

The DIY Emergency Food Storage Kit Cookbook

By Thomas Rota

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Introduction

The DIY Emergency Food Storage Kit Cookbook describes how to assemble an emergency food stock for four people consisting of 3 days of meals, snacks and desserts from shelf stable items available in most supermarkets. The book describes how to store these delicious foods for up to a year, and provides 16 recipes with cooking instructions. A shopping list is included to help you prepare.

The first section briefly discusses how to select appropriate containers for storing food and water, how to organize meals inside of those containers, and where to best store foods to maximize food quality. The second section consists of menus, recipes, preparation instructions, and service instructions. There are 3 days worth of breakfasts, lunches, snacks, dinners and desserts that can be prepared from limited cooking facilities, such as a self contained butane burner.

Medium Term Storage

This time frame generally refers to foods which will be stored for up to two years. The food items stored in an emergency food storage kit need to last for between 6 and 8 months, after which time they should be consumed or rotated out of the kit and replaced.

Foods are best stored in cool, dry places that have good air circulation and little light. Ideally, the temperature should always be less than 70 degrees Fahrenheit, and the humidity should never be more than 60 percent. As humidity and temperature increase, preserved foods lose their quality more quickly.

The storage area should be separate from areas used to store cooking fuel, cleaning products or other chemical contaminants. It should only be for food. A good storage area will also have adequate lighting available to those using it, and it will be well organized. For the purposes of a small emergency food stock, the size of the area does not need to be very large.

Containers for Storage

Many shelf stable foods come prepackaged in durable containers that will last for years. By organizing prepackaged foods in resealable bins and buckets made from durable high density plastics, not only will items be easier to find, the shelf life of the product contained within will also be significantly extended. Durable plastic containers come in a variety of sizes, ranging in dimension from a few cubic inches to many cubic feet. The best containers have a rubber seal embedded in a groove around the edge of the inner side of the lid which creates an airtight seal when the container's latches are locked into place. After securing the lid, it is practically air and water tight.

Any container chosen for use as a storage container should be easy to clean, inside and out. Some types of containers are made to be stacked, and this can be highly beneficial depending on the layout of the storage area.

Resealable plastic freezer bags, heat sealable food grade Mylar bags, and thick plastic bags used in conjunction with vacuum bagging machines all work well. Foods packaged in these bags can then be sealed in a bin or bucket which helps protect the plastic bag and aids in organization.

Ventilated plastic bins used to transport vegetables are often available for free, and can be cut up into flat segments upon which containers used for storage may be placed. This enhances ventilation, and ensures that the food storage container is not in direct contact with a damp surface, such as a cement floor or wooden pallet.

Plastic cisterns, stainless steel tanks, plastic water bladders, or the durable plastic bottles that purified water is sold in are all acceptable water storage vessels. Water should be stored in a dark area, as light promotes algae growth. Most water storage tanks are made of a solid colour that prevents light from entering.

Containers to Consider

Glass is fragile, and is thus not an ideal storage container. One broken glass container has the potential to contaminate a large quantity of food. If glass containers must be present in a food stock, they should be firmly secured in their own container and handled with care.

Aluminium reacts with acids present in some foods, and should usually be avoided. Exceptions to this would be some commercially canned beverages.

Containers to Avoid

Fragile plastic bins should be avoided as they usually do not seal well and quickly develop cracks through which insects and moisture may enter. They are frequently constructed with webs of ridges to increase their strength, which make them difficult to properly clean.

Cardboard boxes absorb humidity and provide nesting for insects and rodents. Nor are they very strong. When canned food and beverages are purchased in bulk, they often come in a cardboard box. While this is handy for transportation, remove the individual items from the box well away from the storage area and promptly dispose of the box. Some stores have a recycling centre on-site which makes it very easy to remove the box from the equation before it is anywhere near the food storage area. An exception to this rule would be individual items which are packaged in cardboard containers, such as irradiated milk or broths and aseptically packaged items.

Thin plastic bags, such as shopping bags, should be avoided as moisture and odours permeate their membrane. Any plastic bag which is thinner than a freezer grade bag should be avoided.

Wooden boxes should be avoided as they can absorb moisture and promote the growth of mold and mildew. They also have a poor weight to storage space ratio. That is, a relatively heavy box loaded with cans of food might weigh more than can be easily lifted.

Low quality plastic packaging, such as those types in which bulk rice, sugar and flour are commonly sold should not be relied upon. While they greatly facilitate commercial transportation, their contents should be removed and repacked prior to long term storage. Placing small quantities of prepackaged foods that are sold in these types of bags inside of thick ones eliminates the problem.

