

## FOOD STORAGE

We have previously recommended a food storage ration of 300 pounds of wheat, 100 pounds of corn, 75 pounds of pinto beans, 75 pounds of soy beans, 5 gallons of soybean oil, and 10 pounds of salt for one adult for one year. For infants, we suggested that canned dried milk such as that produced by Maple Island also be stored. To avoid the need to sprout grain during a crisis, we suggested that vitamin C (only in the form of crystalline ascorbic acid) which is available from Bronson Pharmaceutical at a very low price also be stored.

Since we made this recommendation, the price of pinto beans has increased and, in our opinion, the need for stored food reserves has become more urgent. Moreover, it is essential that the resources of knowledgeable people be used to store as much food as possible, because they must also provide for their many fellow Americans who are not knowledgeable enough to act.

Therefore, we now recommend an even less expensive ration. This ration consists of 240 pounds of wheat, 240 pounds of corn, 120 pounds of soybeans, and 10 pounds of salt for one adult for one year.

This ration provides 120 grams of protein with a good amino acid balance, 45 grams of fat, and 2,700 calories of energy per day. The carefully considered recommendations of Kearny and Franz, which are tabulated in Nuclear War Survival Skills, call for 55 grams of protein, 30 grams of fat, and 2,600 calories of energy per day.

Since this is recommended as a minimum cost ration, it assumes that part of the grains would be sprouted before eating if the diet were utilized as a sole food source for many months. Without sprouting, it would be deficient in several vitamins.

For quantities of 800 30-day-ration lots (one truckload quantities), Preparedness Products (telephone (801) 261-8823) recently quoted a price of \$9.89 (33 cents per day) for food shipped in vacuum-packed metalized bags or \$6.54 (22 cents per day) for food shipped in paper sacks plus freight. Per 30-day ration one should allow about \$1 to the Northwest, \$2 to the Southwest, and \$3 to the Northeast and Southeast.

Therefore, the delivered price for a one-year supply for one adult, exclusive of long-term storage containers and including shipment half-way across the United States in truckload quantities, is \$106. Without the freight, this ration costs \$82 per person-year. Freight costs for small amounts are, in some cases, as much as 50% of the cost of the food itself.

This price is for the highest quality of hard red wheat, corn, and beans. Soft wheat or grains and beans purchased directly from farm sources are considerably less. If you are filling underground steel tanks with grain (as are some **Fighting Chance** supporters), talk to your local grain elevator about bulk loads of grain and beans at farm prices.

Including the salt, wheat, corn, and soybeans, the current agricultural price of this very nutritious ration delivered at central grain elevators in the United States is: