

## 25 Must Have Survival Foods: Put Them In Your Pantry Now

Tess Pennington

One of my favorite phrases that I tell new preppers is that “your preps are your lifeline.” We must put measures in place before a disaster is upon us to have these lifelines available when we need them most.

Keep in mind, that water is your most important prep. You need water for consumption, food preparation, and for sanitary needs. Ensure that you have a large quantity of water stored away for emergency use.

Stock up on the following items today to get your prepper pantry ready for the next extended emergency:

1. Canned fruits, vegetables, meats, and soups
2. Dried legumes (beans, lentils, peas)
3. Crackers
4. Nuts
5. Pasta sauce
6. Peanut butter
7. Pasta
8. Flour (white, whole wheat)
9. Seasonings (vanilla, salt, pepper, paprika, cinnamon, pepper, taco seasoning, etc.)
10. Sugar
11. Bouillon cubes or granules

(chicken, vegetable, beef)

12. Kitchen staples (baking soda, baking powder, yeast, vinegar)
13. Honey
14. Unsweetened cocoa powder
15. Jell-O or pudding mixes
16. Whole grains (barley, bulgur, cornmeal, couscous, oats, quinoa, rice, wheat berries)
17. Nonfat dried milk
18. Plant-based oil (corn oil, vegetable oil, coconut oil, olive oil)
19. Cereals
20. Seeds for eating and sprouting
21. Popcorn (not the microwavable kind)
22. Instant potato flakes Instant potato flakes
23. Packaged meals (macaroni and cheese, hamburger helper, Ramen noodles, etc.)
24. Purified drinking water
25. Fruit juices, teas, coffee, drink mixes

Author: Tess Pennington

Author's Web Site:

[www.readynutrition.com](http://www.readynutrition.com)

Made Available By: [Ready Nutrition](http://www.readynutrition.com)

### Ask Billie

Our Question and Answer column, covering topics of interest to our readers.

Jan M. from PA asks:  
How long can I keep dehydrated fruits and vegetables?

Answer: If kept in hermetically sealed containers (either air sucked out with a Food Saver® or by inserting an oxygen absorber) into a canning jar and adding a sealing lid, dehydrated fruits can keep up to five years and veggies for eight to ten years at about 70 degrees. If kept colder, they can last longer.



What is your Most Burning Question about Food Storage or Emergency Preparedness? Send your questions to [editor@sunoven.com](mailto:editor@sunoven.com)



Billie  
Nicholson



Get Details about the New  
**All American Sun Oven**

## 7 Critical Steps to Take Following a Disaster

Gaye Levy

Without question, when a major disaster hits an area, entire communities are affected in ways that are unimaginable. And while it is nice to think that the rescue squad will be trotting by to help at any moment, we all know that is not true.

It is not for a lack of trying. Local responders such as fire departments, police departments, EMTs, military personnel and even members of the local Red Cross are likely to be stuck in the throes of the disaster just like you are. Their own communication systems may be down, their facilities may be destroyed and their families and their homes may be in danger, hurt or damaged.

During the short period immediately following a disaster, it is up to individuals to do the best they can do to fend for themselves. But what happens if you are alone or injured? This is where some advance planning comes in to play and where having the forethought to get to know your neighbors ahead of time will reap benefits when it comes to digging out from the disaster at hand.

I have always maintained that getting to know your neighbors is an important – if not critical – step in your disaster planning. Today I outline seven critical steps that you, as individuals, and as neighbors helping neighbors, can take following a disaster.



### SEVEN STEPS TO TAKE FOLLOWING A DISASTER

1. **Are you safe?** *Your first concern is to insure that family members, loved ones and pets are safe. Check to see if there are any injuries that need immediate attention and tend to them first. Walk around your home to determine if there is structural damage that makes staying inside unsafe.*
2. **Locate dry warm clothing and sturdy shoes.** *Conditions can change very rapidly following a disaster. Locate dry, warm clothing and put them on along with a decent pair of socks and sturdy shoes. If you have some gloves, put those on as well. Many people keep these items under their bed so that they can be located in a hurry in the event they had to get out quickly. Yes, it may be the middle of summer but go ahead and layer on the clothing anyway. You can always shed it later. Put them on, along with gloves if you have them. Remember, you are dressing for safety, not fashion of style.*
3. **Turn off the utilities.** *Turn off the electricity coming in to your home. Why do you need to do this? A disaster can disrupt your electrical service or cause wires and electrical fixtures to separate, creating a shock and fire hazard. It is better to be safe than sorry. If you smell natural or propane gas, or hear a hissing noise, evacuate immediately. Locate the gas meter outside your home and turn off the gas. This is something that everyone in your family should know how to do. If you do not smell gas or do not hear hissing, it may be okay to leave the gas on but when in doubt – or if the damage appears severe, shut it off anyway.*
4. **Conserve Your Water.** *Water quickly becomes a precious resource following many disasters. For that reason you will want to turn off the water at the main valve in order to insure that the water that is already in your home remains safe and clean. You shut off the water for two reasons: Cracked lines external to your home may pollute the water supply. Shutting down the water prevents cross contamination. The effects of gravity may drain the water in your hot water and toilet tanks unless you trap it in your house by shutting off the main house valve. You may need to conserve this water for your own use for a few days, before the community water is again deemed safe.*

