



FOOD

Grow • Catch • Cook • Eat



WATER

Find • Treat • Store



FUEL

Heat • Cook • Conserve



STORAGE

Preserve • Protect • Plan



WILD FOOD

Identify • Forage • Use Safely



PORTABLE RATIONS

Light • Nutritious • Reliable

KNOWLEDGE TODAY. MORE OPTIONS TOMORROW.

PRACTICAL SKILLS
REAL SOLUTIONS
STRONGER COMMUNITIES



WHAT THIS HANDBOOK HELPS YOU DO

Practical guidance to help you:



Decide what food to eat now, preserve, keep for later, or discard.



Learn safe water treatment, fuel options and low-resource cooking.



Understand practical food storage and preservation methods.



Identify reliable fish, shellfish, rural foods, wild plants and understand the risks.



Plan 24-hour, 72-hour and 7-day portable rations.



Maintain better nutrition during long-term disruption.



WHAT'S INSIDE

A complete set of practical cards covering:



Fridge and freezer food rescue after power loss.



Water treatment, fuel selection and efficient cooking.



Storage and preservation of grains, beans, vegetables, meat and fish.



Fishing, shellfish, rural food sources, wild plants, wild fruits and hazardous fungi.



Portable ration design and food for movement and evacuation.



Balanced nutrition for long-term disruption.



CORE RULES

- ✓ Safety first — don't risk your health.
- ✓ If unsure, do not eat.
- ✓ Use simple methods ordinary people can follow.
- ✓ Water and fuel matter as much as food.
- ✓ Fast judgment saves more food.



WHO IT IS FOR



Useful for:

Households and families



Urban and rural residents



People preparing for power cuts, supply disruption or network outages



Those facing disasters or evacuation



IMPORTANT NOTE

This handbook is part of emergency preparedness, disaster response, and wartime civilian survival.

It focuses on food, water, fuel, obtaining resources, storage and basic nutrition.

It does not replace medical advice, emergency services or official instructions.



Good survival decisions start with clear information, fast action, and simple methods.

PREPARE TODAY. A SAFER TOMORROW.



**BE PREPARED.
STAY SAFE.
LOOK AFTER
EACH OTHER.**

STAPLE GRAINS

Build your base first. Cheap, familiar staples carry calories through disruption.



COOL • DARK • DRY



BEST BASE FOODS

- ▶ White rice
- ▶ Oats
- ▶ Flour
- ▶ Pasta



STORAGE RULES

- ▶ Seal it
- ▶ Label it
- ▶ Keep it dry
- ▶ Protect from pests



WATCH THIS

- ▶ Brown rice stores shorter
- ▶ Heat and light reduce shelf life



Stored food lasts longer when it is sealed, dry, cool, and protected from pests.



DO THIS

- ▶ Use sealed food-safe containers.
- ▶ Store off the floor.
- ▶ Keep in a cool, dark place.
- ▶ Check for moisture and insects.



AVOID THIS

- ▶ Leaving grains in paper bags.
- ▶ Hot sheds or direct sun.
- ▶ Damp storage.
- ▶ Ignoring pests or bad smells.



BE PREPARED.
STAY SAFE.

A strong pantry starts with simple staples.

BEANS, LENTILS & CHICKPEAS

Compact protein and fibre. Great stores, but water and fuel still matter.



**SOAK TO
SAVE FUEL**



WHY STORE THEM

- ▶ Protein
- ▶ Fibre
- ▶ Shelf-stable



GOOD CHOICES

- ▶ Lentils cook fastest
- ▶ Chickpeas store well
- ▶ Dry beans need more time



WATCH THIS

- ▶ Old beans cook slower
- ▶ Keep them dry
- ▶ Undercooked beans are a bad idea



 **Dry legumes store well. Lentils save fuel. Older beans need more cooking time.**



DO THIS

- ▶ Seal and label containers.
- ▶ Store dry and pest-safe.
- ▶ Soak beans and chickpeas.
- ▶ Use lentils when fuel is short.



AVOID THIS

- ▶ Damp storage.
- ▶ Assuming all legumes cook fast.
- ▶ Leaving bags open.
- ▶ Eating undercooked beans.



**BE PREPARED.
STAY SAFE.**

Store them dry. Plan for water and cooking time.

SALT

A small item with big value for cooking, preserving, and basic household use.



KEEP IT DRY



BEST EVERYDAY CHOICE

- ▶ Iodised table salt
- ▶ Keep sealed backup



GOOD NEWS

- ▶ Clumping is not the same as spoilage
- ▶ If clean and dry, it is usually still usable



USES

- ▶ Cooking
- ▶ Preserving
- ▶ Household staple



Salt stores for a very long time when moisture stays out.



DO THIS

- ▶ Use waterproof containers.
- ▶ Keep a daily jar and backup stock.
- ▶ Store off damp floors.
- ▶ Use dry, clean scoops.



AVOID THIS

- ▶ Wet hands in the container.
- ▶ Open bags in damp air.
- ▶ Storage near leaks.
- ▶ Dirty scoops or contamination.



BE PREPARED.
STAY SAFE.

Dry salt keeps. Moisture ruins storage, not the salt itself.



SUGAR, HONEY & SWEETENERS

Useful for calories, morale, preserving, and quick kitchen energy.



DRY SUGAR • SEALED HONEY



SUGAR

- Keep it dry
- Seal against ants and moisture



HONEY

- Crystallising is normal
- Warm gently to loosen



WATCH THIS

- Leaks make a mess
- Mould or fermentation are bad signs



Sweet stores last longest when moisture, heat, and pests stay out.



DO THIS

- Seal sugar and honey tightly.
- Keep containers clean.
- Protect from pests.
- Rotate opened sweeteners.



AVOID THIS

- Moisture in sugar.
- Sticky leaks on shelves.
- Storage near heat.
- Ignoring mould or odd smells.



