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Water & Food Neighborhood Sufficiency

Long-Term Survival Foods & Storage

Core Staples

1. Grains & Starches

- Cornmeal, wheat berries, rice, oats
- **Storage:** Mylar bags with oxygen absorbers, sealed inside food-grade buckets. Store in a cool, dry place.
- **Shelf life:** 20–30 years (*whole grains like wheat berries*); 5–10 years for flour/cornmeal.

2. Beans & Legumes

- Pinto, black beans, lentils, chickpeas, split peas
- **Storage:** Same as grains (*Mylar + O2 absorbers*).
- **Shelf life:** 20–30 years.
- **Bonus:** Sproutable for fresh greens.

3. Sugar & Honey

- **Sugar:** Granulated, brown, powdered.
- **Honey:** Naturally lasts forever if sealed.
- **Storage:** Airtight containers or original packaging inside a sealed bin.
- **Shelf life:** Indefinite (*may clump, but usable*).

4. Salt

- Essential for preservation and health.
- **Storage:** Airtight containers, away from moisture.
- **Shelf life:** Indefinite.

5. Fats

- Olive oil, coconut oil, lard, ghee, powdered butter
- **Storage:** Dark, cool places.
- **Shelf life:** 1–3 years (*ghee lasts longer*).

6. Other Useful Items

- Powdered milk, bouillon, dried vegetables, spices
- Add variety and prevent “food fatigue.”



Easiest Survival Crops (*Urban-Friendly*)

1. Potatoes

- **Why:** High calories per square foot.
- **How:** Use grow bags, buckets, or trash cans with drainage holes. Layer soil + seed potatoes, add more soil as they grow.
- **Yield:** 5–10× return on seed potatoes.
- **You must:** Diversify Species to prevent entire crop spoilage in case of disease

2. Sweet Potatoes

- **Why:** Edible leaves + tubers.
- **How:** Root slips in containers, trellis the vines.
- **Storage:** Cure and store in cool/dry place for months.

3. Beans

- **Why:** Dual-purpose (protein + nitrogen fixer for soil).
- **How:** Grow pole beans up trellises or balcony railings.
- **Yield:** Fresh beans + dry beans for storage.

4. Corn

- **Why:** Staple calorie crop, can be dried and ground into meal.
- **How:** Needs full sun; grow in clusters (*at least 4x4 block for pollination*).
- **Urban tip:** Use raised beds or rooftop planters.

5. Leafy Greens

- **Examples:** Kale, spinach, chard.
- **Why:** Fast-growing, continuous harvest.
- **How:** Grow in shallow containers; cut-and-come-again method.

6. Herbs & Medicine Plants

- **Examples:** Basil, mint, oregano, aloe.
- **Urban edge:** Grow in pots/windowsills. High utility with low space.

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