

***THE DIVINE AWAKENING'S
SURVIVAL TECHNIQUES
AND
CANNED AND DRIED GOOD FOOD
GUIDE***

This is a guide to help you and your family to get started and to become aware of surviving techniques; such as what to do in natural disasters, how to prepare your home, and what types of food would be ideal to have on hand. We do not know exactly what the Universe has in store, but we know something is GOING to happen. So preparing yourself and family would be ideal for keeping them safe.

Here are some tips to help you get started.

- Discuss with your family/household on what you are about to do. So that there will be a one accordance.
- Familiarize yourself and learn how to turn off your water, gas, and electricity at the main shut off locations.
- Come up with a plan on how you will communicated with each other during a disaster.
- Pick an emergency meeting place.
- Determine and practice the best escape routes from your home.
- Pack an emergency bag just in case you will have to leave your home. Make sure not to over pack BUT make sure the necessities are in there. Make sure that you will be able to carry it for long periods of time as well. As it can slow you down. You and your family can also practice and become accustomed to what you may need to do when this disaster occurs. The emergency bag should be on stand by and easy to get to. You can keep the emergency bag or back pack somewhere in your home, car; or anyplace that you see fit. You can make the emergency bag or backpack yourself, buy them in stores; such as Cabelas, Bass Sport Shop and Walmart or you can order them online from various other survival websites. I like Amazon.

Here are some items I have listed to give some of you all a general idea.

- **LIFE STRAW** - A chemical free personal water filter. Filters up to 1,000 liters (264 gallons) of water& surpasses EPA guidelines for E. coli, Giardia, and Cryptosporidium oocysts, rigorous standards for water filtration. If you need to drink from a creek, pond, lake or whatever it may be, this straw allows you to drink from any body of water.
- **EMERGENCY FOOD RATIONS/WATER** – Try to get AT least a 3 day supply of food and water. Although, you may have the LIFE STRAW, you may be a ways from free flowing water.
- **FULLY STOCKED FIRST AID KIT**
- **RAIN PONCHO WITH A HOOD**
- **SURVIVAL KNIFE / MACHETE/ BLADE** – preferably serrated with a metal handle
- **COMPASS**
- **CREDIT CARD SIZE TRAVEL SURVIVAL TOOL** – You can find one that includes a Can Opener, Knife Edge, Screwdriver, Ruler, Cap Opener, 4 Position Wrench, Butterfly Wrench, Saw Blade, Directory Ancillary Indication, 2 Position Wrench, Lanyard Hole (Key Ring Hole)

- **"3X4" STAINLESS STEEL DOUBLE FACED CAMPER'S SIGNAL MIRROR REFLECTS FROM ANY ANGLE**
- **WIRE SAW**
- **STEEL 4-IN-1 TOOL** – You can find one that includes: (1) Shovel (2) Bottle Opener (3) Pick (4) Saw. Folded Length: 6-1/8". Extended Length: 16-1/8". Shovel Head Size: 3-3/4" x 5-1/8".
- **50' FOOT PARACORD** - a lightweight nylon kernmantle rope. used as a general purpose utility cord by both military personnel and civilians.
- **CAMPING TUBE TENT**
- **GLOW LIGHT STICKS**
- **WHISTLE**
- **POLARSHIELD BLANKET** - A **space blanket** (also known as a Mylar **blanket**, first aid **blanket**, safety **blanket**, thermal **blanket** or weather **blanket**) is an especially low-weight, low-bulk **blanket** made of heat-reflective thin plastic sheeting.
- **3 IN 1 BELT BUCKLE FLINT FIRE STARTER & SAFETY WHISTLE FUNCTIONS**
- **WEATHERPROOF & WINDPROOF POLYBAGGED MATCHES**
- **PRO SHARPENER - KEEP KNIVES RAZOR SHARP**
- **CHANGE OF CLOTHES OR NECESSITIES** -underwear, etc.
- **FLASHLIGHT**
- **BATTERIES**
- **DUST MASK**
- **PENCIL OR PEN**

Believe it or not, you can fill your emergency bag/backpack with ALL of these items or more. But like I said, this is a general idea for you.

In the meantime, supply your home as best as possible.

- **WATER** - 1 gallon/person/day for three days in addition to water for food preparation, bathing, brushing teeth and dish washing.
- **FOOD** – Starting off with at least a three month supply of non-perishable food, infant formula (if necessary)
- **IMPORTANT DOCUMENTS**- Copies of insurance policies, copies of ID cards (drivers license, passport, etc.), bank account information (store in a waterproof, portable container), cash (small bills) or traveler's checks, family photo (in case you're separated), first aid book
- **CLOTHING** - Complete changes of clothing for each family member. (long pants, long sleeved shirt, comfortable shoes, consider climate area for warmer clothing, baby diapers) Include sleeping bags/warm blanket for each person
- **SAFETY SUPPLIES/EQUIPMENT**- Water filtration device, flashlight, batteries, fire extinguisher, battery powered or hand crank radio, waterproof matches, paper cups, plates, plastic utensils paper towels, large plastic trash bags w/plastic ties, paper and pencil, whistle, dust mask, duct tape, can opener, cell phone charger, fire starter, multi-tool (leatherman), rope, wrench or pliers, PH strips for water
- **PERSONAL/HEALTH CARE SUPPLIES**- Prescription medication, vitamins, first aid kit (medical tape, gauze, antibacterial ointment, scissors & tweezers, aspirin, etc.) Feminine hygiene products, personal hygiene items, prescription eyeglasses, hand sanitizer

❖ STORAGE AND SANTITARY TIPS

- Store at least a three-month supply of non-perishable food in a cool, dry location that's easy to get to
- Choose familiar foods
- Remember all dietary concerns and needs
- Keep food covered and in containers
- Keep all utensils clean
- Keep garbage closed or bury if necessary
- Wash hands frequently with soap and water
- Discard food if it is questionable (room temperature more than two hours, unusual odor, color or texture)
- Use bottled water if possible
- Questionable water should be boiled or treated

❖ COOKING

Alternative methods (heat sources) for cooking during an emergency:

- Survival Fire Starter
- Candle warmers
- Chafing dishes
- Fondue pots
- Fireplace
- Charcoal grills*
- Camp stove*
- Open fire* OUTDOOR USE ONLY