BE PREPARED.
STAY SAFE.

Crystallised honey is usually fine. Wet sugar and leaking sweeteners are not.

COOKING OIL & FATS

 **HEAT + LIGHT + AIR = RANCIDITY**

High energy and useful in the kitchen, but heat, light, and air shorten storage life.



BEST EVERYDAY STORES

- ▶ Vegetable oil
- ▶ Olive oil
- ▶ Ghee / shortening
- ▶ Rotate opened bottles



WATCH THIS

- ▶ Rancid smell = discard
- ▶ Leaks ruin storage
- ▶ Heat shortens shelf life



USES

- ▶ Cooking
- ▶ Calories
- ▶ Frying / baking
- ▶ Helpful for morale and energy



 **Fats give energy, but they do not store forever. Keep them cool, dark, sealed, and rotate them.**



DO THIS

- ▶ Store in a cool, dark place.
- ▶ Keep lids tight.
- ▶ Use oldest first.
- ▶ Check for odd smell or sticky leaks.



AVOID THIS

- ▶ Sunlight and hot sheds.
- ▶ Ignoring rancid smell.
- ▶ Keeping damaged or leaking bottles.
- ▶ Stocking more than you can rotate.



Oils and fats are valuable.
Protect them from heat, light, and air.



**BE PREPARED.
STAY SAFE.**

POWDERED MILK & UHT MILK

Useful for children, tea, cooking, and emergencies. Keep it sealed and dry.



SEAL IT • KEEP IT DRY



WHY STORE IT

- ▶ Tea and coffee
- ▶ Children and cooking
- ▶ Shelf-stable backup
- ▶ Easy pantry staple



GOOD TO KNOW

- ▶ Keep powder dry
- ▶ Opened packs need sealing
- ▶ UHT cartons are good unopened



WATCH THIS

- ▶ Moisture ruins powder
- ▶ Swollen or leaking cartons = discard
- ▶ Bad smell or mould = discard



Powdered milk stores well when sealed and dry. UHT milk is useful when refrigeration fails.



DO THIS

- ▶ Keep unopened backup.
- ▶ Seal opened powder tightly.
- ▶ Store away from heat.
- ▶ Rotate older stock first.



AVOID THIS

- ▶ Wet scoops or damp air.
- ▶ Leaking cartons.
- ▶ Leaving powder open.
- ▶ Ignoring bad smells.



Dry milk and shelf-stable cartons can bridge a disruption when the fridge cannot.



BE PREPARED.
STAY SAFE.

COMMERCIAL CANNED FOOD

A strong low-fuel backup. Safe cans matter more than fancy choices.



**SWOLLEN / LEAKING
CAN = DISCARD**



GOOD PANTRY PICKS

- ▶ Beans
- ▶ Fish
- ▶ Meat
- ▶ Soup / vegetables



CHECK THE CAN

- ▶ No swelling
- ▶ No leaks
- ▶ No deep rust
- ▶ No severe dents



WATCH THIS

- ▶ Swollen cans
- ▶ Leaking seams
- ▶ Bulging lids
- ▶ Spray or bad smell when opened



Commercial cans are useful because they are ready to eat or easy to heat when fuel is limited.



DO THIS

- ▶ Store cool and dry.
- ▶ Use older cans first.
- ▶ Check for damage before opening.
- ▶ Keep a mix of proteins and vegetables.



AVOID THIS

- ▶ Swollen or leaking cans.
- ▶ Ignoring heavy rust.
- ▶ Depending on one food only.
- ▶ Keeping damaged cans just because food is scarce.



**BE PREPARED.
STAY SAFE.**

A good can saves fuel. A bad can is not worth the risk.

DEHYDRATED FOODS



DRY • SEALED • LOW BULK

Light, compact, and useful for backup meals. Keep them sealed against air and moisture.

COMMON TYPES



- ▶ Instant noodles
- ▶ Dried fruit
- ▶ Soup mixes
- ▶ Dried vegetables



WHY IT HELPS

- ▶ Light to carry
- ▶ Compact storage
- ▶ Quick meals
- ▶ Useful backup variety



WATCH THIS

- ▶ Moisture ruins it
- ▶ Torn packets attract pests
- ▶ Rancid smells = discard



Dehydrated foods save space, but they need water and good sealing.



DO THIS

- ▶ Keep packets sealed.
- ▶ Store in a dry place.
- ▶ Protect from pests.
- ▶ Mix them with staples for variety.



AVOID THIS

- ▶ Wet storage.
- ▶ Open packets left loose.
- ▶ Ignoring insects or mould.
- ▶ Depending on them without water.



BE PREPARED.
STAY SAFE.

Dry foods save space, but moisture can ruin them fast.

NUTS & SEEDS

Dense food and useful snacks, but heat and air make them go rancid faster.



HIGH FAT • STORE COOLER



GOOD STORES

- ▶ Peanuts
- ▶ Almonds
- ▶ Walnuts
- ▶ Sunflower seeds
- ▶ Pumpkin seeds



WATCH THIS

- ▶ Heat shortens storage
- ▶ Small packs are better
- ▶ Rancid or bitter = discard



Seal them dry. Protect them from heat, light, air, and moisture.



DO THIS

- ▶ Use sealed containers.
- ▶ Store cool, dark, and dry.
- ▶ Rotate high-fat foods.
- ▶ Check smell and taste.



AVOID THIS

- ▶ Hot sheds or sun.
- ▶ Large open bags.
- ▶ Damp storage.
- ▶ Ignoring rancid smell.



**BE PREPARED.
STAY SAFE.**

High-energy foods need cooler, tighter storage.

SEASONINGS, BROTH & ELECTROLYTES



SMALL SPACE • BIG IMPACT

Small items can improve taste, morale, and recovery when meals become repetitive.