Any container that is so large that it is difficult to move or lift when full should be avoided.

Processing Prepacked Foods

While it is quite convenient that so many delicious foods may be readily purchased in durable packages, with a little bit of effort the shelf life of almost any given consumable may be prolonged through further processing.

The freshness of dried foods can be prolonged by packaging the foods in thick, resealable bags. A thicker bag provides more of an impediment to insects and moisture. A vacuum bagging machine can greatly facilitate this process.

For example, after purchasing a five pound packet of spaghetti noodles, they can be processed by removing them from the bag, creating five equal piles, and vacuum bagging each pile. Then, the date is written on each sealed bag. If necessary, preparation instructions are inserted into the bag prior to sealing. The amount of food that is stored in any given bag should generally be as much as will be used in one recipe, or in the course of a day.

Items which are used in small amounts as ingredients, such as spices, should be purchased in small packets. Multiple small packets can then be stored together in a resealable container, such as one designated as the dedicated spice container.

Dried goods purchased in bulk, such dried peas, also benefit from being packed in individual bags which may then be stored in larger resealable containers.

Storage of Water

While canned foods offer the benefit of being hydrated, often in a flavourful sauce, it is still usually necessary to store water. At a minimum, one gallon per person per day should be stored. However, having five to ten gallons per person per day is far more comfortable should this become a primary water source.

Organizing Foods By Meals

Organizing foods by meal takes a bit of initial effort, but it pays off when cooking time comes. In order to organize by meal, store individually packaged foods together that will be used in the preparation of the same meal. Food preparation instructions may also be stored in the bag. Keep each item in its own small bag or can, and place all of the small bags and cans into one larger storage bag or sealable container that may then be labelled with the contents of the bag and the date of packaging.

For example, one pound of pasta, one can of cubed tomatoes, one can of tomato paste, one chicken bullion cube, one can of chicken, a small bag of dried garlic powder and onion flakes, a small bag of Parmesan cheese and a small bag of basil can all be sealed up together in the same thick bag to create one dinner for consumption at a later date.

To put the above example into practice, assemble and separately package the menu ingredients in this

booklet to create 3 dinners. Label each dinner bag with the contents of the bag and the date of packaging.

Assemble and separately package the menu ingredients for 3 lunches. Label the bags.

Assemble and separately package the menu ingredients for 3 snacks. Label the bags.

Assemble and package the menu ingredients for 3 breakfasts. Label the bags.

After 12 bags are assembled and labelled, each representing a different meal, stow them in an appropriate sealable container for a 3 day supply of meals. Label the container by writing what it contains and the date the items were assembled. Alternately, store each day's supply of food in one labelled container to facilitate portability.

This method works very well when the entire menu consists of non-perishables. It also works well for foods that are stored for a specific purpose whose time duration is relatively short, such as an emergency supply.

15 Menus with Recipes for 3 Days of Meals

Breakfast

Three Breakfasts Menus with Recipes.

1. Strawberry Pancakes

For 4 servings, use the following ingredients:

1 package of any pancake mix that does not require milk or eggs

1 tablespoon of cooking oil

1 jar of strawberry preserves

1 small bottle of maple syrup

1 tetra pak of fruit juice

1 multivitamin pill

Preparation

Prepare the pancakes according to the instructions on the package, or like this:

Empty the contents of the pancake mix into a medium sized mixing bowl. Add the required amount of water to the bowl and mix thoroughly.

Warm the syrup by placing the bottle in small pot with a few inches of simmering water in it.

Heat the oil in a medium sized frying pan or skillet over a medium flame. When the oil is hot, pour small amounts of batter into individual sections of the pan. When air begins to bubble through the batter, flip the pancakes and continue to fry them for an equal amount of time, about 3 minutes.

Service

Place the pancakes on individual plates along with a vitamin pill. Place the syrup and jam on the table within reach of everyone. Serve the juice in individual glasses.

2. Instant Oatmeal with Fried Ham

For 4 servings, use the following ingredients:

4 cups of water
8 small packets of flavoured instant oatmeal
1 tetra pak or can of cream
1 tin of ham or spam
black pepper to taste
1 tetra pak of fruit juice
1 multivitamin pill
1 tablespoon of cooking oil

Preparation

Open the tin of ham or spam, remove the contents from the tin, and cut into cubes.

Open the packets of instant oatmeal and distribute the contents amongst 4 bowls.

Empty the water into a medium sized pot and bring to a boil over a high flame. After the water has boiled, add it to the bowls of instant oats while stirring vigorously. Set the bowls aside so that they may soak up the water.

