



Urban Survival Food

with Jeff Anderson for www.ModernCombatAndSurvival.com

Finding Food In Urban Areas

Even if you don't live in an urban environment, you might have to traverse one (and find food in it) in the course of bugging out.

- Urban environments carry different dangers and also offer different opportunities.
- Your goal is to feed yourself and the members of your family or party.
- It's surprising how quickly a little hunger causes people to start to unravel.
- After Superstorm Sandy, people in New York City actually went dumpster diving.
- Food is readily available to us pretty much all the time. Picture what you'd do if that were taken away.

Gardening

Gardening is one way to supplement your food supply, but difficult to do in an urban area. Outdoor gardens are vulnerable to scavengers.

- Check outdoor gardens every day. Harvest anything you can eat, can, or freeze.
- Elaborate systems exist that allow you to grow food indoors, like hydroponics.
- Earth buckets are one of the simplest ways.
- Garages are good for hidden gardens.
- Small livestock like chickens aren't allowed in many urban areas, but if you can legally keep them, you should.

Finding Alternatives To Grocery Stores

In a collapse, grocery stores will be overrun by people looking to scavenge food.

- Lesser known ethnic food stores like Asian markets are one place there might still be food after a collapse. The average person

simply isn't looking for them and may not be aware of them.

- Ethnic food markets, especially Asian ones, tend to contain a lot of dried food like beans and fish.

Hidden Food

There isn't a lot of hidden food out there (it's not like finding water in a toilet tank). There are some food sources, though.

- Get to know the edible plants on your property. Herbs can be grown deliberately.
- You can plant things that don't look like a garden, like potatoes, berry bushes, nut trees, etc. These may go unnoticed.
- Look for trees in your area that have edible fruit/nuts.

Scavenged Food

There are multiple sources to find urban food:

- Churches and schools have food pantries.
- Any office with a cafeteria might have food.
- Hospitals may have food.
- Look for vending machines to break open.
- Dandelions are a plentiful urban edible. Acorns are another, and high in calories.

Urban Hunting

Certain prey animals are available in urban areas.

- Squirrels, pigeons, cats, dogs, rats rabbits are all options. Beware of toxins/vermin.
- #110 Conibear Traps are inexpensive and functional, while pellet guns are good for small game.

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