WHY STORE THEM

- ▶ Improve plain foods
- ▶ Boost morale
- ▶ Easy to carry
- ▶ Useful when sweating or sick



WATCH THIS

- ▶ Keep powders dry
- ▶ Use ORS as directed
- ▶ Do not treat spices as medicine



GOOD PICKS

- ▶ Stock cubes
- ▶ Soup powder
- ▶ Spices
- ▶ Electrolyte sachets



A little salt, flavour, and electrolyte support can make simple food easier to eat.



DO THIS

- ▶ Keep packets sealed.
- ▶ Use small dry containers.
- ▶ Label and rotate.
- ▶ Keep a few comfort flavours.



AVOID THIS

- ▶ Damp packets.
- ▶ Expired open sachets.
- ▶ Relying on flavour alone.
- ▶ Guessing medical doses.



Small supplies can make hard meals easier to keep eating.



**BE PREPARED.
STAY SAFE.**

SPECIAL DIET STORAGE



PLAN FOR SPECIAL NEEDS

The hardest foods to replace in a crisis are the ones a family member specifically depends on.



DO NOT FORGET

- ▶ Infant formula
- ▶ Allergy-safe foods
- ▶ Gluten-free staples
- ▶ Soft or easy foods



WATCH THIS

- ▶ Do not assume substitutes
- ▶ Store what your family actually uses
- ▶ Rotate before expiry



SEPARATE & LABEL

- ▶ Keep safe foods separate
- ▶ Write dates clearly
- ▶ Plan enough water too



If someone depends on a special food, store it before disruption starts.



DO THIS

- ▶ List special needs early.
- ▶ Store familiar products.
- ▶ Label clearly.
- ▶ Check dates often.



AVOID THIS

- ▶ Assuming shops will have it.
- ▶ Mixing allergy foods with others.
- ▶ Buying food nobody uses.
- ▶ Waiting until the emergency.



Ordinary stock is not enough if one person needs something specific.



BE PREPARED.
STAY SAFE.

PET & WORKING ANIMAL FOOD



COUNT WATER TOO

Animals need their own food, water, and storage plan. Do not assume your food fits them.



STORE FOR THEM

- ▶ Dry food
- ▶ Canned food
- ▶ Water
- ▶ Bowls and feeding tools



WATCH THIS

- ▶ Keep pet food dry
- ▶ Rotate opened bags
- ▶ Many human foods are unsafe for pets



CHOCOLATE IS TOXIC TO DOGS



SEPARATE STORAGE

- ▶ Keep pet food apart
- ▶ Label feeding amounts
- ▶ Plan extra water



Animals are part of the survival plan — food and water must be counted.



DO THIS

- ▶ Store what the animal already eats.
- ▶ Seal dry food.
- ▶ Keep bowls ready.
- ▶ Plan transport and water.



AVOID THIS

- ▶ Leaving food in torn bags.
- ▶ Feeding random scraps.
- ▶ Forgetting water.
- ▶ Mixing human and pet food.



BE PREPARED.
STAY SAFE.

If the animal depends on you, prepare for it too.

THE FIRST HOUR OF A POWER CUT

Your first job is to protect the cold that is still inside the fridge and freezer.



KEEP THE DOORS CLOSED



DO THIS FIRST

- ▶ Note the outage time
- ▶ Keep doors shut
- ▶ Prepare ice or a cooler
- ▶ Use a fridge thermometer if you have one



QUICK GUIDE

- ▶ Fridge: about 4 hours shut
- ▶ Full freezer: about 48 hours
- ▶ Half-full freezer: about 24 hours



4
HOURS



48
HOURS
(full)



24
HOURS
(half-full)



AVOID THIS

- ▶ Repeated checking
- ▶ Standing with the door open
- ▶ Moving warm food back in



Cold lost now cannot be recovered later. ⚡



- ▶ Shut doors.
- ▶ Group cold food together.
- ▶ Prepare backup cooling.
- ▶ Keep notes.



- ▶ Do not browse the fridge.
- ▶ Do not guess the outage time.
- ▶ Do not waste the cold air.



The first hour is about saving cold, not deciding dinner.



BE PREPARED.
STAY SAFE.

RESCUING REFRIGERATED FOOD

Use the most perishable chilled foods first. Lower-risk items can wait longer.



HIGH-RISK FIRST



USE FIRST

- ▶ Raw meat and seafood
- ▶ Milk
- ▶ Leftovers
- ▶ Cooked rice or pasta



LOWER RISK

- ▶ Whole fruit and veg
- ▶ Hard cheese
- ▶ Butter
- ▶ Some condiments



WATCH THIS

- ▶ Do not rely only on smell
- ▶ Soft foods spoil sooner
- ▶ When in doubt, discard



Perishable chilled food moves first. Stable foods can wait.



DO THIS

- ▶ Sort by risk.
- ▶ Cook high-risk food early.
- ▶ Keep lower-risk items cool.
- ▶ Throw out doubtful soft foods.



AVOID THIS

- ▶ Do not keep risky leftovers too long.
- ▶ Do not trust smell alone.
- ▶ Do not mix spoiled food back in.



BE PREPARED.
STAY SAFE.

Save the risky chilled food first, before it becomes a bigger problem.

FREEZER RESCUE & REFREEZING



ICE CRYSTALS = BETTER CHANCE

Food that stayed safely cold may be refrozen. Warm food or spoiled food should not be saved.



MAY REFREEZE

- ▶ Still has ice crystals
- ▶ Still feels very cold
- ▶ Stayed about fridge-cold or below
- ▶ Quality may drop

ICE CRYSTALS
= OK TO REFREEZE



STILL COLD
WITH ICE CRYSTALS

STILL PARTLY
FROZEN

WARM AND SOFT
= DISCARD



DISCARD

- ▶ Warm too long
- ▶ Unsafe thawing
- ▶ Bad smell
- ▶ Sticky or odd colour



BETTER OPTION

- ▶ Cook safely cold food first
- ▶ Then refreeze the cooked food if needed



Cold and partly frozen is different from warm and spoiled.



