, their civilian MRE equivalent brand *Camp & Trail* and humanitarian pouch meals. Some product info on site.

- STAR FOOD PROCESSING, INC.
3444 East Commerce Street
San Antonio, Texas 78220
(800) 882-MEAL

RETAIL SALES. Fully cooked heat & eat serving trays. Each tray contains 106 ounces of fully cooked, ready to eat products. Thirty minutes time required to prepare a meal from pantry to the table. This product is shelf stable and requires no refrigeration or freezing for storage. Normal shelf life is two years.

- WALTON FEED, INC

135 North 10th
P.O. Box 307
Montpelier, ID 83254
(800) 269-8563
<http://waltonfeed.com>

RETAIL SALES. Major manufacturer and supplier of storage foods. N2 packed dehydrated foods, grains/legumes bulk and N2 packed, oxygen absorbers. Free food storage planning software. Labels of most products available for viewing on site. Very informative web site.

- WORNICK COMPANY, THE (formerly Right Away Foods and Shelf Stable Foods)
200 North First Street
McAllen, TX 78501
(800) 565-4147 (Mil-Spec orders)
(210) 687-9401
(210) 687-7028 fax
<http://www.wornick.com>

Manufacturer of military MRE's, their civilian MRE equivalent brand *Mil-Spec* and humanitarian pouch meals. Good information on military and civilian MRE's on their site.

Food Preservation Dealers and Suppliers

Canning, meat curing, food drying, spices, pickling, cultured milk products, soybean products, etc.

- CON YEAGER SPICE COMPANY
144 Magill Rd
Zelienople, PA 16063
(800) 222-2460
(412) 452-6171
<http://www.nauticom.net/w-pa/yeager.htm>
e-mail: bkrever@fyi.net

Meat curing, smoking, herbs and spices. Bulk sales.

- COOKBOOK SHOPPE, THE
Vickie Tate
302 East 200 North
Manti, Utah 84642

(801) 835-8283

Home Storage & Preparedness Books including Cooking With Home Storage.

- CUMBERLAND GENERAL STORE
#1 Highway 68
Crossville, TN 38555
(800) 334-4640
(615) 456-1211 fax

A good deal of food preservation and storage equipment with the emphasis on non-modern gear.

- DOUBLE SPRINGS HOMEBREW SUPPLY
4697 Double Springs Rd.
Valley Springs, CA 95252
(888) 499-2739
(209) 754-4888
<http://www.doublesprings.com/>
e-mail: homebrew@GOLDRUSH.com

Home brewing and vintning supplies of all sorts. May have oxygen absorbers. Preservative chemicals. Many books, including vinegar making. Vinegar mothers. A lot of equipment.

- GEM CULTURES
30301 Sherwood Rd.
Ft Bragg, CA 95437
(707) 964-2922 (mornings are best time to call, Pacific time)

Fermented food starter cultures such as natto, tempeh, amazake, miso, shoyu, tamari, koji, miso, sourdough and other bread leavens (barm, etc.), fil mjolk, viili, and kefir grains. Also natural nigari (bitterns) and calcium sulfite (gypsum) as well as a form box for tofu making.

- HOME CANNING SUPPLY & SPECIALTIES

P. O. Box 1158
(1815 LaBraya St.)
Ramona, CA 92065
(619) 788-0520 (phone)
(619) 789-4745 (fax)

(800) 354-4070 (orders only)

Home canning and food preservation supplies such as bulk pectin. They offer regular pectin, low-methoxyl pectin without preservatives, and low-meth pectin with preservatives.

- KOCH SUPPLIES
1411 West 29th St
Kansas City, Missouri 64108
(800) 456-5624
(816) 753-2150
(816) 561-3286 fax
<http://www.kochsupplies.com>
E-mail: koch@kochsupplies.com

Primarily wholesale dealer in meat curing, smoking and sausage making supplies.

- LEHMAN'S HARDWARE
P.O. Box 41
Kidron, OH 44636
(330) 857-5757
<http://lehmans.com>
E-mail: getinfo@lehmans.com Not a great deal of food, but *a lot* of food related equipment, grain mills, butchering, cheesemaking, dehydrators, pitters, peelers, etc. Most of it non-electric. Many books. Free shipping on many orders.

- PENZEYS, LTD. SPICE HOUSE
P.O.Box 933
Muskego, WI 53150-0933
(414) 679-7207 voice
(414) 679-7878 fax
<http://www.penzeys.com/>
E-mail: info@penzeys.com

Herb and spice supply house. Excellent prices on bulk quantities of herbs and spices. Good quality and variety.

- SAUSAGE MAKER, THE
1500 Clinton St

Building 123
Buffalo, NY 14207-2875
(716) 824-6510 voice

Mail order sausage making, meat curing and smoking supplies, training videos, equipment, etc

- STUFFERS SUPPLY COMPANY
22958 Fraser Highway
Langley, B.C. V2Z 2T9
(604) 534 7374
(604) 534 3089 fax
<http://www.harb.net/stuffers>
E-mail: bleathem@stuffers.com

A Canadian source of sausage making and meat curing supplies.