COOKING TIPS

- Use perishable foods in your refrigerator or freezer before using your emergency supplies
- If cooking food in a can remove label, thoroughly wash can, open can before heating
- Use a food thermometer to test temperatures of meats if previously uncooked
- When in doubt throw it out
- Never leave open flames unattended

WATER

- Have at least one gallon per day, per individual
- Should be stored in sturdy plastic bottles with tight-fitting lids
- Stored water should be changed every six months
- Allow people to drink as much water as they want/need—everyone is different and might require more
- Do not ration drinking water unless, its ABSOLUTELY necessary
- Drink bottled water first
- Do not substitute carbonated beverages instead of drinking water
- Turn off the main water valves if in flood or situation where your water sources could become contaminated
- Store captured rainwater

MORE WATER TIPS

- **Where can I get water if I run out?**
 - Melted ice cubes
 - Liquids from canned goods such as fruit or vegetables
 - Water drained from pipes
 - Water drained from water heater (Turn off electricity or gas before attempting this)
 - Catch rainwater
 - Water from home heating systems, toilets, flush tanks, waterbeds, pools or spas can be used for personal hygiene and cleaning but not for drinking

- **What if I only have contaminated water sources?**

Do not consume without treating water. Contaminated water may contain germs and diseases such as dysentery, cholera, typhoid and hepatitis.

- ❖ **OPTION 1**

Boil water in a large pot for one minute, let cool before drinking.

- ❖ **OPTION 2**

Use household bleach (chlorination) to kill any microorganisms. DO NOT use scented, color safe bleaches with added cleaners.

INSTRUCTIONS: Use 16 drops (1/8) teaspoon of bleach per gallon of water, stir and let stand for 30 minutes.

- ❖ **OPTION 3**

Distillation—boil water and collect only vapor that condenses.

INSTRUCTIONS:

Fill a pot halfway with water, tie a cup to lid, ensure cup faces right-sideup and is not dangling into the water. Boil water for 20 minutes.

1. SHELTER

EASY GUIDELINES FOR SHELTERING IN PLACE

- Protect yourself, family and pets from the elements, stay indoors
- Ensure all windows, doors, air vents and fireplace dampers are locked/closed
- Turn off any air flow system (fans, air conditioning and forced air heating)
- Have emergency supply kit ready
- Proceed to interior room with minimal windows
- Seal all windows with plastic sheeting and duct tape
- Watch TV, listen to radio or check Internet for official news and instructions

STRANDED OUTDOORS

- Find a structure that will protect you from the elements
- Stay dry, warm and hydrated
- If you are separated from family, TRY to contact them to let them know your whereabouts if possible and continue with your family plan to meet up.

2. Coping with Disasters

- MEDITATE, MEDITATE, MEDITATE
- Keep your mind off what's happening around you by distracting yourself with board games that involve everyone in your family.
- Stay informed turn on TV or radio for more information. OPTIONAL
- Take care of your body by eating healthy, staying hydrated and get plenty of sleep.
- Take breaks from everything going on and spend time with loved ones if you're able to
- Keep a regular schedule about your day.
- Provide a safe environment and help others if you're PHYSICALLY ABLE TO DO SO
- MEDITATE, MEDITATE, MEDITATE+64\578

3. TYPES OF DISASTERS

A. FLOODS DANGERS: DROWNING, HYPOTHERMIA, CONTAMINATED WATER

BEFORE

- Unplug appliances to prevent electrical shock when power comes back on
- Turn off gas, power and water
- Gather emergency supplies and turn on TV/radio for updates
- Tie down or bring outdoor items inside

DURING

- Do not drive or walk across flooded roads, cars and people can be swept away
- Stay indoors, away from moving water
- Keep dry

AFTER

- Throw away any item that cannot be disinfected. (rugs, carpets, drywall, etc.)
- Use fans, air conditioners and dehumidifiers for drying your home. Use/wear rubber gloves and boots when cleaning and removing debris
- Use soap and water to clean walls, floors and other surfaces
- Mix a cup of bleach with five gallons of water to disinfect all surfaces.
- Practice safe hygiene by washing hands with soap and hot water to prevent germs
- Wait for officials to inform you when it is safe to drink/use water for 654d+inking, cooking or cleaning

B. BLIZZARDS & WINTER STORMS

DANGERS: FROSTBITE, HYPOTHERMIA, FREEZING TO DEATH

BEFORE

- Install a smoke detector and carbon monoxide detector in your home
- Check batteries regularly
- Have your chimney inspected annually
- Insulate walls and attic

- Caulk and weather-strip doors and windows
- Put an emergency kit inside your car
- Have your car serviced to ensure it is winter ready
- Keep gas tank full and spare gas can in your garage
- Bring pets inside

DURING

- Dress warm—keep your head covered at all times
- Avoid getting wet
- Have a warm blanket for each member of family
- Monitor body temperature
- Keep a water supply
- Conserve heat
- Eat and drink wisely
- Heat your home safely—only use properly vented fireplaces, stoves or other combustion type heaters.

WHAT NOT TO DO

- Do not leave candles or other flames unattended
- Do not use open flame cooking devices indoors
- Avoid walking or driving on ice
- Limit travel on roads that may be covered in ice
- Do not rely on a car to provide heat
- Don't pour water on windshields to remove ice or snow

C. TORNADOES

DANGERS: FLYING DEBRIS, WATER, POWER AND GAS OUTAGES, DOWNED POWER LINES (EXPOSED/FRAYED WIRES), PROPERTY/VEHICLE DAMAGE

BEFORE

- Take time with your family to develop a tornado emergency plan—know where your exits are located
- Learn about local warning systems—make sure everyone knows the siren warning system in your area and what it means
- Turn on TV/radio for weather updates for tornado watches or warnings (Tornado warnings are issued when a tornado has been sighted or indicated by weather radar)
- Look up to the skies—do you see a dark or green colored sky, or large, dark, low-lying clouds? Is there hail? Do you hear a loud roar, like a freight train?
- Practice your emergency plan!