DO THIS

- ▶ Check ice crystals.
- ▶ Keep safe-cold food together.
- ▶ Cook safe-thawed meat promptly.
- ▶ Refreeze if still safely cold.



AVOID THIS

- ▶ Do not refreeze warm food.
- ▶ Do not ignore spoilage signs.
- ▶ Do not rely on hope alone.



BE PREPARED.
STAY SAFE.

If it stayed cold, you may save it. If it warmed up, do not gamble.

EAT NOW • PRESERVE NOW • KEEP LATER



USE THE MOST PERISHABLE FIRST

When the power is out, sort food by urgency instead of treating everything the same.



EAT NOW

- ▶ Perishable chilled food
- ▶ Thawing items
- ▶ Leftovers
- ▶ Open dairy



PRESERVE NOW

- ▶ Cook it
- ▶ Move to ice
- ▶ Dry or salt if suitable
- ▶ Share fast if needed



KEEP LATER

- ▶ Dry staples
- ▶ Sealed cans
- ▶ Unopened shelf-stable food
- ▶ Emergency rations



Sort by urgency: most perishable first, most stable last.



DO THIS

- ▶ Make a quick plan.
- ▶ Use perishables first.
- ▶ Move stable food aside.
- ▶ Label what must go today.



AVOID THIS

- ▶ Do not waste fuel on low-priority food.
- ▶ Do not open everything at once.
- ▶ Do not leave the plan vague.



BE PREPARED.
STAY SAFE.

Perishable first. Stable later. Sorting saves food and fuel.

FOOD SAFETY TRIAGE

 **SORT • CHECK • DISCARD**

When mixed food supplies get messy, separate by risk before you decide what to keep, use, or throw out.



SORT INTO

- ▶ Use soon
- ▶ Check carefully
- ▶ Discard unsafe food



*Mixed supplies?
Sort them first.*



CHECK THESE

- ▶ Bad smell
- ▶ Slime or odd texture
- ▶ Mould
- ▶ Swollen or damaged cans
- ▶ Broken seals



LOWER RISK

- ▶ Sealed dry foods
- ▶ Undamaged cans
- ▶ Whole produce
- ▶ Unopened shelf-stable food



 **Do not treat every food the same. Risk is different.**



DO THIS

- ▶ Separate by food type.
- ▶ Use risky soft foods first.
- ▶ Keep stable foods apart.
- ▶ Throw out clearly unsafe food.



AVOID THIS

- ▶ Do not mix bad food back in.
- ▶ Do not trust one quick sniff alone.
- ▶ Do not waste fuel on low-priority food.



**BE PREPARED.
STAY SAFE.**

A simple triage system prevents waste and prevents bigger mistakes.

FAILED FOOD: NON-FOOD DISPOSAL

Unsafe food is no longer food. Remove it without spreading pests, leaks, or contamination.



SEAL • SEPARATE • CLEAN



DO NOT FEED

- ▶ People
- ▶ Children
- ▶ Pets
- ▶ Anyone unsure it is safe



UNSAFE
FOOD CAN
MAKE PEOPLE
AND PETS SICK.



LIMITED NON-FOOD USE

- ▶ Only plain plant scraps may be composted
- ▶ Do not compost oily, meaty, or badly spoiled food
- ▶ If unsure, discard securely



✓ PLAIN PLANT
SCRAPS ONLY



✗ NO MEAT,
OIL, OR DAIRY



WATCH THIS

- ▶ Leaks and drips
- ▶ Pests and flies
- ▶ Bad odour
- ▶ Cross-contact with good food



Spoiled food should leave the food area quickly. ⚡



DO THIS

- ▶ Bag it securely.
- ▶ Keep it away from good food.
- ▶ Clean the area after handling.
- ▶ Wash hands and tools.



AVOID THIS

- ▶ Do not leave spoiled food open.
- ▶ Do not feed unsafe scraps.
- ▶ Do not store bad food near clean supplies.



BE PREPARED.
STAY SAFE.

Once food fails, safe disposal matters more than saving it.

THAWING MEAT EMERGENCY



ACT FAST • MEAT SPOILS FAST

When a lot of meat is thawing, sort it quickly into cook now, preserve now, or discard.



MOVE FIRST

- ▶ Mince and sausages
- ▶ Poultry
- ▶ Organ meats
- ▶ Soft or leaking packs



PRESERVE OPTIONS

- ▶ Cook immediately
- ▶ Salt if practical
- ▶ Dry or smoke if conditions allow
- ▶ Share or trade fast



WATCH THIS

- ▶ Warm and soft
- ▶ Bad smell
- ▶ Slimy surface
- ▶ Dirty meltwater



The more perishable the meat, the faster you must act.



DO THIS

- ▶ Keep the cleanest meat separate.
- ▶ Use high-risk meat first.
- ▶ Cook thoroughly.
- ▶ Discard doubtful meat.



AVOID THIS

- ▶ Do not refreeze warm meat.
- ▶ Do not leave thawed meat sitting.
- ▶ Do not mix clean and dirty packs.



Fast sorting and fast action save the meat that can still be saved.



BE PREPARED.
STAY SAFE.

THAWING FISH EMERGENCY

FISH FIRST • MOVE EVEN FASTER

Fish and seafood spoil very quickly. Clean, cook, preserve, or discard without delay.

ACT FIRST

- ▶ Soft fish
- ▶ Strong smell
- ▶ Opened or leaking packs
- ▶ Fish in dirty meltwater



CLEAN NOW



COOK TODAY



SALT / DRY / SMOKE



**DISCARD IF
SOFT OR SMELLY**



GOOD MOVES

- ▶ Gut and clean quickly
- ▶ Cook the best fish first
- ▶ Salt or dry thin pieces
- ▶ Share fast if too much



WATCH THIS

- ▶ Warm flesh
- ▶ Mushy texture
- ▶ Sour odour
- ▶ Flies and dirt



Fish gives you less time than meat.



DO THIS

- ▶ Clean early.
- ▶ Keep good fish separate.
- ▶ Cook or preserve quickly.
- ▶ Discard doubtful fish.



AVOID THIS

- ▶ Do not leave fish in the sun.
- ▶ Do not trust bad-smelling fish.
- ▶ Do not save mushy fish.



With fish, delay is often the difference between saving it and losing it.



**BE PREPARED.
STAY SAFE.**

CHOOSE RAW WATER SOURCES



CLEARER • HIGHER • MOVING

Pick the best source you can find before you settle, filter, boil, or disinfect.



BETTER SOURCES

- ▶ Clean rain catchment
- ▶ Covered tank
- ▶ Spring or upper stream
- ▶ Deep well



CLEAN RAIN
CATCHMENT



COVERED
TANK



SPRING OR
UPPER STREAM



DEEP WELL
OR BORE



HIGHER RISK

- ▶ Stagnant water
- ▶ Floodwater
- ▶ Urban runoff
- ▶ Water near waste or dead animals



STAGNANT
WATER



FLOODWATER



URBAN
RUNOFF



NEAR WASTE
OR DEAD ANIMALS



The cleaner the source, the easier the next steps become.



DO THIS

- ▶ Collect from the best source first.
- ▶ Use the cleanest container.
- ▶ Keep dirty water separate from treated water.
- ▶ Treat all raw water before drinking.



AVOID THIS

- ▶ Do not drink unknown raw water directly.
- ▶ Do not collect from obvious pollution.
- ▶ Do not mix clean and dirty water.



Good water treatment starts with good water choice.



BE PREPARED.
STAY SAFE.

SETTLE & POUR OFF MUDDY WATER

 **LET DIRT DROP FIRST**

When water is muddy, let the heavy dirt settle before the next cleaning step.

WHY DO THIS

- Removes heavy dirt
- Makes filtering easier
- Helps boiling or disinfection work better

Muddy water has dirt floating in it.



1 **COLLECT MUDDY WATER**



Collect water in a clean container. Let it sit.

2 **LET IT STAND UNDISTURBED**



30 minutes to a few hours



Leave it still. Do not shake or move it.

3 **DIRT SINKS TO THE BOTTOM**



Heavy dirt sinks to the bottom over time.

4 **POUR THE CLEARER WATER**



Carefully pour the clearer top water into another clean container. Do not pour the sludge.

5 **THEN FILTER, BOIL OR DISINFECT**



FILTER



BOIL



CHLORINE TREATMENT

DISINFECT

Treat the decanted water by filtering, boiling or disinfecting.

WATCH THIS

- Do not shake it again
- Do not pour the bottom sludge
- Very muddy water may need repeating



Leave the sludge behind!



Settle first. Cleaner-looking water is easier to treat safely.



DO THIS

- Use time and gravity.
- Pour slowly.
- Keep the cleaner top layer.
- Treat the water after decanting.

After settling



Use this clearer water



AVOID THIS

- Do not drink settled water untreated.
- Do not rush the pour.
- Do not stir up the sediment again.



Don't shake it!



Settling is a simple first step, not the last step.



**BE PREPARED.
STAY SAFE.**

LAYERED GRAVITY PRE-FILTER



PRE-FILTER • NOT FINAL DISINFECTION

A simple gravity filter can remove dirt and improve the water before the final safety step.



WHAT IT DOES

- ▶ Removes dirt and debris
- ▶ Improves clarity
- ▶ Helps later treatment



DIRTY WATER IN



CLEARER WATER OUT



WHAT IT DOES NOT DO

- ▶ Does not guarantee safe drinking water
- ▶ Does not replace boiling
- ▶ Does not replace final disinfection



Rinse filter materials before use if possible.



Common, natural materials can be used.



Clearer water is not yet safe water.



DO THIS

- ▶ Keep the layers separate.
- ▶ Pour slowly.
- ▶ Clean or rebuild when clogged.
- ▶ Boil or disinfect after filtering.



AVOID THIS

- ▶ Do not drink straight from the pre-filter.
- ▶ Do not use dirty chemical-treated materials.
- ▶ Do not stir the layers up.



A simple pre-filter buys clarity, not full safety.



BE PREPARED.
STAY SAFE.

BLEACH WATER DISINFECTION

Use bleach only when it is the right type and you do not have a better option.



ONLY PLAIN UNSCENTED BLEACH



YOU MAY USE

- ▶ Plain household liquid bleach
- ▶ Unscented
- ▶ No added cleaner



DO NOT USE

- ▶ Scented bleach
- ▶ Gel or thickened
- ▶ Splashless
- ▶ Detergent-added
- ▶ Colour-safe



Scented



Gel / thickened



Splashless



Detergent-added



Colour-safe



If you do not have clear dose guidance for the bleach you have, boil the water instead.



BOIL WATER IF UNSURE

1

Filter muddy water first



2

Add bleach using the correct emergency guidance for the bleach strength you have.



Use the right amount for your bleach strength.

3

Wait 30 minutes



30 MINUTES
Let the bleach do its work.

4

If still cloudy, settle/filter again and retreat carefully or boil instead.



OR



BOIL INSTEAD

Right bleach first. Cleaner water first. Wait time matters.



DO THIS

- ▶ Filter muddy water first.
- ▶ Use only the right bleach type.
- ▶ Mix carefully.
- ▶ Wait before drinking.



- ☒ Filter
- ☒ Add bleach
- ☒ Wait 30 minutes
- ☒ Safe to drink



AVOID THIS

- ▶ Do not guess with the wrong product.
- ▶ Do not use perfumed or soap-added bleach.
- ▶ Do not skip the waiting time.