Add the cooking oil to a frying pan and heat it over a medium flame. When the oil is hot, add the cubed ham and fry it for two to three minutes, adding black pepper to taste and occasionally flipping the cubes.

Service

Place the bowls of oatmeal on individual plates along with fried ham and a vitamin pill. Place the cream on the table within reach of everyone. Serve the juice in individual glasses.

3. Granola with Soy Milk

For 4 servings, use the following ingredients:

1 bag of granola
1 can of peaches
1 tetra pak of soy milk (or substitute 6 tablespoons of powdered milk)
1 tetra pak of fruit juice
1 multivitamin pill

Preparation

Open the can of peaches and drain the syrup. Remove the peaches from the can and dice them.

Open the bag of granola and distribute the contents amongst four bowls.

Open the tetra pak of soy milk, or, if using powdered milk, reconstitute the milk with 2 cups of cool water. Distribute the soy milk, or reconstituted powdered milk, amongst the bowls of granola.

Distribute the diced peaches amongst the bowls.

Service

Place the bowls of granola on individual plates along a vitamin pill. Serve the juice in individual glasses.

Lunch

3 Lunch Menus with Recipes

1. Soup, Crackers and Assorted Delicacies

For 4 servings, use the following ingredients:

2 cans of tomato soup

2 small tetra paks of milk

Garlic powder to taste

1 packet of crackers

1 small can of black olives

1 small jar of artichoke hearts

Slices of Cheese (optional; only store shelf stable cheese)

Slices of Salami (optional; only store shelf stable salami)

Preparation

Open the cans of soup and pour their contents into a small pot. Fill the now empty tomato soup cans full of milk, and pour the milk into the pot, stirring slowly.

Place the pot over a low flame and stir in garlic powder to taste. Stir occasionally as the soup heats.

When the soup is hot, it is ready to serve.

Open the can of olives and drain them. Open the jar of artichoke hearts and drain them. Open the packet of crackers.

Service

Arrange the crackers, olives, artichoke hearts, sliced cheese and sliced salami around the edge of the plate. Place the soup bowl in the centre, fill, and serve.

2. Tortellini Salmon Salad

For 4 servings, use the following ingredients:

2 packages of dry tortellini

1 small can of salmon

1 can of black olives

3 tablespoons of olive oil

1 handful of diced dried tomatoes (optional)

1/4 teaspoon of dill

1 pinch of salt

4 tablespoons of finely grated Parmesan cheese

Preparation

Fill a medium sized pot about 80 percent full of water, add the salt and one tablespoon of olive oil, and bring it to a low boil. Add the tortellini and stir them once or twice. Continue boiling for 8 to 10 minutes, or until the tortellini has risen to the surface and is tender. Drain the tortellini, and place it into a large salad bowl. Add the olive oil and gently toss the tortellini to distribute it.

Open the can of salmon, drain, and break the fish into small chunks. Remove any bones from the

salmon. Open the can of olives and drain the liquid. Add the salmon, olives and the diced dried tomatoes to the salad bowl. Gently toss all of the ingredients together.

Service

Portion the salad onto individual plates, garnish with Parmesan cheese, and serve.

3. Beef and Black Bean Soup

For 4 servings, use the following ingredients:

4 cups of water

200 grams of shredded dried beef

1 can of refried black beans

1 can of whole black beans

1 and 1/2 tablespoons of garlic powder

3 tablespoons of dried onion flakes

1 can of tomato salsa

1 small can or tetra pak of cream (optional)

1 packet of crackers

Preparation

Add the water to a medium sized pot and place the pot over a low flame. Open the can of refried black beans and add the contents of the can to the water. Stir thoroughly while bringing to a simmer.

Add the onion flakes and dried beef to the pot.

Simmer for 10 minutes, stirring occasionally.

Stir in the garlic powder.

Add the whole black beans and simmer for 10 minutes, adding more water if necessary.

Add the salsa, stir, and remove from heat.

Service

Ladle portions of soup into bowls and garnish with cream. Serve with a packet of crackers on the table.

Snacks

3 days of snack items

1. Party Nuts

For 4 servings, use the following ingredients:

1 tin of mixed nuts

Preparation and Service

Open the tin and empty the nuts onto four small plates.

Service

Serve one plate to each person eating.

2. Smoked Oysters with Crackers

For 4 servings, use the following ingredients:

- 1 tin of oysters
- 1 packet of crackers
- 1 teaspoon of powdered wasabi

Preparation

Open the tin of oysters and drain the juice. Open the packet of crackers. Empty the wasabi powder into a small dish and mix with enough water to make a paste.

Service

Place the wasabi dish in the centre of a large plate.