DURING

- Take shelter—find a basement, interior room (without windows if possible) on the lowest floor, storm shelter
- Slightly open windows to prevent pressurization
- If outdoors, keep an eye on the sky, most fatalities/injuries are due to flying debris
- Don't stay in your vehicle, mobile home, RVs—find a sturdy building
- Do not try to out run a tornado in your vehicle
- Avoid windows

AFTER

- Check your family/loved ones for injuries
- Be aware of your surroundings, hazards and debris
- If you suspect damage to your home, shut off power, gas and water
- Avoid any downed power lines
- If you smell a gas leak, turn off main gas valve and leave immediately

D. HURRICANES

DANGERS: WATER, POWER AND GAS OUTAGES, FLOODING, CONTAMINATED WATER, FLYING DEBRIS, VEHICLE & PROPERTY DAMAGE, DOWNED POWER LINES

BEFORE

- Cover windows with storm shutters or plywood
- Turn on TV/radio for weather updates/warnings
- Learn how to turn off gas, electricity and water in case of evacuation
- Secure all outdoor items (BBQ, patio furniture, etc.)
- Bring all animals inside
- Make an emergency kit for both home and car
- Designate a shelter area inside your home (Interior rooms without windows are ideal)
- Familiarize yourself with evacuation routes

DURING

- If you stay home, stay inside
- If you evacuate, only take what you need to survive (cell phone and charger, cash, medicines, identification, etc.)
- Stay away from windows
- Be ready to leave at any time
- Stay informed. Turn on TV/radio for emergency updates
- If evacuating follow the roads recommended—even if there's traffic

AFTER

- Check your family/loved ones for injuries
- Be aware of your surroundings, hazards and debris
- Leave your home/shelter if you hear shifting or unusual sounds as the building could be unstable and at risk of collapsing
- Stay informed—turn on TV/radio for emergency updates
- Be aware of your surroundings, hazards and debris
- Cooperate fully with public safety officials
- If you suspect damage to your home, shut off power, gas and water
- Avoid any downed power lines
- If you smell a gas leak, turn off main gas valve and leave immediately

E. EARTHQUAKES

DANGERS: TSUNAMIS, UNSTABLE BUILDINGS, POWER OUTAGES, GAS LEAKS, INJURIES FROM FALLING DEBRIS, LANDSLIDES

BEFORE

- Anchor items into the wall
- Secure bookcases and shelves

- Place heavy or large objects on lower shelves
- Know how to turn off your gas, electricity and water
- Secure water heater with a strap attached to wall studs
- Attach a valve wrench and label to your water line
- Prepare important documents in your emergency kit
- Orchestrate practice drills for what to do during an earthquake
- Know evacuation route and where to meet family in case of separation
- Have a go-bag ready if an evacuation is required

DURING

- Drop to your hands and knees, cover your head and neck and hold on to your shelter until it stops shaking
- If you are outside, stay there and move away from buildings, utility wires, telephone poles, fuel and gas lines
- If you are driving, stop quickly and safely, set the parking brake and stay in the car until the shaking stops
- Avoid utility wires, telephone poles, gas stations, and under/overpasses when driving

AFTER

- Check your family for injuries and be prepared to evacuate
- If power is out, use flashlights instead of candles
- Leave your home/shelter if you hear shifting or unusual sounds as the building could be unstable and at risk of collapsing
- Stay informed—turn on TV/radio for emergency updates
- Be aware of your surroundings, hazards and debris
- Cooperate fully with public safety officials
- If you suspect damage to your home, shut off power, gas and water
- Avoid any downed power lines
- If you smell gas, turn off main gas valve and leave immediately

F. WILDFIRES

DANGERS: BURNS, PROPERTY DAMAGE, SMOKE INHALATION, SUFFOCATION, FALLING TREES, HOT EMBERS IN THE AIR

BEFORE

- Install smoke and carbon monoxide detectors
- Establish several escape routes away from your home
- Establish a meeting place for your family in case you're separated
- Have important documents stored safely in fireproof storage containers
- Have a go-bag ready if an evacuation is required
- Stay informed—turn on TV/radio for info and instructions from safety officials
- Stack firewood away from your house
- Clean your gutters, rake leaves and remove dead tree limbs around your property
- Use your garden hose or sprinkler to wet your roof, grass, shrubs and area around your home
- Close windows and vent
- Find out if your community has an alert system
- Review your homeowner's insurance policy and prepare/update a list of your belongings
- Buy and store NIOSH certified-respirators (dust masks)

DURING

- Turn on TV & radio
- If ordered to evacuate, DO NOT wait

AFTER

- Only return home once you feel it is safe
- Maintain a vigilant fire watch—check for smoke, sparks or hidden embers throughout the house, including roof and attic
- Use caution when entering burned areas
- Wear certified-respirator (dust mask) if you are able to
- Discard food that has been exposed to heat
- Do not use contaminated water
- Photograph damage to your property for insurance

G. POWER OUTAGES

DANGERS: SPOILED FOODS, FOOD BORN ILLNESS, FOOD SHORTAGES, INFRASTRUCTURE FAILURE, DOWNED POWER LINES

BEFORE

- Build, stock or restock your emergency preparedness supplies (Including but not limited to flashlights, batteries, cash, & first aid kit)
- Ensure you have alternative charging methods for your cell phone
- Charge battery powered devices
- Know where the manual release lever of your garage door is located
- Keep a container of gas in your garage
- Add surge protectors to valuable electronic devices in your home
- Learn about your areas emergency plans

DURING

- Only use flashlights for emergency lighting if possible
- Keep all refrigerator and freezer doors closed as much as possible.
- Take steps to ensure you remain cool if it is hot outside (find a mall, movie theater or cooling shelter in your community)
- Put on multiple layers of warm clothing if it is cold outside
- Turn off/disconnect appliances in case of a power surge
- Never run a generator from inside your home

AFTER

- Throw away food that has been exposed for two or more hours
- Throw away food that has an unusual texture, odor or color (when in doubt, throw it out)
- Contact your doctor if you're worried about medications having spoiled
- Restock your emergency kit with fresh batteries, foods and other supplies

Basic Canned Goods and Dry Survival List Food List

This is a Basic Canned Goods and Dry Food list for our people to get give you all ideas and to started storing canned goods and dried foods. I understand that there may be some items that you may not be able to find as we all live in different parts of the world. Some of you will be familiar with some of these items and some will not. But I urge and encourage you all to look into items that you may not be familiar with; you never know. You may like them. I tried to cater this list to everyone (Vegan, Vegetarian, and for others that still eat meat -NO JUDGEMENT HERE-we are all on different journeys and paths. Also, there will be some items on here that are not the healthiest food, but I felt like I still needed to put them on this list as some people can only afford certain items. So some things that you may not generally eat, you may have to in the time to come.

