

# In Support of Freedom

March 2022 – Volume 3, Issue 3

*Supporter Only Content*

## ***Back to Preps...***

In the January newsletter, I said I would take a deeper dive into my top five areas for preparations; Food, Shelter, Water, Mobility, and Defense. This month we will talk about Food. Granted you can survive longer without food than you can without water. In most places some form of water is available, but unless you find yourself in an area where you can, and you have the skills to return to the ancient ways of hunting and gathering, obtaining food may be your most difficult proposition. If you remember from the January article, people can live about 3 weeks without food, so you must be able have enough food for you and your family to get through short-term, long-term, and permanent events.

The most common method used to get through a short-term loss of food supply is to store non-perishable provisions. The types and amounts of non-perishable provisions needed depend on the number, sex, and age of individuals to be fed. Food requirements for a couple with a young infant or child will be different than those for a single adult. Those with infants, who are not breastfeeding, will need to stock up on baby formula. Those with babies eating solid food will either need baby food or be able to grind/mash food for consumption. Every mouth that needs feeding must be planned for, and the amount of food stored should be as much as possible. Stored food is only a buffer until the food supply returns or you can produce your own food. Obviously, the more food you have stored, the longer you can survive until the food supply returns or you can produce your own.

How much food should you store? The simple answer is all you can. Start with preparing for a short-term event, and continue to stock up for a long-term event. During a long term event, you must plan for long-term food shortages to become permanent. I define short-term as a few weeks, long-term as a few months to a year, and permanent as over a year.

How do I plan for a short-term event? Again, this will depend on the number, sex, and age of individuals to be fed. This will also depend on the weight and activity levels of the individuals. To calculate the caloric intake needed per day per person use a calorie calculator like this one at the [Mayo Clinic](#). If you plan for an "active" activity level you should be good. If you have to make your food stores stretch, or you're more active, you will simply lose weight. Many of us can spare a few pounds. You will also want to make sure that your calories come from an appropriate mix of proteins, carbohydrates, and fats. A good starting point is equal parts proteins, carbs, and fats.

What are my short-term food options? Since a short-term food supply interruption will last only a few weeks, you can simply buy extra non-perishable food from the grocery store. Buy a little

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extra each trip, and before you know it, you will have a pantry full of food that will feed you for several weeks. Dry goods, canned goods, and powdered milk/drinks are all good choices, but be sure to get proteins like meats and beans as well as rice, pastas, cereals, fruits, and vegetables to ensure a balanced diet. Canned stews, soups, and sauces, etc. add convenience and will keep well for long periods. Remember, as soon as you have short-term covered; you will need to address long-term food supply shortages.

What are my longer-term food options? Since a long-term food shortage will last a few months to a year, some short-term foods, especially dry goods, may not be of the best quality after a few months. They will probably still be edible, but may not taste very good. Canned goods, dehydrated, and freeze-dried foods last much longer. Dehydrated and freeze dried foods will need water to reconstitute, though many freeze dried foods can be eaten right out of the can like peas, fruits, etc. Long-term food shortages may turn into permanent food shortages, so you need to plan to have enough food stored to begin augmenting your supplies with food you can forage, hunt, fish, and/or grow.

During a permanent food shortage, you will eventually go through all your stored food, so you need to begin growing vegetables and raising chickens, rabbits, goats, etc. as soon as possible. Doing so will extend your stored food supplies and prepare you to be able to produce all your food or to barter food for other supplies. You will also need to know how to preserve food, i.e., canning, smoking, and dehydrating, so that food is available outside of growing seasons.

At any of these stages, you may be required to defend your food supplies from raiders. More on defending yourself and your food in a future newsletter. For now, suffice it to say, you should not widely advertise your food stores.

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