**BE PREPARED.
STAY SAFE.**

Bleach can help only when the product and method are right.

EMERGENCY WATER STORAGE

Store clean water safely before taps stop or containers run short.

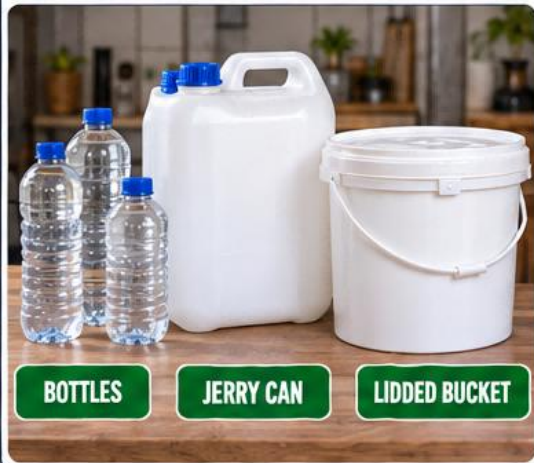


STORE • LABEL • SEPARATE



GOOD CONTAINERS

- ▶ Clean food-safe containers.
- ▶ Tight lids or caps.
- ▶ Bottles, jerry cans, lidded buckets.
- ▶ No cracks, leaks, or bad smells.



BOTTLES

JERRY CAN

LIDDED BUCKET



CHECK THESE

- ▶ Label with date.
- ▶ Mark DRINKING or WASHING.
- ▶ Keep safe water separate from raw water.
- ▶ Store off the floor if practical.
- ▶ Rotate older water first.



DO NOT USE

- ▶ Dirty containers.
- ▶ Cracked or damaged containers.
- ▶ Chemical containers.
- ▶ Unknown residue or bad smells.



DIRTY



DAMAGED



CHEMICAL



UNKNOWN



Safe water storage prevents avoidable contamination.



DO THIS

- ▶ Use clean containers with lids or caps.
- ▶ Fill with safe water and close tightly.
- ▶ Label date and purpose clearly.
- ▶ Store cool, shaded, away from chemicals.
- ▶ Rotate and use older water first when practical.



AVOID THIS

- ▶ Do not use dirty or damaged containers.
- ▶ Do not store drinking water in chemical containers.
- ▶ Do not leave containers open.
- ▶ Do not mix raw water with treated water.
- ▶ Do not trust questionable containers for drinking.



Stored water is only useful if it stays clean, sealed, labeled, and separate.



BE PREPARED.
STAY SAFE.

LOW-FUEL COOKING EQUIPMENT SIMPLE • EFFICIENT • OUTDOOR

Use simple stoves and steady heat to cook with less fuel. Cook safely outdoors or in a well-ventilated area.



WHY USE LOW-FUEL STOVES

- ▶ Use less firewood or fuel
- ▶ Simple and cheap to build
- ▶ Reliable in emergencies
- ▶ Good for boiling, stews, and basic cooking.



TWO SIMPLE OPTIONS

1

BRICK ROCKET STOVE



Feeds small wood



Good airflow



Stable pot support

2

METAL CAN STOVE



Airflow from below



Feed small wood



Pot sits on top



SAFETY FIRST

- ▶ Use outdoors or in a very well-ventilated area.
- ▶ Keep away from buildings, tents, and dry vegetation.
- ▶ Use a stable, non-flammable surface.
- ▶ Keep children at a safe distance.
- ▶ Never leave a fire unattended.
- ▶ Beware of carbon monoxide indoors.



 **Small fuel. Big difference. Cook smart. Stay safe.** 



DO THIS

- ▶ Choose a stable, heat-resistant surface.
- ▶ Use dry wood or suitable fuel.
- ▶ Keep the stove steady and well ventilated.
- ▶ Use a lid to save fuel and cook faster.



AVOID THIS

- ▶ Do not use indoors or in enclosed spaces.
- ▶ Do not use wet wood.
- ▶ Do not use unstable containers or soft ground.
- ▶ Do not use near dry grass, tents, or buildings.



A simple stove, used safely, can cook real food when fuel is limited.



BE PREPARED.
STAY SAFE.

ONE-POT COOKING



LESS FUEL • LESS WATER • FEWER POTS

Build simple meals in one pot to save fuel, save washing water, and feed the household.



WHY IT HELPS

- ▶ Uses less fuel
- ▶ Uses less washing water
- ▶ Fewer pots to clean
- ▶ Keeps cooking simple



Simple ingredients.
Big value.



1 GRAINS / BEANS FIRST
e.g. rice, oats, lentils



2 ROOT VEG NEXT
e.g. carrots, potatoes



3 SOFTER FOODS LATER
e.g. canned tomatoes,
other vegetables



4 GREENS / OIL LAST
e.g. leafy greens, a little oil
or fat



GOOD BASICS

- ▶ Use one pot
- ▶ Keep the lid on
- ▶ Cut food smaller
- ▶ Add faster-cooking foods later



Simple steps.
Great meals.



Traps heat
and saves
fuel.



Cook the slowest foods first, then add faster foods later.



DO THIS

- ▶ Soak dry foods first if possible
- ▶ Use just enough water
- ▶ Keep the lid on
- ▶ Reheat thoroughly if you stop and restart



One pot.
Good food.
Less waste.



AVOID THIS

- ▶ Do not waste fuel on many small pots
- ▶ Do not add meat unless you can cook it through
- ▶ Do not leave the pot uncooked in the middle



Many pots
waste fuel
and water.

A simple one-pot meal can stretch fuel, water, and food at the same time.



BE PREPARED.
STAY SAFE.

SOAKING SAVES FUEL



START EARLY • COOK FASTER • SAVE FUEL

Soaking rice, oats, split peas, lentils, chickpeas, and dry beans can shorten cooking time and reduce fuel use.