A lot of us may not care for canned vegetables; however, they will be good to have on hand when we are in survival mode. Some of the best canned vegetables and legumes are not just cheaper and more convenient, they may also be healthier than you think. Also, if you are someone who cannot have a lot of salt in their food, there are now canned goods with no salt as well. There also some nutrition left in canned goods.

For example, beans do lose **FOLATE** (support adrenal function, help calm and maintain a healthy nervous system, and are necessary for key metabolic processes) in the canning process, but the **CALCIUM** (supports bone health) and **IRON** (part of hemoglobin, a protein which carries oxygen from our lungs throughout our bodies. It helps our muscles store and use oxygen. Iron is also part of many other proteins and enzymes) content of canned beans is similar to those you soak and cook at home.

With this being said, I believe that whoever decides to store and stock up on food can get started sooner than you realize. Don't sleep on the different Dollar Stores. These stores (dollar tree, family dollar, and 99 cent stores) sells canned goods, dried fruits, dried beans, seasonings, honey, water, etc. That's just naming a FEW items you can get there. They have a bunch of hidden jewels that you wouldn't believe.

You can also go on these stores websites as well as buy bulk in the store. I went on the Dollar Tree website and looked at their canned goods. They have a very large variety. Most of their canned goods are \$0.79 for a 15 ounce can. But if you bought a case which contains 12 cans; the case sells for \$9.48.

Also, a lot of these stores sell water in bottles and jugs as well. Some of them also sell coconut water in the can. Coconut water is full of electrolytes that replenishes the body and keeps it hydrated. So keep this in mind as well. Also, you have your grocery stores that's nearest to you as well to shop at.

There are also tons of survival websites to look at, such as www.Survivalcavefood.com. You can also look on Amazon for tons of canned and dried food; as well as dehydrated food too. Keep in mind that this is ONLY a tool to help you get started and or to give you ideas.

CANNED VEGETABLES (SHELF LIFE 2 to 5 YEARS)-

1. Cut Asparagus
2. Whole Asparagus Spears
3. Cut Green Beans
4. French Style Green Beans
5. Shoestring Beets
6. Whole Kernal Corn
7. Sweet Peas
8. Cut Green Spinach
9. Crushed Tomatoes
10. Whole Tomatoes
11. Diced Tomatoes
12. Tomato Paste
13. Whole Carrots
14. Leaf Spinach
15. Tomato Puree
16. Whole Green Beans
17. Petite Diced Tomatoes
18. Diced Tomatoes
19. Sliced Carrots
20. Sliced Beets
21. Cut Wax Beans
22. Small Whole Beets
23. Peas and Diced Carrots
24. Crushed Tomatoes
25. Fire Roasted Diced Tomatoes
26. Fire Roasted Diced Tomatoes with Garlic
27. Italian Green Beans
28. Whole Peeled Tomatoes
29. No Salt Peas
30. Whole Kernal Sweet Whole Corn
31. Mushroom Stems and pieces
32. Turnip Greens
33. Collard Greens
34. Green Beans Short Cut
35. Golden Wax Beans
36. Crushed Tomatoes with Basil
37. Diced Tomatoes with Basil
38. Crushed Tomatoes with Onion and Garlic
39. Diced Tomatoes with sweet basil

40. Diced Tomatoes with Green Chiles
41. Pumpkin
42. Sweet Potato Puree
43. Butternut Squash
44. Chilies mild
45. Chiles Hot
46. Diced tomatoes with Green Chiles, Lime, and Cilantro
47. Small Early Peas
48. Whole Mushrooms
49. White Hominy
50. Mustard Greens
51. Mexican Corn with Peppers
52. White Shoepeg Corn
53. Extra Sweet Corn
54. Super Sweet White and Yellow Corn
55. Vegetable Blend
56. White Corn with Chipotle Peppers
57. Whole Baby Carrots
58. Artichoke Quarter Hearts
59. Italian Style Coarse Ground Tomatoes
60. Jalapeno Pepper Slices
61. Bamboo Shoots Sliced
62. Bean Sprouts
63. Juienne Carrots
64. Peas and Peral Onions
65. Whole Sun Marzano Style Pizza Sauce
66. Whole Chiles
67. Sliced Water Chestnuts
68. Spicy Peppercini
69. Yams
70. Rotel
71. Stir Fry Vegetables
72. Baked Beans
73. Pimento
74. Kidney Beans
75. Black Beans
76. Aduki Beans
77. Butter Beans
78. Lima Beans
79. Cannellini Beans
80. Northern Beans
81. Navy Beans
82. Refried Beans
83. Lentils
84. Black Eyed Peas
85. Sweet Cherry Peppers

86. Pickels
87. Capers
88. Pimentos
89. Onions
90. Pickled Garlic
91. Pickled Okra
92. Field Peas and Snaps
93. Cactus
94. Pickled Peppers
95. Chipotle Peppers
96. Cream Style Corn
97. Spinach
98. Mixed Greens
99. Charro Beans
100. Ranch Style Beans
101. Tomatoes, Okra, and Corn

OTHER CANNED/DRIED FOODS (SHELF LIFE 2 to 5 YEARS) -

NO JUDGEMENT HERE. We are all on different journeys/paths. Everybody is not a VEGAN/VEGETARIAN. And this is just a basic survival list to give you ideas of what you can stock up on now at a cheap price. Here is a list of canned meats and canned seafoods to give you an idea.

