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# Food Survival Starter Plan

## 1. Food Storage Blueprint

### Core Targets (*Per Person, 1 Year*)

- **Grains & Starches:** 300 lbs (*cornmeal, rice, oats, wheat berries*)
- **Beans & Legumes:** 60 lbs (*pinto, black, lentils, chickpeas*)
- **Sugar & Honey:** 60 lbs sugar + 1 gallon honey
- **Salt:** 8 lbs
- **Fats:** 5 gallons oil/lard/ghee
- **Powdered Milk:** 16 lbs
- **Other:** Spices, bouillon, dried fruit/veg (*optional but morale-boosting*)

### Storage Method

1. **Mylar bags** (*5-gallon size*) with **oxygen absorbers**.
2. Place filled Mylar into **food-grade buckets** (*Gamma-seal lids ideal*).
3. Store in a **cool, dark, dry place** — basement, closet, under bed.
4. Label with contents + date. Rotate stock every 5 years (*beans, cornmeal*) or 20–30 years (*rice, wheat*).

Cheap hack: if no Mylar, use **PET soda bottles** (*thoroughly cleaned/dried*) + O2 absorbers for rice/beans.

## 2. Survival Gardening Blueprint (*Urban-Friendly*)

### Easiest Calorie Crops

- **Potatoes:** 4–6 buckets can yield 100+ lbs annually.
- **Sweet potatoes:** Dual use (*tubers + edible leaves*).
- **Pole beans:** Grow vertically on trellises/fences.
- **Corn:** Mini-patches in raised beds (*needs at least 4x4 cluster*).
- **Leafy greens:** Kale, spinach, lettuce in shallow containers.

### Cheap Growing Hacks

- **Grow bags:** Make with old rice sacks, reusable grocery bags, or DIY sewn canvas.
- **Vertical towers:** Stack milk crates, fill with soil, plant greens in pockets.
- **Window boxes:** Grow fast greens/herbs.



- **Soil building:** Mix 1/3 compost + 1/3 cheap potting soil + 1/3 perlite/sand.

- **Fertilizer:** Use kitchen scraps (*compost, banana peels, eggshells*).

### Planting Calendar (*temperate zones; adjust locally*)

- **Spring:** Potatoes, beans, greens.
- **Summer:** Corn, tomatoes, peppers.
- **Fall:** Sweet potatoes, root crops (beets, carrots).
- **Winter (indoor/greenhouse):** Sprouts, microgreens.

## 3. Water Security Blueprint

### Collection (*Low-Cost*)

#### Tarp Funnel Method

- Stretch tarp on a slope.
- Corner tied to bucket/barrel.
- Rain runs down tarp → funnel → container.

#### Buried Container Reservoir

- Bury a 55-gallon food-grade barrel (*keep lid above soil*).
- Run tarp/gutter into it.
- Keeps water cooler + algae-free.

#### Rooftop Harvesting

- Gutters → downspout → barrel.
- Add mesh screen or T-shirt filter at entry point.

#### Storage & Safety

- **Container:** Food-grade plastic barrels or IBC totes.
- **Keep covered:** Prevents mosquito breeding.
- **Treatment:** 1 tsp unscented bleach per 5 gallons for long-term storage.
- **Rotation:** Every 6–12 months.

Hack: Use **collapsible camping jugs** to store water inside the home for rotation.

## 4. Quick Survival Checklist

### Phase 1 (*First 2 Weeks*)

- Buy 25 lbs rice, 25 lbs beans, 10 lbs sugar, 5 lbs salt.
- Get 2 buckets + lids.
- Plant potatoes in 2 buckets.
- Rig 1 tarp + 1 barrel for rainwater.



- Expand food stock toward 3 months per person.
- Add sweet potatoes + beans to containers.
- Collect at least 50 gallons water storage.

## Phase 3 (6–12 Months)

- Build full 1-year food storage.
- Set up vertical garden for greens/herbs.
- Establish 2+ buried or rooftop rainwater systems.
- Practice rotation & cooking with stored foods.

## 5. Golden Rules

- **Store what you eat, eat what you store** → rotate, don't waste.
- **Diversify crops** → calories + nutrition.
- **Water is life** → aim for 1 gallon per person/day minimum.
- **Start small, scale up** → buckets and tarps can become a full system.

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