THE PREPARED CITIZEN’S GUIDE
To Emergency Food Supplies

How to ensure your family is protected and nourished in times of emergency
The world today has become more and more uncertain. Even in America, smart families are realizing that many of the luxuries we take for granted, like a readily available supply of food, could easily vanish overnight. Any of a number of unexpected emergencies can make it difficult or impossible to provide basic necessities (like food) for your family.

Today, there isn’t one geographical location in America that is completely safe from some sort of natural disaster. Floods, hurricanes, earthquakes, fires, civil unrest, unemployment, transportation strikes, unexpected or unplanned interruptions of life, economic turmoil, political meltdown, terrorism, or any situation out of your control can affect you and your family’s ability to function as normal.

For these reasons, Emergency Food Supplies are no longer purchased only by “survivalists” and those in fear of the “apocalypse.” Today, Emergency Food Supplies are a simple necessity for all responsible adults who want to ensure that they can provide for their families in times of emergency.

For this reason, Ready Reserve Foods has provided this “Prepared Citizen’s Guide to Emergency Food Supplies” for you.

5 QUESTIONS YOU SHOULD ASK
When an emergency strikes, more than likely you will be completely “on your own.” Since you probably will not be able to contact your Emergency Food Supply company during an actual emergency, it is critical that you make the best buying decision in advance so that you are properly prepared when disaster strikes. To ensure that you do not have a negative experience with your emergency food products, be sure to ask your emergency food supplier the following questions:

1 – Do you use oxygen absorbers in your packing process?
Oxygen absorbers are the most popular and common packing tool used in the emergency food industry. You’ve probably seen these in all sorts of packaged products from shoes to vitamins. They are designed to absorb the oxygen in the package because oxygen is not only the number one factor in the breakdown of natural food, but it also enables any living organism to survive—like bacteria or mold. However, these oxygen absorbers don’t work very well because they simply don’t absorb all of the oxygen. Secondarily, oxygen absorbers create iron oxide—otherwise known as rust, which could cause your food to become contaminated.
At Ready Reserve Foods, we use our exclusive Nitrogen Preservation System™ which displaces 100% of all the oxygen and replaces it with pure nitrogen. This preserves the food in an inert atmosphere that gives the food an unparalleled shelf life of 15 years or more.

2 – Do you use double-enameled cans? You do not want to buy emergency food products that are not stored in double-enameled cans. Double enameled cans are the highest quality cans on the market, and they are essential for food storage because they prevent contamination on the outside and they also keep the food from touching any metal on the inside which gives your food that metallic taste. If you have ever eaten canned food before that tasted like metal, it was because it wasn’t in a double enameled can. Ready Reserve uses double enameled cans exclusively to ensure that our food products are not only of the highest quality, but also that our food still tastes good when you do eat it.

3 – Have you tested the quality of your product after 10 or 15 years? Unfortunately, you have to be careful when you are buying emergency food supplies, because this industry has been plagued with several fly-by-nights over the years. It’s an easy market for scammers to jump into because consumers aren’t typically planning on using the product for many years. This means that a company can show up, sell an inferior product and then disappear all before anybody has an opportunity to file complaints about the quality of the product.

There are several warning flags that you should take note of as a consumer. For example, you should be leery of a company that doesn’t have a physical address. Why wouldn’t a company list their address on their website unless they are illegitimate or unstable. Just remember that when you are buying emergency food supplies, you are buying a product that must retain it’s quality for 10 to 15 years or more.

So, be sure to ask a company if they’ve tested their products after storage for at least 10 or 15 years. Think about it – how do you know that a company who is selling you emergency food that is supposed to last 10 years really has a product that will last that long if they haven’t even been in business for that length of time? In the event of an emergency, do you want to open a can of food only to find that it’s been spoiled because of inferior packing methods? So, before you buy food from any company, be sure to ask if their food products have been tested after the duration of the advertised shelf life.

At Ready Reserve foods, we’ve been in business since 1972 (in continuous operations longer than any other company in the industry), and our food has been tested after storage for 10, 15, 20 years and even longer.

4 – Is your FREE shipping really FREE? A common practice in the industry is to artificially inflate prices and then offer FREE shipping. For example, one company is selling a
year’s supply of food for $7,500 and offers free shipping with it. Their unit weighs 880 pounds. At Ready Reserve, our comparable Family unit, weighs 1,115 pounds and only costs $3,295. That’s 300 pounds more for over $4,000 less! The point here is simple—do the math before you believe somebody is offering free shipping. Check our cost comparison guide on our website for more detailed information.

5 - Where do you get your food from? It’s important to know where your emergency food supplier is getting their food from. Many emergency food suppliers are buying their food overseas where standards and quality control are very low making the food cost cheap. When it comes to food that will need to sustain you and your family in an emergency, you really shouldn’t be taking risks with overseas food supplies.

Ready Reserve Foods is proud of the fact that all of suppliers are domestic and that over 89% of our foods are US grown. And, more than 70% of our food comes from the Pacific Northwest which is extremely close to our packing plant in Twin Falls, Idaho. This just adds to the freshness and quality of the products that you get from Ready Reserve. All of our foods are held to the highest quality and nutritional standards in the industry.