1. Pantry Sausage
2. Canned Ham
3. Mystery Meat (SPAM, Vienna Sausage, Potted Meat)
4. Ground Beef in a Can
5. Canned Chicken
6. Canned Tuna
7. Canned Mussels
8. Canned Clams
9. Canned Mackerel
10. Clams
11. Sardines
12. Pink Salmon
13. Albacore Tuna
14. Light Tongol Tuna
15. Yellow Fin Tuna
16. Smoked Osysters
17. Anchovies
18. Tuna Salad with crackers
19. Crab Meat
20. Smoked Kippers
21. Trout Cavier
22. Canned Shrimp

Canned Fruit (SHELF LIFE 2 to 5 YEARS)-

Vitamin C is heat sensitive and can be destroyed in the **canning** process. But heat doesn't bother other good-for-you vitamins and minerals such as **VITAMIN A** (important for normal vision, the immune system, and reproduction), **B VITAMINS** (process your body uses to get or make energy from the food you eat. They also help form red blood cells) and **POTASSIUM** (necessary for the heart, kidneys, and other organs to work normally). Some **fruits** are **canned** in heavy or light syrup, which adds lots of empty sugar calories. So it is best to find canned fruits that are canned in their natural juices, **IF YOU CAN**.

1. Jack Fruit
2. Apple Sauce
3. Apricots
4. Blackberries
5. Grapefruit
6. Mandarin Oranges
7. Peaches
8. Pears
9. Pineapples
10. Purple Plums
11. Strawberries
12. Sweet Bing Cherries
13. Fruit Cocktail
14. Prunes
15. Honey Sliced Bananas
16. Apple Slices
17. Gooseberries
18. Lingoberries
19. Lychees
20. Applesauce
21. Pears
22. Pitted Cherries

There are other canned fruits that are not listed. But you get the picture.

Dried Fruits (SHELF LIFE BETWEEN 3 MONTHS TO 12 MONTHS) – Contains high amounts of **BETA CAROTENE** (pigments in fruits and vegetables and is converted to **vitamin A**, which is good for **PMS, VISION, DIABETES**, and many other health benefits), **VITAMIN E** – (good for preventing scars, hair, skin, nails and other benefits), **NIACIN**, also known as **VITAMIN B3** (improves cholesterol levels, lowers cardio vascular risks, and many other benefits), **IRON** (part of hemoglobin, a protein which carries oxygen from our lungs throughout our bodies. It helps our muscles store and use oxygen. Iron is also part of many other proteins and enzymes), **MAGNESIUM** (helps keep blood pressure normal, bones strong, and the heart rhythm steady), **POTASSIUM** (necessary for the heart, kidneys, and other organs to work normally), **CALCIUM** (required for vascular contraction and vasodilation, muscle function, nerve transmission, intracellular signaling and hormonal secretion), and **FIBER** (helps to maintain a healthy weight and lowering your risk of diabetes and heart disease).

1. Dried Cranberries
2. Dates
3. Figs
4. Goji Berries
5. Dried Coco
6. Dried Mangoes
7. Dried Papaya
8. Dried Prunes
9. Raisins
10. Sun Dried Tomatoes (yes tomato is a fruit)
11. Saladitos (Dried Salted Prunes)
12. Apricots
13. Peaches
14. Apples
15. Lychees
16. Currants
17. Pears
18. Jujubes
19. Pineapples (lots of vitamin C, but also high in Sugar; so watch it)
20. Dried Cherries
21. Bananas (if you can dehydrate your bananas yourself, that'll be your bet as manufacturer's fry their bananas to get that crunch. Because the banana is fried, it has a high fat content. But it also contains **FIBER** and **POTASSIUM**).

Here is an example of some dried fruits that expire.

(Unopened)	Pantry	Fridge	Freezer
	Past Printed Date	Past Printed Date	Past Printed Date
Raisins last for	6-12 Months	1-2 Years	Indefinite
Dried Cranberries last for	6-12 Months	1-2 Years	Indefinite
Craisins last for	6-12 Months	1-2 Years	Indefinite
Dried Cherries last for	6-12 Months	1-2 Years	Indefinite

Dried Apricots last for	6-12 Months	1-2 Years	Indefinite
Dried Mangoes last for	6-12 Months	1-2 Years	Indefinite
Dates last for	3-12 Months	1-2 Years	Indefinite
Dried Blueberries last for	6-12 Months	1-2 Years	Indefinite
Dried Plums last for	6-12 Months	1-2 Years	Indefinite
Banana Chips last for	1-2 Months	--	--
Figs last for	3-12 Months	1-2 Years	Indefinite
Chocolate Cherries last for	2-3 Weeks	6 Months	1 Year
(Opened)	Pantry	Fridge	Freezer
Open Dried Fruit lasts for	3-6 Months	6-12 Months	1* Years

DRIED BEANS (SHELF LIFE BETWEEN 2 TO 8 YEARS)–

I know a lot of us try to stay away from beans. But like I said, this is a canned good and dried food survival list. Beans are high in antioxidants (**man-made or natural substances that may prevent or delay some types of cell damage**), **FIBER** (**helps to maintain a healthy weight and lowering your risk of diabetes and heart disease**), **PROTEIN** (**You also use protein to make enzymes, hormones, and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin, and blood. Along with fat and carbohydrates, protein is a "macronutrient," meaning that the body needs relatively large amounts of it.**), **B VITAMINS** (**process your body uses to get or make energy from the food you eat. They also help form red blood cells**), **IRON** (**part of hemoglobin, a protein which carries oxygen from our lungs throughout our bodies. It helps our muscles store and use oxygen. Iron is also part of many other proteins and enzymes**), **MAGNESIUM** (**helps keep blood pressure normal, bones strong, and the heart rhythm steady**), **POTASSIUM**, (**necessary for the heart, kidneys, and other organs to work normally**) **COPPER** (**a mineral that is found throughout the body. It helps your body make red blood cells and keeps nerve cells and your immune system healthy. It also helps form collagen, a key part of bones and connective tissue. Copper may also act as an antioxidant, reducing free radicals that can damage cells and DNA.**) and **ZINC** (**a nutrient that people need to stay healthy. Zinc is found in cells throughout the body. It helps the immune system fight off invading bacteria and viruses. The body also needs zinc to make proteins and DNA, the genetic material in all cells**). Beans also decrease the risk of diabetes, heart disease, colorectal cancer, and helps with weight management. Dried Beans also have a shelf life between 2 to 3 years. Keep in mind that the vitamins in Dried Beans are no longer present after 5 years.