From the middle of the plate, arrange the oysters in a concentric circle around the wasabi dish. From the edge of the plate, arrange the crackers in a concentric circle around the wasabi dish.

Provide each person with a small plate, fork and knife. Place the large plate on the table where everyone can reach it.

3. Pate with Olives and Crackers

For 4 servings, use the following ingredients:

- 1 tin of pate
- 1 small can of stuffed green olives
- 1 packet of thick crackers, toast, or pilot bread
- 1 tablespoon of dried mustard
- 1 dash of balsamic vinegar
- 1 pinch of garlic powder
- 1 teaspoon of water

Preparation

Open the tin of pate, remove from packaging, and slice into half inch thick pieces. Open and drain the can of stuffed olives. Open the packet of toast, wrap in tinfoil, and warm it.

Empty the mustard powder into a small dish and mix with 1 teaspoon of water, a dash of balsamic vinegar and a pinch of garlic powder to make a paste. Add more water if necessary.

Service

Place the mustard dish in the centre of a large plate. Align the pate slices in rows, one on each side of the mustard dish. Arrange the toast around the outside of the plate. Place the olives between the rows of pate.

Provide each person with a small plate, fork and knife. Place the large plate on the table where everyone can reach it.

Dinners

3 days of dinners.

1. Fettuccine Alfredo with Baby Clams

For 4 servings, use the following ingredients:

- 1 pound of dry fettuccine
- 1 can of cream
- 1 cup of Parmesan cheese
- 1 can of baby clams
- 1 cup of rehydrated powdered milk (from 3 tablespoons of powdered milk)
- 1 tablespoon of garlic powder
- 2 tablespoons of dried onion flakes
- 3 tablespoons of olive oil

Preparation

Heat 1 tablespoon of olive oil in a medium sized sauce pan over a low flame. Open the can of baby clams and add the contents to the pan, or, if a milder flavour is desired, drain the clam juice and add only the clams to the saucepan. Slowly add the garlic powder and dried onion, stirring to avoid clumping or burning. Open the can of cream and add it to the pan along with the rehydrated powdered milk, stirring constantly. Adjust the flame so that the cream heats, but does not boil.

Stirring slowly, add the cheese a little bit at a time, blending it throughout the sauce. Once the desired consistency has been reached, the sauce is done and should be removed from heat.

To prepare the fettuccine, fill a medium sized pot 80 percent full of water, add a pinch of salt and bring to a boil. Add the noodles and cook for six to eight minutes, or until the noodles are firm, and drain. Return the noodles to the pot and mix them with the remaining olive oil.

Service

Distribute the noodles amongst four plates, ladle the sauce over the noodles, and place the individual plates on the table.

2. Ham and Split Pea Soup

For 4 servings, use the following ingredients:

- 2 tins of ham or Spam, finely cubed
- 4 cups of dried split peas
- 2 tetra paks or cans of chicken broth
- 2 tablespoons of dried onion flakes
- 1 packet of crackers
- Pepper to taste

Preparation

Pour the chicken broth into a medium sized pot, and add the remaining ingredients. Add enough water to cover the ingredients, stir the ingredients together, and bring the soup up to a boil over a medium flame. After one minute, reduce to a simmer, stir, and cover the pot.

As the soup simmers, the peas will break down and dissolve. Stir the soup occasionally, adding more water as needed. When all of the peas have dissolved, the soup is done.

Let stand to thicken, or serve as is.

Service

Serve in individual bowls with crackers on the side.

3. Vegetable Stir Fry

For 4 servings, use the following ingredients:

- 1 packet of dry egg noodles
- 1 tetra pack of tofu (optional; only store shelf stable tofu)
- 1 can of heart of palm
- 1 can of bamboo shoots or tips
- 1 can of mushrooms
- 1 can of baby corn
- 1 can of peas
- 1 teaspoon of powdered ginger
- Dried chiles or flakes (optional; spicy)
- 3 tablespoons of olive oil
- 1 small bottle of hot sauce

Preparation

Open and drain all of the cans and the tetra pack of tofu. Slice the mushrooms thinly, cut the hearts of palm in half lengthwise, and cut the tofu into medium sized rectangles or cubes.

Add 2 tablespoons of oil to a large frying pan or wok and heat it over a medium high flame. Once the oil is hot, add the mushrooms and begin to stir fry them. After a minute, stir in the ginger, tofu and chili flakes. After another minute, stir in the peas and hearts of palm. Continue to stir fry for another minute, and stir in the bamboo shoots and baby corn. Gently stir fry for one more minute and remove from heat.

