

Food

Chapter 9 of *Nuclear War Survival Skills* gives an excellent account of proper food supply and storage. For additional information we suggest that you write to the Emergency Technology Library of the Oak Ridge National Laboratory at Oak Ridge, Tennessee 37831, attn. Dr. Conrad Chester. Ask for a copy of ORNL report number 5352 by Franz and Kearny. This is reference number 104 in the bibliography of *Fighting Chance*.

In the event of war, our need for proper protective shelter will be immediate. Some of us will need shelter within the first few minutes and most will need shelter within hours.

We can live only a few minutes without air and only a couple of days without water. Without food most people can live for about 30 days.

America currently has about a one year supply of stored food for all of her people. Unfortunately, this food is not stored within the reach of most Americans if they are deprived of normal means of transportation. Wheat in the grain elevators of Kansas will not help the people of New Jersey without trucks and trains to deliver it. It will also be unavailable for use if the grain elevators are destroyed by nuclear explosions.

Each American must have a one-year supply of food so that each can remain well fed until normal production and transportation can be effectively restored. For this reason, we devoted one-third of the \$300 per person budget in *Fighting Chance* to food storage near the shelters.

Food for a national shelter program would be much less expensive than it is on a family by family basis. Vegetable oil in 60,000 pound lots currently sells for 17¢ per pound, while in individual consumer quantities it is 36¢ to 57¢ per pound. Wheat is 6¢ per pound in 125 ton lots, but is 10¢ to 40¢ in small quantities.

Never-the-less, individual Americans can easily supply their families and neighbors with stored food including good storage containers for less than \$300 per person per year.

The best way to accomplish this is to assemble wheat, beans, vegetable oil, salt, and vitamins from the least expensive local or mail order sources.