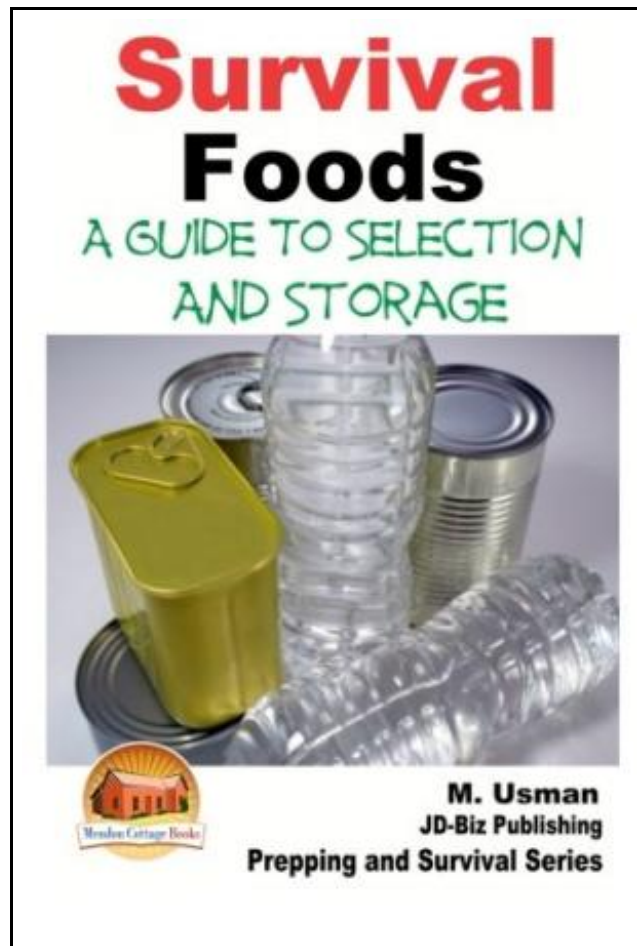


## Survival Foods - A Guide to Selection and Storage (Paperback)



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### ***Reviews***

*Completely one of the best ebook I actually have possibly study. It can be written in simple phrases and not confusing. You can expect to like the way the author writes this book.*

*(Josefa Ebert)*

## **SURVIVAL FOODS - A GUIDE TO SELECTION AND STORAGE (PAPERBACK)**



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Preface Chapter 1 -Introduction Chapter 2 - Survival Foods That You Need by Your Side MRE Rice Beans Cornmeal Lard Salt Sugar Pasta Peanut butter Chapter 3 - What not to store Tuna Flour Saltine and graham crackers Breakfast cereals Tomato items Home dehydrated foods Bottled salad dressings Chapter 4 - Storing your food Ground storage Root cellaring Chapter 5 - Methods of Food Preservation Dehydrating Canning Commercially canned food Frozen foods Chapter 6 - Survival in the Wilderness Universal edibility test Temperate zone plants Tropical zone food plants Desert zone food plants Seaweeds North African plantation Conifers Grasses Oaks Preparation of Plant Food Chapter 7 - Other sources of survival foods Insects Amphibians Fish Birds Small Mammals Reptiles Conclusion References Author Bio Publisher Preface Life as we know it is quite simple. We all have an organized structure in which we live in, and all our necessities are nearby. Humans require water and food, above all other commodities and necessities, to survive and in our natural habitat we do not worry about the provision of these items. A simple visit to the grocery store serves all our requirements. But, our job here is not to tell you the things you already know, but to prepare you for any hurdle that may come into this organized structure. Floods, earthquakes, or any other natural disaster may influence your life negatively and this book is all about helping you in picking the right food to survive in these circumstances. Panic is the first indication of losing it all. We want you to avoid that and the methodology is preplanning and awareness of disastrous situations. In this book,...



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