



Best Survival Food Options

with Jeff Anderson for www.ModernCombatAndSurvival.com

You Need Food Stores

We've all seen the news stories of crises and disasters. No matter where you are, you must prepare to be self-reliant.

- Everybody has SOME food at home, even if they've done no conscious preparing.
- You need about three days' worth of food for short-term problems.
- Certain types of food stores can be taken with you when you bug out, but survival gardens and bulk stores cannot.
- Different types of survival foods have different advantages and disadvantages.
- You may have to bug out to escape a disaster, taking your food with you.
- You need a water filter, as you can't carry enough water with you (it's too heavy).

Three Factors To Consider

There are three things to consider when choosing survival foods:

- Convenience (should be easy and simple to prepare on the go)
- Calories (survival food must be calorie-dense)
- Carriable (survival food must be easy to carry on the go; size and weight matter)

Canned Goods

They're not light or compact, but they ARE mobile.

- You can take canned goods with you.
- Canned goods last a long time.
- **These are convenient to prepare.**
- **These are NOT necessarily calorie dense.**
- **These are NOT necessarily carriable.**

Meals Ready To Eat (MREs)

These are the long-term storage survival meals that soldiers have been eating for years.

- There are a variety of different meals.
- They are completely self-contained.
- They are lighter and more compact than canned goods.
- **These are convenient to prepare.**
- **These are calorie-dense.**
- **These are carriable.**

Ramen Noodles

Yes, these are the same noodles that college students live on, cheap.

- They're easy to make.
- They're extremely affordable.
- They can be crushed and carried in a large plastic bag to make them easier to carry.
- **These are NOT convenient to prepare.**
- **These are calorie-dense.**
- **These are carriable.**

Prepackaged Survival Foods

There are a variety of non-MRE survival foods, especially dehydrated foods, available on the market for prepping, survival, and even camping and hiking.

- Prices for these have come down a lot.
- They are often high in sodium content.
- **These are NOT convenient to prepare.**
- **These are calorie-dense.**
- **These are carriable.**

Prepare. Train. Survive.