1. Pinto Beans
2. Kidney Beans
3. Lentils
4. Lima Beans
5. Adzuki Beans
6. Garbanzo Beans
7. Mung Beans

8. Black Turtle Beans
9. Black Eye Peas
10. Mayocoba Beans
11. Lupin Beans
12. Greek Dried Beans
13. Cannelini Beans
14. Northern Beans
15. Anasazi Beans
16. Bolita (Pinto) Beans
17. Bonavist Beans
18. Boston Beans
19. Broad Bean
20. Christmas Lima Beans
21. Dermason Beans
22. Egyptian Beans (type of Faba Bean)
23. Egyptian Whit Broad Beans (type of kidney bean)
24. English Beans
25. Fava Beans
26. Fayot Beans
27. Field Pea
28. Foul Beans
29. Horse Beans
30. Indian Beans
31. Jackson Wonder Beans
32. Lablab Beans
33. Lingot Beans
34. Madagascar Beans
35. Marrow Beans
36. Mortgage Runner Beans
37. Pea Beans
38. Pearl Haricot Beans (Navy Beans)
39. Rattlesnake Beans
40. Red Ball Beans
41. Red Eye Beans
42. Rice Beans
43. Scarlet Runner Beans (Wild Beans)
44. Shell Beans
45. Spanish Black Beans
46. Spanish Tolosana beans
47. Steuben Yellow Beans
48. Swedish Brown Beans
49. Tepary Beans
50. Tolosana Beans
51. Tongues of Fire Beans
52. Trout Beans
53. Vallarta Beans

- 54. White Kidney Beans
- 55. White Pea Beans
- 56. Windsor Beans
- 57. Yankee Beans
- 58. Yellow Indian Beans

CANNED SOUPS (SHELF LIFE 2 YEARS AFTER MANUFACTURING DATE) –

A hearty bowl of **canned soup** is one of the easiest meals around. And if you choose properly, it can also be a healthful addition to your diet. Bowls of **healthy soups** come stocked with vegetables, are rich in nutrients and have even been shown to help maintain dieters' weights. We all know that you if you make your own soups would obviously be the healthier choice. However, try to find low-sodium soups that are not cream-based since creamier soups are typically high in fat and contain more calories per serving than their clear broth-based counterparts. I have listed some vegetarian soups below. But like I said this is just a basic canned good and dried food list for survival. So do what will work well for you and your family. I also listed a website and an example that tells you how different companies stamp their expiration dates on the can. The dates are not always in numerical form on a canned good.

<http://www.foodreference.com/html/tcannedfoodshelflife.html>

Here is an example if you're interested:

Pillsbury/Green Giant and Progresso

Five digits

Position 1: Month (letter)

Position 2: Year

Position 3: Plant information

Position 4 and 5: Date

• **Example: G8A08 (July 8, 1998)**

1. Cream of Mushroom Soup
2. Minestrone (Vegetable) Soup
3. Tomato Soup
4. Potato Soup
5. Split Pea Soup
6. Pasta Soup
7. Vegetarian Chicken Soup
8. Corn Chowder Soup
9. Leek Soup
10. Butternut Squash Soup
11. Lentil Soup
12. Tomato Bisque (it's called a bisque as the soup is made with cream instead of a broth)
13. Black Bean Soup
14. Mushroom Bisque with Porcini Soup
15. Quinoa, Kale, and Red Lentil Soup

16. Vegan Chunky Tomato Bisque
17. Vegetable Barley Soup
18. Cream of Tomato Soup
19. Southwestern Vegetable Soup
20. Thai Coconut Soup
21. Bean and Rice Soup
22. Spanish Rice and Red Bean Soup
23. Summer Corn and Vegetable Soup

I'm sure we all have had the infamous **TOP RAMEN NOODLES**. I couldn't forget these. But like I said this is a **SURVIVAL** food list. In case of a crisis or emergency when there is a big chance of starving, the stale taste of expired ramen noodles will not matter. Of course, some people's taste buds are more sensitive than others so it is all up to you whether you want to eat a packet of expired ramen noodles or not. Not only are they cheap but they go a long way and have a shelf life of 10 years.

I also listed some soups that contain meat. I didn't list a lot as I know we all get the picture on canned items.

1. Chicken Noodle Soup
2. Italian Wedding Soup
3. Clam Chowder
4. Bone Broth Soup
5. Chilli with and with and without beans

NUTS/SEEDS (SHELF LIFE OF 6 MONTHS; Since nuts are full of fats and moisture, they have a relatively short shelf life.) –

Nuts contain **UNSATURATED FATS, OMEGA – 3 FATTY ACIDS, FIBER, VITAMIN E, PLANT STEROLS** (helps lower cholesterol), **L-ARGININE** (helps arteries become more flexible and less prone to blood clots), **MAGNESIUM, PHOSPHORUS, IRON, POTASSIUM, SODIUM, COPPER, VITAMIN E, B1, ZINC, OMEGA 3 – FATTY ACIDS**. This is **LITERALLY** naming a few vitamins, minerals, and nutrients.

1. Almonds
2. Brazil Nuts
3. Cashews
4. Hazel Nuts
5. Macadamia Nuts
6. Peanuts
7. Pecans
8. Pine Nuts
9. Pistachio
10. Pumpkin Seeds
11. Sunflower Seeds

12. Soy Nuts – if you can find them NON-GMO
13. Black Walnuts
14. Walnuts
15. Chestnuts
16. Australian Nuts
17. Beech Nuts
18. Blanched Almond
19. Butternut
20. Candle Nut
21. Chinese Chestnut
22. Chinquapin Nut
23. Chufa Nut
24. Cobnut Nut
25. Colocynth Nut
26. Country Nut
27. Cream Nut
28. Earth Almond
29. English Walnut
30. Filbert Nut
31. Florida Almond
32. Gevuina Avellana
33. Gingko Nut
34. Hazel Nut
35. HeartNut- Type of Walnut
36. Hickory Nut
37. Oak Acorn
38. Paradise Nut
39. Persian Walnut
40. Penyon Nut
41. Polynesian Chestnut (or Tahitian)
42. Watermelon Seeds
43. Pumpkin Seeds
44. Chia Seeds
45. Flax Seeds
46. Hemp Seeds