GOOD FOODS TO SOAK

- ▶ Rice
- ▶ Oats
- ▶ Split peas
- ▶ Lentils
- ▶ Chickpeas
- ▶ Dry beans



1

ADD WATER

Use enough water to cover the food.

2

SOAK COVERED

Let it soak for a few hours or overnight.

3

DRAIN

Pour off the water before cooking.

4

COOK WITH LESS FUEL

Soaked foods cook faster.



WATCH THIS

- ▶ Use clean water
- ▶ Cover the container
- ▶ Drain before cooking
- ▶ In hot conditions, do not leave soaked food sitting too long at room temperature



A little planning now can save a lot of fuel later.



DO THIS

- ▶ Soak dry foods before cooking when practical
- ▶ Use enough water to cover the food
- ▶ Keep soaked food clean
- ▶ Cook soaked foods thoroughly



AVOID THIS

- ▶ Do not soak in dirty water
- ▶ Do not ignore bad smell or slime
- ▶ Do not leave high-risk soaked food in the heat too long.



Soaking turns waiting time into fuel savings.



BE PREPARED.
STAY SAFE.

RETAINED-HEAT COOKING



BOIL FIRST • WRAP & HOLD • REHEAT IF UNSURE

Bring food properly to a boil first, then use insulation and retained heat to save fuel.



HOW IT HELPS

- ▶ Saves fuel
- ▶ Keeps one pot hot longer
- ▶ Useful for grains, beans, soups, and stews
- ▶ Best after a real boil



*Simple methods.
Big savings.*



GOOD
FOOD
STRONGER
TOMORROW

*Same
warm food.
Less fuel.
Brighter
tomorrows.*



1 BOIL PROPERLY
Bring food to a full boil
and keep it boiling for
the right time.



2 COVER TIGHTLY
Keep the lid on.



3 WRAP / INSULATE
Use towels, blankets,
or an insulated box
(e.g. haybox).



**4 CHECK AND REHEAT
IF NEEDED**
Food stays hot for hours.
Reheat thoroughly if unsure.



WATCH THIS

- ▶ Food must start hot
- ▶ Meat must be fully cooked
- ▶ If unsure, boil again
- ▶ Keep the pot covered



*Undercooked
meat can
make you sick.*

*When in doubt,
boil again.*



Use heat first. Let insulation do the resting work.



DO THIS

- ▶ Bring food to a full boil first
- ▶ Use towels or other insulation
- ▶ Leave the lid on
- ▶ Reheat thoroughly if you are unsure



*Hot food
for longer.
Less fuel.*



AVOID THIS

- ▶ Do not start with barely warm food
- ▶ Do not assume meat is cooked without checking
- ▶ Do not leave the pot uncovered



*Not hot
enough
is not safe.*

Retained heat saves fuel only after proper cooking has begun.



BE PREPARED.
STAY SAFE.

EMERGENCY FUEL OVERVIEW



SMOKE • CONTROL • HEAT • PREP

Compare emergency fuels by how cleanly they burn, how easy they are to control, and where they can be used.



LOWER-SMOKE / EASIER CONTROL

- ▶ LPG
- ▶ Kerosene in proper stove
- ▶ Alcohol in proper burner



Cleaner burning fuels are easier to control.

	DRY WOOD	CHARCOAL	COAL	LPG	KEROSENE	ALCOHOL	PAPER / CARDBOARD	DIESEL	PETROL
Smoke (level)	Medium (low if dry)	Medium	High	Low	Low	Low	High (short burn)	High	Very high and dangerous
Control (ease)	Medium	Medium	Low	High	High	High	Low	Low	Very low
Prep needed	Split & dry	Ready to use	Ready to use	None (connect & go)	Fill stove	Fill burner	Tear/shred (tinder only)	Needs suitable stove	Not recommended
Best use	Cooking, heating (outdoors or well ventilated)	Cooking (outdoors or well ventilated)	Heating, long burn (outdoors or well ventilated)	Cooking, boiling (indoor or outdoor with ventilation)	Cooking, heating (indoor or outdoor with ventilation)	Small meals, boiling (indoor or outdoor with ventilation)	Lighting other fuels (tinder only)	Heating (specialised stoves only – smoky)	NOT for cooking Major fire hazard



HIGHER RISK / LIMITED USE

- ▶ Wet wood smokes more
- ▶ Charcoal and coal create carbon monoxide
- ▶ Diesel is smoky and hard to control
- ▶ Petrol is a major fire hazard.



Smoke, CO and fire are real risks.



Pick the cleanest controllable fuel that matches your stove and location.



DO THIS

- ▶ Match fuel to the correct appliance
- ▶ Prefer cleaner, easier-control fuels when possible
- ▶ Use solid fuels in suitable outdoor settings
- ▶ Keep fuel dry and separated



Dry fuel. Safer meals.



AVOID THIS

- ▶ Do not improvise petrol cooking
- ▶ Do not ignore smoke and CO risk
- ▶ Do not use the wrong fuel in the wrong stove.



Petrol does not belong on a camp fire or cooker.

Fuel choice affects smoke, safety, and whether the meal gets cooked at all.



BE PREPARED. STAY SAFE.

SOLID FUEL COLLECTION & PREPARATION



DRY • SPLIT • UNTREATED ONLY

Dry, untreated solid fuels burn better. Wet or treated materials create more smoke and more risk.