SHELF LIFE
Ready Reserve Foods products have been real-time tested for up to 30 years. Under ideal conditions, the shelf life of our products is 15-20 years (or more). Some companies claim to get 25-30 years of shelf life—but frankly, that’s not possible. Unless in otherwise perfect conditions, the natural breakdown of vitamins and nutrients can’t be stopped no matter what process the food goes through. Adding major chemicals and large amounts of preservatives can push the food to the 25+ year mark, but it leaves you with food that tastes terrible and is just as damaging as it is “filling.” Since Ready Reserve Foods uses the highest quality food on the market and tries to stay away from preservatives and added chemicals, we get highly nutritious food that still comes with an extended shelf life. Here are some tips to getting the longest shelf life for your food:

Keep your food in a cooler environment. The colder the better. Temperatures cooler than 70 degrees Fahrenheit are ideal. Temperatures warmer than 80 degrees start to work against the food and break down the nutritional structure. Try keeping your food storage out of the garage unless it is climate controlled. Garages tend to hold in heat because they are not as well insulated as the rest of the house. Basements or supply closets in the middle of the house are ideal. They are the most insulated and tend to stay the coolest. Also, an important rule-of-thumb is “the closer to the ground the better.” Since heat rises, storing your food under the bed or at the base of a closet works well also.

Additionally, do your best to keep the food dry. Moisture works against dehydrated food, breaking it down faster and creating stress on the can. Moisture can also damage the labels on the outside which may cause some confusion in the future.
You should also keep your emergency food away from direct sunlight. Consider what the sun does to your car when it’s heat bathes a car in the summer. Because of this “oven” effect, you’re basically cooking whatever is inside. The same goes for the can. Since it is a sealed steel can, direct sunlight can damage the food and drastically decrease shelf life.

If you’re storing on concrete, make sure you raise the food. Concrete tends to hold in moisture, so putting a few wood slats on the ground or shelving will keep the air circulating around the cans and away from direct contact with moisture. Treat your food storage like you do your fresh food in the pantry. Every food group has a different shelf life. Dairy products go first, then fruits and vegetables, then proteins and grains. The same goes for your food storage. Consider rotating out these items in a logical order. Not only will this keep your food storage fresh, but it will also help you and your family get used to the products. You should also consider using the items in your everyday cooking, learning as you go and substituting these items with grocery items, saving money in the long run.

Always store some extra items from the grocery store with your food storage in glass containers. We recommend keeping cooking oil, vanilla extract, and peanut oil in glass containers only with your food. This way, you’re never without the basics, and you’ll always have what you need. Try to stay away from plastic containers from the grocery store if it’s an item that will be kept with your food storage. Bugs and bacteria can easily get through plastic and destroy what’s inside. Plus, some products can eat right through plastic and then next thing you know…. there’s a mess spilling all over your food storage. Glass solves this problem. Metal store bought cans work well, but only for a short time. Since the cans are not enameled, the natural breakdown of the food also breaks down the cans and can cause leakage.

**FOOD AND WATER**

Unquestionably, the most vital necessities in the event of an emergency are: emergency food supplies and drinking water. Try to imagine what it would be like to live for a week without food or water. Could a situation of that magnitude really take place? Well, what about the Northridge earthquake in 1994, or September 11, 2001, or Hurricane Katrina, or the recent snowstorms of the Northeast? All of these situations posed a serious threat to food and water supplies by severing normal supply lines.

You may ask, “where do I start?” Take an inventory of all food items you have on hand. With a marker, date your canned food such as fruits and vegetables, and pastas so that you can use the oldest ones first. This is Hurricane Katrina Flooding in New Orleans
the start to assembling a complete survival food storage program. Forecast the needs of your household based on what your family eats and begin adding them to your pantry.

Water and ways to purify it is the most important piece to the survival puzzle. Most people cannot go more than a couple of days without drinking water. Not only do you need water for drinking, but for bathing, cleaning, reconstitution, and cooking. It is vital to have water storage available.

Ready Reserve Foods recommends the following portable water purifiers and drinking water filters to protect your family (which can be found on our website):

- Water Barrels, pumps, spigots, and bung wrenches
- Prepackaged storable water for the car
- “Sweetwater” water purifier
- Berkey Light Water Purifier & fluoride and arsenic reduction filters

Think about this—how many people are going to wait until the last minute to stock their pantry with emergency food or to fill their water barrels? Don’t be one of them! Prepare for tomorrow with water storage, drinking water filters, and emergency food. Grocery stores only carry 48-72 hours worth of food for their neighborhood. There isn’t enough for everyone to stock up so you need to have more foresight than that.

**EMERGENCY PREPAREDNESS**

All of us at one time or another will experience some type of emergency. They can come in many forms. It may be a natural disaster, a loss of a job, or something as serious as a terrorist attack. Whatever the situation, it is up to you to be prepared for it.