GRAINS (SHELF LIFE BETWEEN 8 to 10 YEARS) –

Packed with **NUTRIENTS** (a substance that provides nourishment essential for growth and the maintenance of life), **PROTEINS** (You also use **protein** to make enzymes, hormones, and other body chemicals. **Protein** is an important building block of bones, muscles, cartilage, skin, and blood. Along with fat and carbohydrates, **protein** is a "macronutrient," meaning that the body needs relatively large amounts of it), **B VITAMINS** (process your body uses to get or make energy from the food you eat. They also help form red blood cells), **ANTIOXIDANTS** (man-made or natural substances that may prevent or delay some types of cell damage), and **TRACE MINERALS**; **IRON** part of hemoglobin, a protein which carries oxygen from our lungs throughout our bodies. It helps our muscles store and use oxygen. Iron is also part of many other

proteins and enzymes), **ZINC** (a nutrient that people need to stay healthy. **Zinc** is found in cells throughout the body. It helps the immune system fight off invading bacteria and viruses. The body also needs **zinc** to make proteins and DNA, the genetic material in all cells), **COPPER** (a mineral that is found throughout the body. It helps your body make red blood cells and keeps nerve cells and your immune system healthy. It also helps form collagen, a key part of bones and connective tissue. **Copper** may also act as an antioxidant, reducing free radicals that can damage cells and DNA), **MAGNESIUM** (helps keep blood pressure normal, bones strong, and the heart rhythm steady). Reduces the risk of heart disease, type 2 diabetes, obesity, and some forms of cancer.

1. **Amaranth** – very high level of complete protein (Lysine Amino Acid)
2. **Barley** – Fiber, can lower cholesterol (better than oats)
3. **Buckwheat** – Only grain to have high levels of antioxidants called Rutin. Also improves circulation, has more fiber than Quinoa (Keen-Wah), Oats, Millets, or Corn
4. **Bulgar** - low in fat, high in minerals like manganese, magnesium and iron, plus it's a good source of plant-based protein.
5. **Corn** – high levels of antioxidants. please try to find NON-GMO if possible.
6. **Eincorn**- compared to modern wheat it's higher in protein, phosphorus, potassium, and beta-carotene, among other nutrients.
7. **Farro/Emmer** – avoid words that say pearled, look for the whole word Farro
8. **Fonio/Millet** - *Millet is naturally high in protein and antioxidants, and can help control blood sugar and cholesterol.*
9. **Freekah** - low in fat and high in protein and fiber. Next supergrain to knock Quinoa off the list of favorites.
10. **Kamut** – high levels of protein than common wheat and more vitamin E.
11. **Kaniwa** - A cousin of quinoa, kañiwa (pronounced *kah-nyee-wah*) also hails from Peru and Bolivia. You may also see it spelled *cañihua*. Like quinoa, it is a “pseudo-cereal” with a high level of protein (15 to 19 percent) and a more complete balance of amino acids than most grains. Unlike quinoa, kañiwa is not coated with bitter saponins that must first be rinsed off.
12. **Millet/Fonio** - *Millet is naturally high in protein and antioxidants, and can help control blood sugar and cholesterol.*
13. **Oats** - Scientific studies have concluded that like barley, oats contain a special kind of fiber called beta-glucan found to be especially effective in lowering cholesterol. Recent research reports indicate that oats also have a unique antioxidant, avenanthramides, that helps protect blood vessels from the damaging effects of LDL cholesterol.
14. **Quinoa** - The abundant protein in quinoa is complete protein, which means that it contains all the essential amino acids our bodies can't make on their own.
15. **Rice** – one of the most easily-digested grains – one reason rice cereal is often recommended as a baby's first solid. This makes rice ideal for those on a restricted diet or who are gluten-intolerant. (PLEASE MAKE SURE THAT YOU ARE GETTING REAL RICE AND NOT THE PLASTIC RICE. THERE HAS BEEN A VIDEO POSTED IN THE GROUP SHOWING THE DIFFERENCE BETWEEN PLASTIC RICE AND REAL RICE.)
16. **Rye**- The type of fiber in rye promotes a rapid feeling of fullness, making rye foods a good choice for people trying to lose weight.

17. **Sorghun** - A gluten-free grain, sorghum is especially popular among those with celiac disease.
18. **Spelt** – (one of my favorites) - Spelt is higher in protein than common wheat
19. **Teff** - has over twice the iron of other grains, and three times the calcium.
20. **Triticale**- contains PROTEIN, FIBER, MAGNESIUM, and FOLATE
21. **Wheat** – packed with nutrients, including protein, **fiber**, B vitamins, antioxidants, and trace minerals (iron, zinc, copper, and magnesium). A diet rich in whole grains has been shown to reduce the risk of heart disease, type 2 diabetes, obesity, and some forms of cancer.
22. **Wild Rice** - Wild rice is not technically rice at all, but the seed of an aquatic grass originally grown by indigenous tribes around the Great Lakes.

PLANT BASED MILKS (Shelf Life – 1 year) – Are lactose free, lower in calories, more calcium, lower in sugar, free from **IGF-1** (INSULIN GROWTH FACTOR) which is a hormone that is in cows. When you drink cows milk, a high increase of insulin is stimulated in your body. This can be linked to cancer cell growth and other health relates issues. In addition to these hormones, cows milk is full of blood and pus. Look it up. You can use plant based milk just like cows milk (drinking, cooking, and baking, etc).

I also suggest that you do not get any SILK brand plant based milks as they use a low percentage of the actual plant/nut/or fruit. I’m speaking from experience, I have looked and researched for the perfect milk for my family and I. My family and I drink and use HEMP milk. It has a VERY HIGH NUTRITIONAL VALUE. It will be listed below. Also, most of these plant based milks comes in a variety of **VANILLA, CHOCOLATE, AND UNSWEETENED FLAVORS**. I use my HEMP milk as a creamer when I drink coffee. And when I want a mocha, I just make some coffee and use the chocolate HEMP milk.

