



Lifeline *plan*

FOOD FALLBACK FRAMEWORK

We break long term food storage into the following main categories:



1 - Core Carbs



2 - Beans & Legumes



3 - Supporting Heroes



4 - Fruits & Veggies



5 - Meat, Eggs & Cheese



6 - Meals



7 - Sweet Treats

Let's take a deeper look at what each category includes and what the goal amount is.

#1 - Core Carbs



This group is one of the most important as it is the foundation of your food storage and provides the largest amount of calories. These foods are some of the most shelf stable and yet budget friendly and help provide the bulk of your core calories in an emergency.

Foods that fall into this group are:

- Grains (Wheat, pasta, rice, rolled oats, flour, millet, rye, barley, granola, etc)
- Some seeds when packaged for long term storage (Quinoa, amaranth, buckwheat, etc)



The target goal is to have approximately 8 cans (or 35 lbs) per person/month of Core Carbs.



Shelf Life when packaged and stored correctly:

- | | |
|--------------------------|-------------------------------|
| • Wheat - 30+ years | • Rye - 10 years |
| • Pasta - 20 years | • Pearled Barley - 8-10 years |
| • White Rice - 30 years | • Granola - 10 years |
| • Rolled Oats - 30 years | • Quinoa - 8 years |
| • White Flour - 5 years | • Amaranth - 20 years |
| • Millet - 20 years | • Buckwheat - 8 years |

#2 - Beans & Legumes



This group is one of the most budget friendly and shelf stable ways to store protein (which is vital to maintain your body's lean muscle mass). Our bodies require us to consume 9 specific essential amino acids (building blocks of protein). Whole grain carbs contain some of these amino acids and Beans/Legumes offer the missing ones. This means that when you eat Whole Grains with Beans (ex. Rice with Beans), you are then providing your body with the needed complete protein required to grow and repair cells and maintain your muscle mass.

Foods that fall into this group are:

- Dried beans, lentils, chickpeas and instant beans
- *** Instant beans have been pre-cooked and then are dried in a special process that keeps all the nutrients intact while significantly lowering your kitchen prep time and fuel requirements. Normal beans require soaking and then multiple hours of cooking whereas instant beans are ready in 10 - 15 minutes.



The target goal is to have approximately 1 can (or 5 lbs) per person/month of Beans &/or Legumes.



Shelf Life when packaged and stored correctly:

- Dried Beans - 10-15 years
- Lentils - 10-15 years
- Instant Beans - 30 years

#3 - Supporting Heroes



This group of food makes the first two food storage categories functional and edible. They add the needed fat, taste and function to turn that bucket of wheat into a delicious homemade loaf of bread, as an example.

Foods that fall into this group are:

- Sweeteners like sugar or honey
- Powdered milk
- Seasonings
- Oil
- Yeast



The target goal is to have the approximate following amounts per item for each person/month:

- Sugar - 1 can (or 5 lbs) or Honey ½ bucket (or 5 lbs)
- Powdered Milk - 1 can (or 1.3 lbs)
- Salt - ¼ bag of Real Salt (7 oz which is 1 tsp per day)
- Other Seasonings - amount by personal preference for taste
- Oil - 1 quart - (should be rotated annually to avoid it going rancid)
- Yeast - 1 lb - (should be rotated annually to avoid it going rancid)



Shelf Life when packaged and stored correctly:

- Sugar - 30+ years
- Honey - 30+ years
- Powdered Milk - 20 years
- Salt - 30+ years
- Seasonings - Dependent on which seasoning, from 1-30 years
- Oil - 1 year
- Yeast - 1 year

Now it is possible to live on only the first 3 Food Categories alone but most people would really struggle with a lack of taste, variety and missing nutrients and textures. We build the foundation of a Food Fallback Plan using these budget friendly options as the core calories and then suggest adding in the following Food Categories to round out taste, nutrients and variety.

#4 - Fruits & Veggies

This group of food adds a massive amount of taste, color and nutrition to any snack or meal. Freeze dried fruits and veggies are easy to use and can be eaten right out of the can or easily thrown into any recipe. They are an important resource to combat food fatigue.