Continued on Page 3

**SEVEN STEPS TO TAKE FOLLOWING A DISASTER**

Gaye Levy

(Continued)

5. **Communicate with Others.** *Place a communication card in your house window to show your family's condition – have OK written on one side and HELP written on the backside. This will alert neighbors and first responders of your condition and will allow them to help those most in need first. You will then want to execute your family communication plan. If you have not put together a plan, then make that a priority now. (Read [10 Steps for Preparing Family Emergency Plan](#).) If communication lines are open (cell phone, texting, emergency radios), make contact with the out-of-state or out-of-area contact person that has been pre-selected to relay information when family members are separated following a disaster and local lines are not working.*
6. **Fire Protection.** *If your home is safe and the electricity is off, gather your fire extinguishers and place them outside of your home in a visible location so that others in the neighborhood can use them if a fire erupts. You are not only being a good neighbor by doing this – you are also preventing a fire next door from jumping over to your home and setting it on fire as well.*
7. **Help Your Neighbors.** *If you have taken my advice and introduced yourself to your neighbors, join them in an effort to determine whether anyone in the community needs immediate assistance right way. Check on the neighbors that might be the most vulnerable, including families with young children, the disabled and the elderly.*

**THE FINAL WORD** *I have long maintained the importance to hook up with neighbors and with like-minded people in your community long before a disaster strikes. These are the folks that will be first on the scene when a disaster strikes and in my opinion, by joining forces, your rescue and recovery efforts will be much more efficient and effective than if you tried to do everything on your own.*

For that reason alone, I encourage you to get to know your neighbors so that you recognize them and know that they will be the good guys when a disaster strikes.

Author: GAYE LEVY

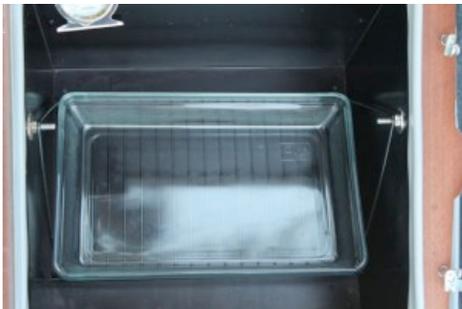
Author's Web Site: [www.backdoorsurvival.com](http://www.backdoorsurvival.com)Made Available By: [BackDoorSurvival](http://BackDoorSurvival)

Reproduced with Permission

---

## All American Sun Oven and Cookware from the [Solar Oven Chef](#)

The slightly larger cooking chamber of the new All American Sun Oven means it's time to re-evaluate my cookware. Pans that are just a little too big for the Global Sun Oven now fit and others, that just fit, now have a little extra room for better air flow and oven tilt.



This 13 x 9 glass baking dish now fits just right.



The handles on this 11 x 9-inch metal baking pan made it just a little too big for the Global, now fits perfectly in the All American Sun Oven.



My 14 1/2-inch oval roasting pan still needs to go in on an angle, now it doesn't touch the sides making it possible to tilt the oven to the max.

## Solar Braised Tunisian Lamb from the [Solar Oven Chef](#)



### Tunisian Lamb Shanks

#### Ingredients

2 tsp curry powder  
 1/2 tsp salt  
 1/2 tsp caraway seeds, crushed  
 1/2 tsp ground coriander  
 1/2 tsp cinnamon  
 1/4 tsp ground cayenne  
 Pinch ground allspice  
 Freshly ground pepper  
 4 (1/2 lb.) lamb shanks, trimmed  
 1 TBS vegetable oil  
 4 medium onions, thinly sliced  
 1 green bell pepper, chopped  
 1 red bell pepper, chopped  
 1 clove garlic, minced  
 2 cups chicken broth  
 2 TBS raisins, chopped  
 6 dried apricots, thinly sliced  
 1 TBS tomato paste, dissolved in  
 1/2 cup hot water

*I believe that Solar braising brings out the flavors like no other cooking method on earth. Serve these lamb shanks over couscous; ideally with [harissa](#), a Tunisian hot sauce that can be found in some supermarkets.*

#### Preparation

Set Sun Oven out to preheat.

Combine the curry powder, salt, caraway, coriander, cinnamon, cayenne, allspice, and pepper in a small bowl. Rub 1 tablespoon of the spice mixture on the lamb shanks. Heat the oil in a Dutch oven over medium-high heat, add the lamb shanks, turning to brown on all sides. Transfer the shanks to a plate.

Reduce heat to medium. Add the onions, bell peppers, garlic, and the remaining seasonings to the Dutch oven. Cook, stirring frequently, until softened, about 5 minutes.

Stir in the broth, raisins, apricots, and tomato paste mixture. Return the lamb shanks to the pot, turning to coat with the vegetable mixture. Cover and transfer the Dutch oven to the Sun Oven. Braise until the lamb is fork tender, 2 to 3 hours. Serve the lamb, on or off the bone, topped with the sauce, over couscous.

Makes 4 to 6 servings.