Just throwing you all some ideas of how versatile you can be. Plant based milks have a shelf life of a year and does not have to be refrigerated until AFTER you open it. These milks can be between \$3 to \$4. They can also be made. I will post recipes in a different file. They can be found at your grocery stores as well as online. I recommend PACIFIC Brands if you are interested in stocking up.

1. **ALMOND MILK** – low in fat, high in energy, contains proteins, lipids, and fiber. Contains minerals like calcium, iron, magnesium, phosphorus, potassium, sodium, and zinc.
2. **HAZELNUT MILK** – low in calories, contains vitamins B1, B2, B6, antioxidants. Prevents anemia, cancer, heart disease, rich in folic acid, proteins, omega-3 fatty acids and keeps blood pressure in check.
3. **HEMP MILK** – No HEMP milk does not contain THC. It will NOT get you high. It contains 900 mg of omega – 3 fatty acid, 2800 mg of omega -6 fatty acid, all 10 essential Amino Acids, 4 grams of digestible proteins, 46% of RDA of Calcium, potassium, phosphorus, riboflavin, vitamin A, Vitamin E, Vitamin B12, Folic Acid, vitamin D, Magnesium, Iron and Zinc. It also strengthens the immune system, helps clear skin,

strengthen nails and hair, strong healthy heart, increase mental capacity. Hemp also has anti-inflammatory agents and improves circulatory system.

4. **OAT MILK** – High in protein, fiber, and iron. Helps maintain a healthy weight. Oat milk contains 10 minerals, 15 vitamins. One cup of oat milk contains 36% of the recommended calcium; it's low in fat and lowers cholesterol.
5. **RICE MILK** – Low in fat, high in NIACIN, VITAMIN B6, IRON, COPPER and MAGNESIUM
6. **7 GRAIN MILK** – 7 grain milk contains OATS, BROWN RICE, TRITICALE, WHEAT, BARLEY, SPELT, MILLET, VITAMIN A, VITAMIN D2, RIBOFLAVIN, VITAMIN B6, FOLIC ACID AND VITAMIN B12.
7. **COCONUT MILK** – Rich in FIBER, VITAMIN C, E, B1, B3, B5, B6. It also contains minerals such as IRON, SELENIUM, SODIUM, CALCIUM, MAGNESIUM AND PHOSPHORUS.

COFFEE AND TEA

Tea Expiration

(Unprepared)	Pantry	Freezer
	Past Date	Past Date
Packaged Tea lasts for	6-12 Months	1-2 Years
Loose Tea lasts for	6-12 Months	1-2 Years
Powder Iced Tea Mix lasts for	6-12 Months	1-2 Years
(Prepared)	Refrigerator	Freezer
Prepared Tea lasts for	--	6-8 Months

Coffee Expiration

(Unopened/Sealed)	Pantry	Freezer
	Past Printed Date	Past Printed Date
Ground Coffee lasts for	3-5 Months	1-2 Years
Whole Bean Coffee lasts for	6-9 Months	2-3 Years
Instant Coffee lasts for	2-20 Years	Indefinite
(Opened)	Pantry	Freezer
	Once Opened	Once Opened
Ground Coffee lasts for	3-5 Months	3-5 Months
Coffee Beans last for	6 Months	2 Years
Instant Coffee (freeze dried) lasts for	2-20 Years	Indefinite

FLOURS, MEALS, GLUTENS (SHELF LIFE BETWEEN 6 MONTHS TO 5 YEARS) –

Flour is always good to have on hand. As a lot of use it to fry food, bake goods, soup thickeners, etc. As you know its best to TRY to stay away from ENRICHED FLOUR; which is a lot of white flours that say bleached, all purpose, etc; as they make products with Enriched flour from gene splicing a pig. But like I said before this is a survival list. NO JUDGING HERE. If you're able to experiment with other flours, please by all means please do as it is healthier. I use Spelt, it's a little more dense than All Purpose Flour, but it cooks the same to me. Most of these flours, meals, and glutens can be found in your grocery stores and health food stores. If you are not able to find a certain flour, you can always order online. **Bob's Red Mill** products are popular as they carry a vast variety.

1. All Purpose Flour
2. Baker's Flour
3. Pastry Flour
4. Unbleached Flour
5. White Flour
6. Whole Wheat Flour
7. Cornmeal
8. Cracked Wheat Flour
9. Spelt Flour
10. Rye Flour
11. Vital Wheat Gluten- used with **Nutritional Yeast Flakes** when making mock meat.
12. Oat Flour
13. Paleo baking Flour
14. Semolina Flour
15. Masa (Cornmeal, usually used for Tamales, etc)
16. Almond Flour
17. Coconut Flour
18. Brown Rice Flour
19. Tapioca Flour
20. Garbanzo Bean and Fava Flour
21. Kamut Flour
22. Sweet White Rice Flour
23. Corn Flour
24. Flaxseed Meal
25. Black Bean Flour
26. HazelNut Meal Flour
27. White Bean Flour
28. Amaranth Flour
29. Barley Flour
30. Buck Wheat Flour
31. Pumpernickel Meal
32. Soy Flour
33. Quinoa Flour
34. Potato Flour

35. Graham Flour
36. Blue Corn Meal
37. Millet Flour

Dried Pasta – (SHELF LIFE 2 YEARS)

1. Angel Hair
2. Bowties
3. Cannelloni
4. Elbow macaroni
5. Fettuccine
6. Fusilli
7. Lasagna
8. Linguine
9. Orecchiette
10. Pappardelle
11. Pasta Shells
12. Penne
13. Ravioli
14. Rigatoni
15. Pasta Rotini
16. Spaghetti
17. Tagliatelle
18. Tortellini
19. Wagon Wheel
20. Ziti

HOT CEREALS (SHELF LIFE 1 YEAR) –

Cream of wheat or oatmeal are fine choices as **hot cereals**, there is a world of grains to explore for breakfast, from tiny whole grains to cracked, rolled, and ground grains. Not only are they healthy, they will keep you full.

1. Steel Cut Oats/Oatmeal
2. Cream of Wheat
3. Grits
4. Polenta
5. Malt O Meal
6. Farro
7. Millet
8. Mixed Grains
9. Teff Porridge
10. Quinoa Hot Cereal