Foods that fall into this group are:

- Freeze Dried Fruit (Strawberries, raspberries, blueberries, pineapple, banana, mango, peach, etc)
- Dehydrated Fruit (Apple chips, etc)
- Freeze Dried Veggies (Peas, onions, corn, green beans, broccoli, potatoes, squash, etc)
- Dehydrated Veggies (Carrots, mashed potato granules)



The target goal is to have approximately 2 cans of Fruit per person/month AND 2 cans of Veggies per person/month (more is an option if budget allows to increase variety).



Shelf Life when packaged and stored correctly:

- Freeze Dried Fruit - 25 years
- Dehydrated Fruit - 10 years
- Freeze Dried Veggies - 25 years
- Dehydrated Veggies - 10 years

#5 - Meat, Eggs & Cheese

This group of food adds a substantial amount of complete protein (all 9 essential amino acids in one food) and a significant amount of texture, flavour and satisfaction. Freeze dried meat and cheese are very easy to use and add in to any recipe and eggs are also a great source of protein that adds variety.



Foods that fall into this group are:

- Freeze Dried Meat (Diced Chicken, Ground Beef, Sausage, Grilled Chicken, Diced Roast Beef, Pulled Pork)
- Freeze Dried Cheese (Cheddar, Mozzarella, Pepper Jack, Colby)
- Eggs (Egg Crystals)



The target goal for meat can really vary person to person as some people rely more heavily on meat for their protein intake and others lean more into vegetarian sources. Our general rule of thumb is to provide for $\frac{1}{3}$ of a cup per person per day (ie. 1 Can of meat per month or $\frac{1}{3}$ of a variety bucket per person/month). The suggested target for cheese is $\frac{1}{2}$ can per month per person. The target for eggs is 1 can per person/month that can be used for either baking purposes or meals.



Shelf Life when packaged and stored correctly:

- Freeze Dried Meat - 25 years
- Freeze Dried Cheese - 25 years
- Egg Crystals - 7 years
- Wet-pack Meat - 1-2 years

#6 - Meals



This group takes the pressure off in an emergency situation. If you are already under pressure trying to solve significant problems in keeping your family safe, then trying to figure out how to combine individual ingredients into a palatable meal may be beyond your capacity to handle. Having some prepared, shelf stable meals to fall back on that are easy to put together can really save the day.

Foods that fall into this group are:

- Grab and Go Buckets: Most are vegetarian, high carb, low protein options that require a means of cooking.
- Freeze Dried Meals (can or pouch): Both vegetarian and meat meals are available. Just add water to the pouch or bowl and they are ready in 10 minutes.



There is no specified target on this one. Prepared meals often come with a price tag (lower if it is a vegetarian, dehydrated bucket and higher if it is a freeze dried meal that includes meat) and are more so targeted by your budget and desire for prepared options.



Shelf Life when packaged and stored correctly:

- Grab & Go Buckets - 20-25 years
- Freeze Dried Meals (can or pouch) - 10-30 years

#7 - Sweet Treats



This group is more of a support to mental and emotional resilience in an emergency. Having the option of a sweet treat in your storage can act as a form of comfort food to help you cope and support you through high stress situations. They can also be very valuable to celebrate significant milestones or special occasions.

Foods that fall into this group are:

- Freeze Dried Candy - (Skittles, gummy puffs, etc)
- Freeze Dried Desserts (pouch) - (Peach Cobbler, Brownie Bites, Strawberry Cheesecake Bites, Mountainberry Cobbler, Peanut Butter & Chocolate Chip Cookie Bites, etc)



There is no specified target on this one. Consider the people in your group and what forms and quantities you think would be ideal. Smaller children may really benefit from having access to something sweet in order to convey a sense of normalcy. If you have a sweet tooth, you may severely miss it if those options are no longer available.



Shelf Life when packaged and stored correctly:

- Freeze Dried Candy - Up to 5 years
- Freeze Dried Desserts (pouch) - 5-10 years
- Chocolate/Granola Bars - 1-2 years