

August 26, 2005

Flu Pandemic Preparation - Food

I am working under the assumption that I want to use minimal energy and minimal water to accomplish providing meals for myself and my daughter. I want to be able to provide food for 90 days for two people under a situation of periodically dicey to nonexistent electrical power and a potable water supply that exists no more than two out of every three days.

The following is a base food supply plan. More will need to be purchased to add variety to the diet, but this is a place to start. Get this done and you can relax a bit by choosing the "extras" that will make planning your food storage plans more fun.

I also want to make it clear that this base food supply plan is one idea out of many possible. This will work for myself and my daughter, but if you have ideas or plans that you think are equally viable for the average person, couple or family to emulate, please do share them here.

Finally, eat this stuff as part of your regular diet, before a pandemic starts. Circulate the food through so none of it goes to waste. If you are implementing something new into your diet in case of an emergency, you want to get comfortable with it's taste and texture now. And if it turns out we were all just worried over nothing, you'll have the pleasure of eating most of your "mistakes".

Thank you so much for the suggestion of tastybite.com. Those meals look yummy!

Another place you should look is <http://www.myownmeals.com/> , which makes similar very good already-cooked "pouch" meals. 1 1/2 minutes in the microwave or dropped into boiling water and they're good to go! I started buying them because about half of their line is gluten-free (the products that have rice, not the ones that have noodles, obviously), which is hard to find in a pre-packaged meal--although I see the tastybite.com meals are mostly gluten-free too, for which I am also thankful. The **MyOwnMeal's** have normal, natural ingredients--no weird additives or preservatives, just veggies and such--and supposedly should keep for a few years. And they're really pretty good. You can also get them here:

http://www.glutenfree.com/glu/showprod.cfm?&DID=7&CATID=1&ObjectGroup_ID=74

I don't have a stake in the company, or anything like that; I just wanted to pass on a good find. :-)

Posted by: [Asparagirl](#) on [August 27, 2005 02:43 AM](#)

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