Lifehouse - Food resilience

Remember: resilience is not something one household can achieve alone, the longer an emergency lasts, the more we need each other. Having said that, sensible household preparedness increases your ability to be a capable part in a network of mutual relationships.

It might be a bit of a stretch for some of us to consider buying extra when struggling to afford the basics, but if possible build up your resources when you are able - slowly and over time.

Each household's needs are different, think "normal": Stock up on non-perishable foods you and your household already eat and like. Make an inventory of what you normally eat and build up reserves of those foods; rotate stocks with the "First In, First Out" approach. Eat your stored goods and replace them.

- find space for extra food storage (ideally dry and even temperature below 21 C)
- consider storing and regularly cooking with vegetables that store well in a house such as sweet potatoes, winter squash, cabbages, onions
- forage: Learn safe, local edible plants (avoid polluted areas)
- grow herbs and sprout seeds
- if you have access to growing space, cultivate some vegetables and fruit. Even pots on a balcony help.
- If you have access to land and can imagine producing some of your own food, this is a calculator that can give you an idea of your household's needs: www.foodwhentheshopsstop.com

Beyond the home
If you have the financial resource or you can organise with others, consider storing more food for extra mouths to feed. Here are some foods that can be stored for a very long long time in deep storage. These items can remain safe and edible for decades if stored cool, dry, dark and airtight (sealed or vacuum packed bags/ "mylar" bags):

- White rice 25+ years
- Dried beans and legumes 10 - 30+ years (texture declines)
- Wheat berries (whole wheat kernels) - 25+ years
- Honey - effectively indefinite
- Salt (table or sea) - indefinite if dry
- Sugar (white) - indefinite if kept dry; brown sugar hardens but is usable
- Pure white flour up to 10 -20 years
- Dried pasta (semolina) - 10 -30 years
- Dehydrated powdered milk (nonfat dry milk) - 10+ years
- Instant coffee (freeze dried) many years
- Freeze dried foods (commercially packaged, Mylar/canned) - 20–30+ years depending on packaging
- Hard alcohol spirits, sealed - effectively indefinite
- Vinegar (white distilled) - effectively indefinite
- Pure maple syrup (unopened) - very long if stored cool; refrigeration after opening

- Dried legumes/peas/lentils (see beans) - 10–30+ years

Finally, here is one inspiring example of a person's household preparedness including templates:

https://drive.google.com/drive/folders/1I_5B1Zh3_5q5XrM_VV86LoFj7OkGSfLW?usp=drive_link