To prepare the noodles, fill a medium sized pot 80 percent full of water and bring it to a boil. Add the noodles and stir them to prevent them from sticking together. Boil for 2 minutes, or until the noodles are tender. Drain the noodles and return them to the pot along with 1 tablespoon of olive oil. Toss the noodles to distribute the oil.

Service

Serve on individual plates, or a shared platter, with hot sauce on the table.

Deserts

3 desserts

1. Tiramisu

For 4 servings, use the following ingredients:

- 1 package of tiramisu

Preparation

Open the package of tiramisu and remove the contents. Divide into 4 portions.

Service

Serve the portions of tiramisu on individual plates.

2. Peaches and Cream.

For 4 servings, use the following ingredients:

1 can of peaches

1 small tetra pack of cream, or 1 small can of cream

Preparation

Open the can of peaches.

Distribute the peaches into four bowls, adding syrup to taste.

Slice the peaches in the bowls into chunks.

Open the can or box of cream and empty the contents into a small pitcher.

Service

Serve the bowls of peaches to individuals, and place the pitcher of cream on the table.

3. Fruit Cocktail

For 4 servings, use the following ingredients:

2 cans of fruit cocktail

Preparation

Open the cans of fruit cocktail and drain them.

Distribute the fruit cocktail into four bowls.

Service

Serve the bowls of fruit cocktail as individual servings.

Shopping List

This section includes the food items used in the above recipes. It also includes other items useful in an emergency. Foods should be stored in containers that are only for food. The other items should be stored in separate containers.

Ingredients for the recipes:

1 package of any pancake mix that does not require milk or eggs

8 small packets of flavoured instant oatmeal

1 bag of granola

1 small box of powdered milk

2 packages of dry tortellini

1 pound of dry fettuccine

1 package of dry egg noodles

1 small packet or can of shredded dried beef

1 small package of sun dried tomatoes

4 packets of crackers

1 packet of thick crackers, toast, or pilot bread

1 bag (4 cups) of dried split peas

1 jar of strawberry preserves
1 small jar of artichoke hearts

3 tetra paks of fruit juice
4 tetra paks or cans of cream
1 tetra pak of soy milk
2 small Tetra Paks of milk
1 tetra pack of tofu (shelf stable only)
1 package of tiramisu

1 small bottle of cooking oil
1 small bottle of olive oil
1 small bottle of syrup
1 small bottle or packet of balsamic vinegar
1 small bottle of hot sauce
1 bottle of multivitamin pills

3 tins of ham or Spam
2 cans of peaches
2 cans of tomato soup
2 cans of chicken broth
2 cans of fruit cocktail
2 cans of black olives
1 small can of stuffed green olives
1 can of cheese
1 small can of salmon
1 can of baby clams
1 can of refried black beans
1 can of whole black beans
1 can of tomato salsa
1 tin of mixed nuts
1 tin of oysters
1 tin of pate
1 can of heart of palm
1 can of bamboo shoots or tips
1 can of mushrooms
1 can of baby corn
1 can of peas

4 small packets of black pepper
3 small packets of table salt
3 small packets of garlic powder
1 small packet of dill
3 small packets of dried onion flakes
1 medium container of Parmesan cheese
1 small packet of wasabi powder
1 small packet of dried mustard

1 small packet of ginger
1 small packet of dried chile flakes

1 shelf stable salami

12 gallons of drinking water

Other:

Printed Recipes in a Waterproof Bag

Can Openers

Butane Burner

Butane Cartridges

Medications

Vitamin Pills

First Aid Kit

Bleach

Soap

Disinfectant Wipes

Tampons

Toothpaste

Vacuum Packing Bags

Freezer Grade Sealable Storage Bags

Permanent Ink Felt Tip Marking Pen

Aluminium Foil

Pie Tins

Plastic Eating Utensils

Flashlight and Batteries

Matches in a Waterproof Case

Cigarette Lighters

Tins of Jellied Alcohol for backup cooking

Candles

Water purification tablets

Water purification pump

The End

A Note From The Author

Thank you for reading this pamphlet. I hope that you enjoyed assembling your emergency food supply and have been able to test some of the recipes by preparing them to your satisfaction. If you have any comments, I would love to hear them. Comments regarding this pamphlet may be left on its page via my Smashwords address, <http://www.smashwords.com/profile/view/thomasrota>

You may also be interested in my book [Cooking From The Pantry](#), which includes over 50 recipes derived from shelf stable ingredients and describes how to optimize food storage in the pantry over the short, medium, and long term. Cooking From The Pantry is available for download at <http://www.smashwords.com/profile/view/thomasrota>

