

# new posts and handouts

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# Beyond the BabySteps

## Instructions

### using the beyond the babysteps section

There are two types of handouts/updates that we consider to be Beyond the BabySteps:

1. Something that relates to one of our BabySteps but goes above and beyond the general information that you would need to know when you are just getting started
  - a. These are things we include in the Beyond the BabySteps section of our blog
  - b. These could be handouts you receive at church, classes, or the Internet that were not produced by Food Storage Made Easy
  - c. In your binder you may wish to either place these items in the section of the BabyStep that they relate to or they can all be slid into the Beyond BabySteps tab
  
2. An emergency preparedness or food storage topic that is not directly covered by our BabySteps
  - a. Since Food Storage Made Easy is designed to be welcoming to beginners, we didn't want to intimidate people who are just getting started
  - b. There are many topics beyond our ten BabySteps that we may write about in the future or that you find information about on other sites or at classes, etc.
  - c. Use the Beyond BabySteps tab as a place to compile all of this information until you decide if you need to add some additional tabs to your binder to cover the topics

# 72 Hour Kit Food Ideas

Non-Food Items	Food Items				
<b>Water</b> 2 liter bottles: 3 per person  <b>Fuel Source (optional)</b> <a href="#">Wing Stove w/ fuel pellets</a> <a href="#">Buddy Burners</a> <a href="#">Sterno canned heat</a>  <b>Utensils</b> Plastic Spoons Plastic Forks Small cup Tin can for cooking Matches Can Opener (if needed) Baby bottle (if needed)  <b>Storage Container</b> Backpack Milk Jug Gallon ziplock bag Tupperware	<b>Breakfasts</b>  <b>No cooking required</b> Granola bars Fruit cups Cold cereal/dry milk  <b>Needs heating</b> Instant Oatmeal  <b>Baby/Toddler Friendly</b> Rice Cereal Applesauce	<b>Lunches</b>  <b>No cooking required</b> Beef Jerkey/Beef sticks Protein Bars Cheese & Crackers  <b>Needs heating</b> Pop-Top Soups Lipton Noodle Soups Beanie Weenies Vienna Sausage Pop-Top Beef Stew Pop-Top Pastas Chili  <b>Baby/Toddler Friendly</b> Pop-Top Noodle Soups Pop-Top Pastas EasyMac	<b>Dinners</b>  <b>No cooking required</b> Beef Jerkey/Beef sticks Protein Bars Cheese & Crackers  <b>Needs heating</b> Pop-Top Soups Lipton Noodle Soups Beanie Weenies Vienna Sausage Pop-Top Beef Stew Pop-Top Pastas Chili  <b>Baby/Toddler Friendly</b> Pop-Top Noodle Soups Pop-Top Pastas EasyMac	<b>Snacks</b>  <b>No cooking required</b> Hard candy Trail Mix Raisins Fruit Roll-Ups Crackers  <b>Needs heating</b>  <b>Baby/Toddler Friendly</b> Puddings Fruit snacks Saltine Crackers	<b>Drinks</b>  <b>No cooking required</b> Tang V8 Juice Boxed Juices  <b>Needs heating</b> Hot Cocoa  <b>Baby/Toddler Friendly</b> Juice boxes Formula

**Instructions:**

1. Determine if you want to include "heat-required" foods. If so, then select the type of stove you prefer
2. Make your meal plan for all 3 days selecting a meal, drink, and one or more snacks for each meal
3. Times that by the number of people in your family making any necessary modifications for babies/toddlers
4. Purchase all necessary ingredients including appropriate containers
5. Put your kits together and place them (and your water) in an easily accessible location near an exit door

[View our 72 Hour Kit post for a sample of an entire kit with shopping list and contents list](#)



# Disaster Kits for Babies

If you have an infant or a toddler at home, consider including some or all of these items as you put together your disaster and 72 hour kits for your family:

- **Instant formula.** Make sure to buy the kind you do not need to mix with water. Also, track expiration dates and rotate through them frequently.
- **5 small bottles for the formula.** You can fill them with purified water to provide extra drinking water in your kit.
- **Refrigerated bottle bag.** This is helpful in case you get the chance to warm up or cool down the formula you can keep it at that temperature for around 4 hours.
- **Plenty of diapers.** The exact number needed depends on the age of your child. I recommend including about 20 disposables and also 3 cloth ones that can be washed, dried and reused in case you run out.
- **A travel package of wipes.** These are great for washing as well. If you have space I'd recommend just storing a full box of wet wipes.
- **Pacifiers.** Put in two just in case. If you're stressed the baby will probably be stressed and it's a comfort for them.
- **3 cotton/flannel wraps, and 2 muslin wraps.**
- **Baby food.** Depending on the age of your child you will probably want to include some jars of baby food. Once your baby can eat mostly regular foods just pop these out.
- **Washcloths.** Stored around 10 small ones, it's an eventuality that you'll need them.
- **Small comfort toy/s.** If your child has a specific toy or blanket that he/she really loves, try to grab that in an emergency. But if you can't, then try to have a usable substitute that will help comfort the child in lieu of their favorite item.
- **Clothes - and plenty of them!** This is a tough one as babies grow so fast. One trick I recommend is that as you swap out their closets to put in the next size of clothes to remember to do that in the disaster kit at the same time. Make sure to include clothes for all types of weather and include lots of spares.
- **Ziplock bags.** These work great for storing used diapers or anything else that is dirty, or clean for that matter.
- **Bulb nose syringe and saline.** Saline loosens mucous and syringe sucks water/mucous/misc out of ears, nose, mouth etc. You never know if you'll need one so it's great to keep in your kit.
- **Infant tylenol/motrin.** It never fails that kids get sick as soon as you are somewhere WITHOUT your medicine. So this is a definite requirement for any child disaster kit.
- **Desatin or other diaper rash cream and travel-sized baby powder.** The last thing you'd want in an emergency situation is a sore bum and nothing to treat it with. This will be especially useful if you have to resort to using cloth diapers.



## WHEAT (RED)

amount: \_\_\_\_\_

date: \_\_\_\_\_



## WHEAT (WHITE)

amount: \_\_\_\_\_

date: \_\_\_\_\_





# FLOUR

amount: \_\_\_\_\_

date: \_\_\_\_\_



# OATS

amount: \_\_\_\_\_

date: \_\_\_\_\_

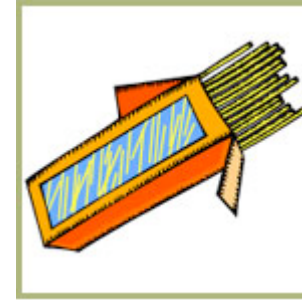




# RICE

amount: \_\_\_\_\_

date: \_\_\_\_\_

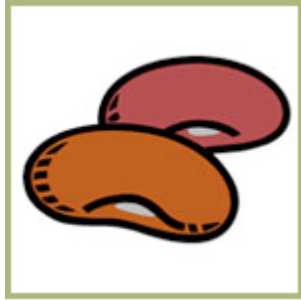


# PASTA

amount: \_\_\_\_\_

date: \_\_\_\_\_





## BEANS (RED)

amount: \_\_\_\_\_

date: \_\_\_\_\_



## BEANS (BLACK)

amount: \_\_\_\_\_

date: \_\_\_\_\_







# SUGAR

amount: \_\_\_\_\_

date: \_\_\_\_\_



# MILK

amount: \_\_\_\_\_

date: \_\_\_\_\_





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amount: \_\_\_\_\_

date: \_\_\_\_\_



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amount: \_\_\_\_\_

date: \_\_\_\_\_



# Make an Evaporation Still

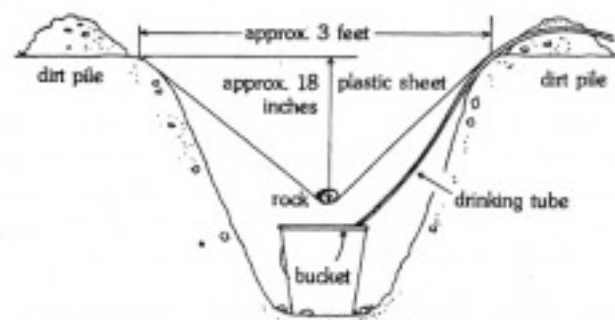
An evaporation still will extract water from the soil even if it appears to be quite dry. These instructions will help you create a still that will provide half the amount of water needed for one person per day. It's definitely more convenient to simply store water, but for a longer term emergency you may find it necessary to find alternate means of accessing water.

## Materials:

- A six-by-six square piece of clear plastic
- A drinking tube
- A bucket or container to catch the water

## Instructions:

1. Dig a hole three feet deep and large enough at the bottom to hold the bucket or container.
2. Place one end of the drinking tube at the bottom of the bucket and put the bucket in the hole.
3. If possible, line the sides of the hole with shredded vegetation and slices of succulent plants.
4. Place the plastic over the hole, securing the edges all around with soil. Extend the drinking tube from the bucket under the plastic and up through the soil that holds the plastic in place. Wrap a towel or clean cloth around the end of the tube to protect it from soil and contamination.
5. Position a rock in the center of the plastic sheet two or three inches above and directly over the bucket.
6. Water will accumulate in the bucket and can be sipped through the tube without dismantling the still.