First, you should take an inventory of resources that you may already have like flashlights, candles, first aid kits, or a battery powered radio which can come in very handy. Then, get the items you don’t have. Perhaps you need water storage or a supply of food—or maybe you just need a solar radio. Whatever it is, get it while you can. Remember, if you wait until the emergency actually happens, you are too late. Get yourself and your family prepared today for the unexpected, unplanned interruptions in life.

Make sure you know what you have on hand for an extreme emergency. Keep an inventory, and update it regularly. Again, food and water are the most important, followed by shelter, temperature comfort, and appropriate clothing. Also, you should be ready to leave town if it is necessary.

Have a plan for your family set up in advance. Choose a central location where you all can meet in the event of an emergency. Quickly assess whether you have to leave town, or if you can safely stay at home and wait it out. The following are some helpful tips and a checklist of items to stock up on.
SOMETHING TO THINK ABOUT
During a disaster, time is critical. Therefore, it is important that you know where emergency supplies are located so they may be obtained quickly. When stocking up on supplies, take a long hard look at who you are supplying for. Most people only consider their immediate family or those they live with; however, people often overlook one crucial unforeseen problem—family, friends, and pets. While it is not your responsibility to take care of everyone, there is always a possibility of having a house guest, a neighbor, a friend, or an out of town guest visiting during an emergency. Also, most family and friends are aware of someone’s plans to stock up on emergency supplies and could use that to their advantage in an emergency situation. Just as a precaution, try to store enough food and supplies for your household including pets, plus a little extra “just in case.”

Survival Supplies:
- Water: one gallon per day per person minimum—not just for drinking, but cooking and sanitation, too!
- First Aid kit with instruction book
- Food: light weight, high nutritional value—at least 2 months worth per person.
- Radio: portable with batteries and/or solar power
- Flashlight: one for every person with extra batteries & bulbs—TIP: Try to have your radio, flashlights, and etc. run on one type of battery.
- Fire Extinguisher
- Essential medication
- Watch or clock
- Food for pets
- Space blankets, sleeping bag, ground cloth
- Water purifier & water purification tablets
- Salt tablets & vitamins (rotate every 3 months)
- Durable Manual Can Opener

Cooking and Food Care:
- Portable camp stove (best choice), Bar-B-Q or fold-up metal type at least, extra propane bottle
- Safe fuel container for extra fuel
- Heavy duty aluminum foil
- Full mess kit for each person: knife, fork, spoon, plate(s)
- At least 2 cooking pots with covers
- 1 lightweight hot water kettle (whistling type best)
- Set of cooking utensils: 2 large spoons, spatula, tongs, knives, long necked forks
- Paper towels, cooking mitt, napkins, hot pad
- Fry pan, 2 if possible
- 2 week supply paper plates
- Water filter: portable type plus at least 2 bottles of water purification tablets
- Safe cooking oil (rotate)
Tools, Etc:
- Axe, shovel, hand saw
- Broom, dust pan
- Hammer, nails, pry bar, screw drivers
- 2 adjustable wrenches
- 100’ ¼” rope (or ½”)
- Duct tape
- Pen, Paper, Pencil
- Camp lantern & fuel
- Channel locks or vise grips

Safety & Comfort:
- Sturdy Shoes
- Heavy work gloves
- Warm sport gloves
- Goggles & Sunglasses
- 1 Full change of clothes
- Tent or Shelter Cover
- Candles, waterproof matches, fire starter
- Cards, harmonica, travel games, etc. for entertainment (especially for kids)
- Heavy duty knife
- Rain suit/poncho
- Rubber boots
- Extra glasses and/or contacts + solution

Sanitation Supplies:
- Portable chemical toilet, unscented bleach
- Toilet paper
- Infant supplies & feminine products (if needed)
- Large trash bags for sealing up waste
- Soap: hand & dish type (preferably anti-bacterial)
- Disinfectant: powder form to use on waste & liquid for people
- Pre-moistened towelettes
- 2 plastic 5-gallon buckets
- A large towel & hand towel for each person
- Toothbrush, toothpaste, & mouthwash
- Shampoo, body soap—the cleaner you are, the less likely you are to get sick.
- Medium size zip-lock bags for misc. uses
- Scrub brush(es) and pad for washing dishes
- 1 or 2 wash tubs
- 1 roll of plastic sheeting

Car/Travel Mini-Survival Kit
- Bottled water, canteen
- First Aid kit with book and wet wipes
- Non-perishable food
· Space blanket, sleeping bag
· Simple tool set with rubber hose, hammer, pry bar
· Rain suit/poncho & sturdy shoes/extra socks
· Sunglasses and goggles
· A full change of clothes—gloves, hat, coat, sweater
· Flash light, extra battery
· Fire extinguisher, road flares, maps, paper & pen

Congratulations, by simply downloading and reading this report, you have taken the first step in making yourself prepared for any future emergency. Your family will respect and thank you for being responsible and considerate and making preparations for them and yourself. For additional information about emergency preparedness, be sure to visit our website at ReadyReserveFoods.com, where we have a growing video library with additional resources for you and your family.