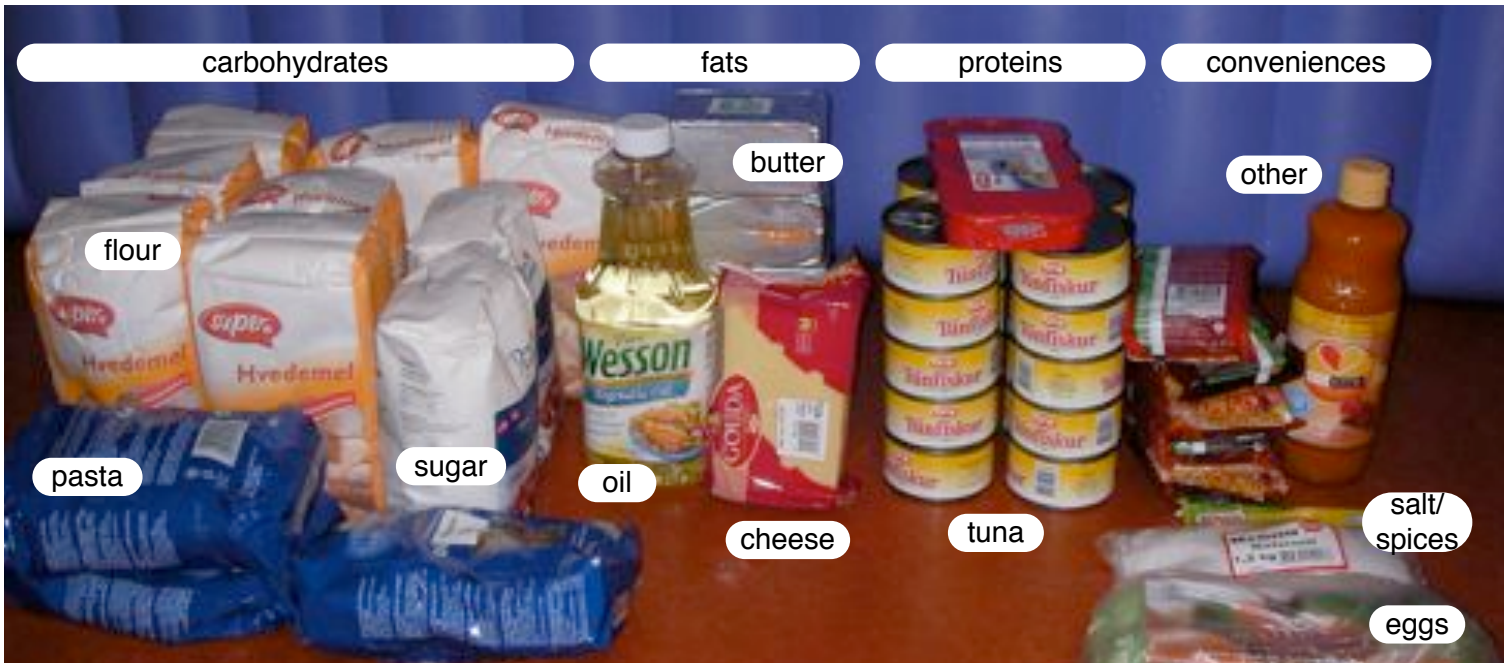


A Food Security Shopping Primer - food supply for short trouble - hexayurt@gmail.com

I spent \$100 (ISK 10,000) to buy a two month basic food supply. Today, in Iceland, the Krona stopped trading on the international markets. People are talking about an Argentinean-style financial collapse. I do not think that Iceland will experience food security issues, but it would be deeply ironic for a disaster preparedness advocate to be caught hungry in a financial collapse. So I went shopping. I thought I would take the opportunity to prepare a one page guide to emergency food shopping - what to buy when you want to have some buffer in a disaster.

This diet would be a lot of flatbread (chapatis - I am Indian) and a can of tuna every two days once the cheese had run out. Most of the calories are from carbohydrates and oils. At 2200 calories it is not a hunger diet, being both protein and calorie sufficient for an adult male. Iceland does not furnish cheap lentils, and I could not find powdered milk, but adding those items increases protein supply substantially, as well as allowing for tea. It does assume both refrigeration (it is winter) and energy to cook with, and you might want to add yeast to make western bread.



This is far from a perfect emergency food purchase. It lacks variety, and bags of flour do not store perfectly. However, in general, the lesson is simple: buy carbs, fats and protein in about these ratios to survive. Do not bother counting conveniences. The cost is sufficiently low at the moment that a relatively lavish basic diet for 90 days could be had easily for \$500 per person. Scenarios in which this might be useful include financial collapse, pandemic flu and other unknowns. You can learn more online - look for "Mormon food storage" for example. I hope you found this interesting and useful.

Vinay Gupta

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Food Security Run in Iceland				Nutritional information				Total basic nutrition purchased			
Food Purchased		Grams	Grams	Per 100 grams	Grams per 100	Grams		Totals	Total Grams		
Item	Count	Size	Total	Calories	Fat	Protein	Carbs	Calories	Fat	Protein	Carbs
Flour	7	2000	14000	330	1	10	70	46200	140	1400	9800
Sugar	2	2000	4000	400	0	0	100	16000	0	0	400
Pasta	3	500	1500	338	2.8	15	63	5070	42	225	213
Butter	4	500	2000	738	81	0	0	14760	1620	0	0
Cheese	1	900	900	343	27	26	0	3087	243	234	0
Oil	1	1500	1500	900	100	0	0	13500	1500	0	0
Tuna	21	185	3885	760	30	23	0	29526	1166	894	0
							Totals	128143	4711	2753	10413
							RDA	2200		50	
							DAYS	58		55	

Nearly Sixty Days for \$100!!!