# Water Purification

Contaminated water can contain parasites as well as microorganisms that cause disease such as dysentery, typhoid fever, salmonella, giardiasis, and hepatitis as well as having a bad odor and taste. You should purify ALL water before using it for drinking, food preparation, or hygiene. **NO WATER CAN BE PRESUMED SAFE!** Before you begin a purification process, it's a good idea to strain the water through some sort of filter such as layers of paper towel or a coffee filter to remove any large particles. There are many ways to purify water but none is perfect. **Often the best solution is to use a combination of these methods.**

## Boiling

Boiling is the most common and safest method of purifying water. Bring water to a rolling boil for 3-5 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. (You can add in flavorings such as cool-aid)

## Disinfection

According to the American Red Cross, "The only agent used to purify water should be household liquid bleach." Add 16 drops of bleach per gallon, stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes. Do not use scented bleaches, color-safe bleaches, or bleaches with added cleaners. This method is recommended as a backup in case fuel is not available for boiling or distilling.

## Distillation

Distillation involves boiling water and then collecting the vapor that condenses back to water. The condensed vapor will not include salt and other impurities such as heavy metals and most other chemicals that are not removed with boiling or disinfection. To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

## Water Filters

There are two types of water filters, inexpensive [travel water bottle filters](#) and gravity carbon filters. A travel water bottle filter is great to throw into a disaster kit, but in cases of extreme contamination you would still need to use iodine or bleach. If you opt for a gravity carbon filter such as the AquaRain or [Berkey](#) ones, it MAY be enough purification, but we still recommend to use one of the other methods as well. It can never hurt to be too safe. If you are conserving fuel or on the run, a filter can definitely be a great option and is MUCH better than no purification.

# Food Storage Shelf Life

grains		
Product	Optimum Shelf Life	Opened Shelf Life
Whole Wheat Flour	5 years	2 years
White Flour	5 years	2 years
Hard White Winter Wheat	30 years	30 years
6 Grain Pancake Mix	8 years	1 year
Spaghetti	8 years	2 years
Egg Noodle Pasta	8 years	2 years
Quick Oats	8 years	1 year
White Rice	30 years	30 years
Instant White Rice	30 years	30 years
Pearled Barley	8 years	18 months
Cornmeal	5 years	1 year
9 Grain Cracked Cereal	5 years	1 year
Elbow Macaroni	8 years	2 years
Germade	5 years	18 months
vegetables		
Product	Optimum Shelf Life	Opened Shelf Life
Bell Peppers	8 years	2 years
Split Green Peas	8 years	2 years
Mushroom Pieces (Freeze Dried)	25 years	2 years
Potato Chunks (Freeze Dried)	25 years	2 years
Sweet Corn (Freeze Dried)	25 years	2 years
Tomato Powder	8 years	1 year
Sweet Potatoes	8 years	2 years
Green Peas (Freeze Dried)	25 years	2 years
Cauliflower (Freeze Dried)	25 years	2 years
Carrot Dices	8 years	2 years
Broccoli (Freeze Dried)	25 years	2 years
Celery (Freeze Dried)	25 years	2 years
Celery	25 years	2 years
Spinach (Freeze Dried)	25 years	2 years
Onions (Freeze Dried)	25 years	2 years

# Shelf Life continued

fruits		
Product	Optimum Shelf Life	Opened Shelf Life
Apple Chips	7 years	1 year
Peach Slices (Freeze Dried)	25 years	1 year
Raspberries (Freeze Dried)	25 years	1 year
Strawberries (Freeze Dried)	25 years	1 year
Blueberries (Freeze Dried)	25 years	1 year
Blackberries (Freeze Dried)	25 years	1 year
Applesauce	7 years	6 months (refrigerated)
Apple Slices	30 years	30 years
Banana Chips	7 years	1 year
Blackberries	25 years	1 year
dairy		
Product	Optimum Shelf Life	Opened Shelf Life
Chocolate Drink Mix	25 years	1-2 years
Cheese Powder	15 years	1-2 years
Non-Fat Powdered Milk	25 years	1-2 years
meats and beans		
Product	Optimum Shelf Life	Opened Shelf Life
Black Beans	30 years	5 years
Small Red Beans	30 years	5 years
Sloppy Joe TVP	10 years	1 year
Whole Eggs	5 years	6 months
Taco TVP	10 years	1 year
Sausage TVP	10 years	1 year
Pinto Beans	30 years	5 years
Chicken TVP	10 years	1 year
Beef TVP	10 years	1 year
Ham TVP	10 years	1 year
Kidney Beans	30 years	5 years
Lima Beans	30 years	5 years
Lentils	30 years	5 years
Bacon TVP	10 years	1 year

# Shelf Life continued

basics		
Product	Optimum Shelf Life	Opened Shelf Life
Orange Drink	3 years	6 months to 1 year
Iodized Salt	30 years	2 years
Chicken Bouillon	5 years	2 years
Peach Drink	3 years	6 months to 1 year
White Sugar	30 years	2 years
Powdered Sugar	30 years	12 to 18 months
Baking Soda	30 years	2 years
Apple Drink	3 years	6 months to 1 year
Baking Powder	30 years	2 years
Beef Bouillon	5 years	2 years
Brown Sugar	10 years	1 year
Baked Potato Cheese Soup	8 years	1 year
Broccoli Cheese Soup	8 years	1 year
Creamy Chicken Noodle Soup	8 years	1 year

\* Best storage conditions are a cool dry environment under 70 degrees.

Try to avoid storing food in a garage or warm pantry.

\* Optimum shelf life is the shelf life with the best taste and nutritional value.

Life sustaining shelf lives can be much longer than the optimum shelf life.

\* This chart was modified from a list found [shelfreliance.com](http://shelfreliance.com)

# All About Barley

## What is barley?

Barley is a grain with short, stubby kernels and a hull that is difficult to remove. It is often used in soups or stews as a filler and to add some extra chewiness. It is a good source of fiber and niacin, and is also low in fat with no saturated fat or cholesterol.



## Types of barley

Similar to rice, there are two types of barley, a refined (white) variety and a “whole grain” variety. The most common is the white, highly processed “pearl” barley that has had most of its bran and germ removed along with its hull. It is the least nutritious form of barley. The second variety is called “pot” or “hulled” barley and it has been subjected to the same milling process as pearled, but with fewer trips through the polisher. Because of this, it retains more of the nutritious germ and bran.

## What type should we store?

Since pearl barley is so highly processed (similar to white rice) it has a much longer shelf life than pot barley. If you enjoy barley and plan to store a fair amount of it, then definitely store mostly pearl barley. However, if you are going to be using it a lot and rotating through it on a regular basis it would be beneficial to store at least some of it in the pot barley variety in order to have the benefit of additional nutrients.

## Where do we buy barley?

We occasionally find bags of pearl barley at the grocery store near the beans and rice. You can also purchase boxes of Quaker Quick Barley which is found in the same section and typically easier to find than the bags. If you can't find it at your grocery store, or you want to buy it in bulk, your best bet is to purchase online.



## How do we use barley?

There is a delicious and easy recipe found on the back of Quaker Quick Barley for a chicken barley stew. Barley is actually great thrown into almost any soup or stew to add a little bit of flavor, texture, and nutrients.



# All About Oats

## Types of Oats:

For long term food storage purposes you should consider storing one of three varieties of oats:

- **Steel Cut Oats** - This variety is often sold in bulk, in #10 cans, and in emergency preparedness stores. These are oat groats which have been cut into chunks with steel blades. They're not rolled and look like coarse bits of grain.
- **Rolled Oats** - This variety is your typical grocery store variety. Rolled Oats are made by steaming oat groats and then rolling them flat. They take longer to cook than quick cooking oats, but retain more flavor and nutrition.
- **Quick Cooking Rolled Oats** - Quick cooking rolled oats are not to be confused with "instant oatmeal" where you just add water and microwave. They are simply rolled oats that have been rolled a little bit flatter to reduce the cooking time.

## Health Benefits of Oats:

Oats are considered a "whole grain" because both rolled and cut oats retain their bran and their germ. Whole grains are recommended to be at least 50% of your daily grain intake due to their benefit to cardiovascular health, weight management, and other nutritional advantages.

## Uses of Oats:

Oats are not just for oatmeal! Oats can make DELICIOUS oatmeal cookies, homemade granola bars, topping for a fruit dessert, etc. It can also be used as filler for meat dishes (my meatloaf recipe calls for oats) and can even be sprouted if you have some unhulled (or whole) oats in your storage.

So pick up some oats from the grocery store, try using them in some new recipes, especially those that use all shelf-stable ingredients, and then start stocking up!