Food Storage and Preservation Equipment Manufacturers

- BERLIN PACKAGING
National Customer Service Center
435 East Algonquin Rd
Arlington Heights, IL 60055
(also regional sites, addresses on web site)
(800) 423-7546
<http://www.berlinpackaging.com>
E-mail: info@berlinpackaging.com

Food grade packaging and containers. They claim no order is too small.

- COUNTRY LIVING PRODUCTS
14727 56th Avenue NW
Stanwood, Washington 98292
(206) 652-0671

Manufacturer of the Country Living grain mill.

- DRYING PANTRY, THE
9756 South Kristin Drive
Sandy, Utah 84070
(801) 571-9115

A non-electric kitchen food dryer. Uses naturally occurring heat, either from the sun or your homes heating system. Hangs from hook to save counter space. Is also serves as a sprouter.

- LIFE SPROUTS
Post Office Box 150
Paradise, Utah 84328-0150
(800) 241-1516

Manufactures the Sprout Master Sprouter and carries organic sprouting seeds. Also markets, recipe books, food storage.

- UNITED STATES PLASTICS
1390 Neubrecht Rd
Lima, OH 45801
(800) 537-9724
(419) 228-5034 fax
<http://www.usplastic.com>
E-mail: usp@usplastics.com

FDA approved plastic food storage containers, food grade plastic bags, screw off bucket lids and more.

- CONSOLIDATED PLASTICS
8181 Darrow Rd
Twinsburg, OH 44087
(800) 362-1000
(216) 425-3900
(216) 425-3333 fax

FDA approved plastic food storage containers, food grade plastic bags, screw off bucket lids and more. Ask for their Rubbermaid, laboratory/ industrial catalogs and bags/packaging/shipping catalogs.

Diatomaceous Earth Manufacturers and Dealers

- ALL GONE!
Phone: 800-373-3423
E-mail allgone1@vero.com
- DIATECT CORPORATION

c/o Gordon Dill 410 E. 48th St Holland, MI 49423

- FOSSIL SHELL SUPPLY COMPANY
P.O. Box 50225 Amarillo TX 79159
(800) 370-9920
(806) 355-4236 voice
(806) 351-0777 fax
<http://www.webtex.com/webtex/com/fssc/>
E-mail jandj@arn.net
- NECESSARY ORGANICS, INC
One Nature's Way
New Castle, VA 24127-0305

Concern brand diatomaceous earth. This is the brand I've been buying.

- PLANET NATURAL
1612 Gold Ave
P.O. Box 3146
Bozeman, MT 59772
(800) 289-6656
(406) 587-0223 fax
<http://www.webcom/ecostore/index.html>
E-mail: ecostore@webcom.com

A very green dealer. The DE is in the Soaps, Oils and More directory.

Storage Food Retail Dealers

- BACK TO BASICS (KATHLEEN LAMONT)
P.O. Box 1138
Waynesville, NC 28786
(704) 452-2866
<http://www.dnet.net/~basics/>
E-mail: basics@dnet.net

Many good books, food dehydrator, Tilia vacuum sealer, video taped food storage courses. Lamont lectures at some preparedness expos.

- BEST PRICES STORABLE FOODS by Bruce Hopkins
1737 Cascade St

Mesquite (Dallas) Texas 75149
(972) 288-0262
(972) 288-4610
(214) 742-7777 weekdays
<http://web2.airmail.net/foodstr2/>
E-mail: foodstr2@airmail.net

Dehydrated foods, grains, legumes, mylar bags, oxygen absorbers, freeze dried foods.

- EMERGENCY ESSENTIALS
National Catalog Sales Office
165 S. Mountain Way Drive
Orem, Utah 84058-5119
(801) 222-9596
(800) 999-1863 Toll Free Order Line
<http://www.beprepared.com/>
E-mail: askeei@beprepared.com

A major preparedness retailer. Storage foods of all types, MRE's, water purifiers, storage containers, grain mills and other food equipment. Excellent costs on shipping. Free preparedness software.

LIFE SUPPORT INTERNATIONAL, Inc.
200 Rittenhouse Circle
Building 4 West
Bristol, PA 19007
(215) 785-2870

Canned drinking water (10 oz aluminum cans)

- MAJOR SURPLUS
435 W. Alondra Boulevard
Gardena, California 90248
(800) 441-8855

MRE's and some food/water storage containers. (Captain Dave's favorite supplier for general survival gear and survival-related military surplus.)

- NITRO-PAK PREPAREDNESS CENTER
151 N. Main Street
Heber City, Utah 84032

(800) 866-4876

(888) 648-7672 toll free fax

<http://www.nitro-pak.com> (It's been under construction for a while)

E-mail: nitropak@shadowlink.net

Dehydrated, freeze-dried, no-cook & storage foods. Year supply units, water storage containers and filters, military ready-to-eat meals (MRE's), wheat and grain mills. Oxygen absorbers.

NOTE: There are were dozens of other retail suppliers listed, but Captain Dave has chosen not to include on this page due to space limitations. If you wish to see the entire list, please [download the full text version of the FAQ](#).

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