

## FOOD FOR KIDS

When we recommended the storage of a food supply for adults at a cost of about \$100 per person year — now somewhat higher as a result of rising grain and bean prices, we said that we would add a supplemental suggestion for children later.

The primary ration, especially with sprouting or vitamin C supplementation as we have suggested, is sufficient for emergency nutrition for children. Of course, a wholesome diet with balanced high protein and lots of fresh vegetables is much better, but as a survival ration the wheat, corn, beans, soy oil, salt, and sprouts will suffice.

The problem comes in compliance. Small children will just refuse to eat foods which they do not like. Ingenuity and perseverance can overcome this problem in a crisis, but your time and energy may also be needed to overcome many other post-attack problems. Vitamin C can be obtained by sprouting, but sprouting may not be high on your list of priorities in a world which has suddenly become life-threatening in many ways. Child nutrition is a similar problem.

For this reason it is sensible to provide additional stored foods for children. The principle item here should be nonfat dry milk.

If you have purchased nonfat dry milk in boxes or bags and kept it for long, you know that it is easily spoiled. If you open a container, it is wise to finish it fairly quickly. Furthermore, even with a fresh batch, nonfat dry milk is notorious for having a taste that is not desirable. Also, some varieties do not dissolve completely, which contributes an additional taste problem. Where compliance of children is a primary factor, you want milk that tastes like milk.

For long term storage, milk is a product that definitely needs to be specially packed in completely sealed containers. Relatively small sealed cans are best. There are several suitable products on the market. Buy the least expensive you can find, so that you can afford a larger supply. With milk, always buy a small amount first and sample it. Keep testing your supply from time to time. If it starts to lose quality, consume it promptly, while you shop for a better product.

The best nonfat dry milk which we have purchased is produced by Maple Island, Inc. in Stillwater, Minnesota. It is available in sealed number 10 cans for long term storage. This product keeps well. Some has been stored for sixteen years without noticeable deteriora-