

Self Sufficiency in Modern Times

- Self Regulating
- Self Responsible

- Feed Self

- Clothing Self

- Shelter



Your quality of life depends on what you put into it

* Think Through various scenarios

- Be Prepared
- Be Alert, a heightened sense of detachment
- Make Conscious Moves, as in a game of chess

Do Not Assume that there will be physical help

Make it a Way of Life

Lighten the Footprint on the Earth

Live simply, live and work in community

Share the work and plenty

Be Ready to Move Quickly!

Have a Plan, Practice and Anticipate

WATER!!!

- 1 gl per person per day
- Cooking and wash water
- bathing and laundry
- Plants and Animals
- sewage, cleaning
- auto, internal external

** Caution! Plastic Water bottles in Hot and Cold release toxins into water!

Emergency 72hr kits -

Snacks – Healthy, nutritious ready to eat (RE) protein bars, trail mix, dried fruit, jerky

Change of clothing (hot/cool) Shoes, Jacket

1st Aide (small basic kit for individual packs, larger extensive kit for family and car kits)

Automobiles – Car Kits, keep tank more than ½ full, bulk water, blankets, tarps, and ponchos

Emergency – Fire, Flood, extreme Heat and Cold, Snow, Smoke and Fog, Car/Train Accidents, etc.

- Get to safety, Exit Routes,
- Destinations and Safe Zones
- Regional Evacuation
- Extended Evacuation

Priorities-

- Timing, Do Not Wait too late ...
- Lists of Valuables, portable Safe (Records, Documents, ID, Cash (small bills), prescriptions, Contact #'s
- Maps, Battery/Solar power devices, GPS, Emergency Information #'s, weblinks, radio bands, car chargers

Sheltering in Place

Where to Start; Individual Needs, Special Diets, Children and the Elderly

- Whole Nutrient Dense Foods
- Fortified and Enriched Foods
- Food Allergies: Gluten Free, Dairy Free, Sugar Free, Nut Allergies,
- Vitamins and Supplements
- Natural alternatives to PX and commercial products

Buy What you Eat; Make it Healthy, Appetizing, and Easy!

- Ready to Eat Foods
- Add Hot Water or Heated Foods
- Cooking from raw Ingredients

Growing and Preserving Your Own Foods

Purchasing healthy Commercial foods (Canned, packaged, frozen, dried bulk)

Purchasing Commercial Ready to Eat and Cooking Ingredients

Non-Food Supplies; paper goods, cleaning supplies, diapers,

Rotation is a MUST!

1-3 months

1 year supply

Seeds and Seed Banks

Gardening (Greenhouses, Raised Beds, Companion Planting, Forest Gardening, Window Boxes and Pots)

Composting and Mulching

Fermented Foods, Kefir grains

Wild Harvesting, and Foraging