GOOD SOLID FUELS

- ▶ Dry sticks and branches
- ▶ Untreated wood
- ▶ Dry hardwood offcuts
- ▶ Charcoal
- ▶ Legal household coal where available



*Natural fuels.
Real value.*



1



COLLECT DRY FUEL

2



SPLIT SMALLER

3



REMOVE NAILS

4

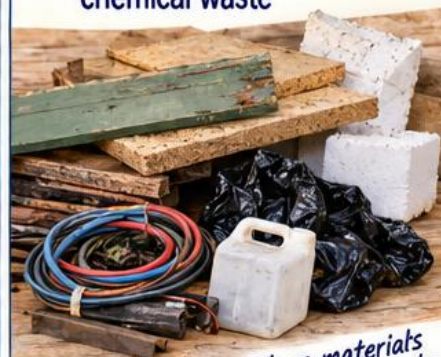


KEEP IT DRY



DO NOT BURN

- ▶ Painted or treated timber
- ▶ MDF / particle board / plywood
- ▶ Plastic or foam
- ▶ Wire insulation and chemical waste



*These materials
create toxic smoke
and are dangerous.*



Dry fuel lights easier, burns better, and usually makes less smoke.



DO THIS

- ▶ Start with tinder and small fuel
- ▶ Feed larger pieces gradually
- ▶ Store wood under cover
- ▶ Use paper mostly as tinder



*Small fuel
first:
Steady fire.
Less smoke.*



AVOID THIS

- ▶ Do not burn plastic or treated board
- ▶ Do not rely on wet wood
- ▶ Do not create thick smoke near living areas



*Wet or
treated fuels
create thick
smoke.*

Good solid fuel starts with dry, untreated material.



PREPARE
ADAPT
STAY SAFE.

LIQUID & GAS FUELS



MATCH FUEL TO ITS APPLIANCE

Use liquid and gas fuels only in the stoves or burners designed for them.



YOU MAY USE

- ▶ LPG in proper gas stove
- ▶ Kerosene in kerosene stove
- ▶ Alcohol in proper alcohol burner



LPG

(BOTTLED GAS)



Use in a proper gas stove or burner designed for LPG.

KEROSENE



Use in a kerosene stove designed for kerosene (paraffin).

ALCOHOL



Use in a proper alcohol burner designed for methylated spirits (denatured alcohol).

DIESEL



Not for open cooking. Diesel is not suitable for household cooking and can be dangerous.

PETROL



Not for open cooking. Petrol is highly flammable and can cause explosive fires. Never use petrol in stoves or burners.



WATCH THIS

- ▶ Use the correct appliance
- ▶ Never pour liquid fuel onto flame
- ▶ Store away from heat
- ▶ Even clean fuels can create CO in enclosed spaces.



1 CHECK APPLIANCE



Make sure your stove or burner is designed for the fuel.

2 USE THE RIGHT FUEL



Read the label and match the fuel to the appliance.

3 LIGHT SAFELY



Follow the manufacturer's instructions.

4 SHUT OFF / STORE



Turn off completely and store fuel safely.



Use only the fuel your stove was designed to burn.



DO THIS

- ▶ Read labels carefully
- ▶ Check valves, seals, and burners
- ▶ Store containers upright and away from flame
- ▶ Ventilate and monitor for fumes.



AVOID THIS

- ▶ Do not improvise petrol cooking
- ▶ Do not refill near flame
- ▶ Do not treat indoor use as risk-free.



Compatible fuel and compatible equipment belong together.



BE PREPARED.
STAY SAFE.

FUEL CHOICE BY SITUATION



INDOOR / OUTDOOR CHANGES EVERYTHING

Choose fuel by location, smoke, control, and carbon-monoxide risk – not just by what is available.



GOOD MATCHES

- ▶ Match fuel to the place
- ▶ Cleaner, controllable fuels are easier indoors
- ▶ Dry wood works better outdoors
- ▶ Paper is mostly for lighting other fuel



SITUATION	DRY WOOD	CHARCOAL	COAL	LPG	KEROSENE	ALCOHOL	DIESEL (HEATING ONLY)	PETROL (NOT FOR COOKING)
City apartment / enclosed indoor space	AVOID	AVOID	AVOID	BEST*	BEST*	SECOND	AVOID	AVOID
Detached house backyard	SECOND	BEST	SECOND	BEST	SECOND	SECOND	AVOID	AVOID
Rural outdoor setting	BEST	BEST	SECOND	SECOND	SECOND	SECOND	AVOID	AVOID
Long power cut	BEST	BEST	SECOND	BEST	BEST	SECOND	AVOID	AVOID
Low-smoke need (e.g. avoid upsetting neighbours)	AVOID	AVOID	AVOID	BEST	SECOND	SECOND	AVOID	AVOID
Quick boiling water	SECOND	BEST	SECOND	BEST	SECOND	SECOND	AVOID	AVOID
Long slow cooking	BEST	BEST	BEST	SECOND	SECOND	AVOID	AVOID	AVOID

* Use LPG, kerosene and alcohol only in appliances designed for those fuels, with good ventilation.



CRITICAL WARNING

- ▶ Charcoal, coal, wood, diesel, kerosene, and LPG can all produce carbon monoxide
- ▶ Never burn fuel in a sealed room, basement, car, or tent
- ▶ Petrol is not a household cooking fuel
- ▶ Smoke is a warning, but carbon monoxide may kill without visible smoke.



Enclosed space = no charcoal, coal, wood, or outdoor BBQ. CO can kill without smoke.



DO THIS

- ▶ Choose the cleanest controllable fuel that fits your stove and location
- ▶ Keep fuel dry and separate
- ▶ Use outdoor solid fuels only in open air
- ▶ Re-check smoke, flame control, and ventilation



AVOID THIS

- ▶ Do not improvise petrol or diesel cooking
- ▶ Do not use charcoal, coal, or wood in enclosed spaces
- ▶ Do not ignore carbon-monoxide risk
- ▶ Do not pick fuel only by heat and forget smoke and control.



Petrol is not for cooking.

The best fuel is the one that safely fits your location, your stove, and your air.



BE PREPARED.
STAY SAFE.

WHITE RICE LONG-TERM STORAGE



DRY • SEALED • PROTECTED

White rice is one of the best deep-storage staples when it is kept dry, protected from pests, and packed in strong moisture-resistant containers.



WHY WHITE RICE

- ▶ Low moisture staple
- ▶ Stores better than brown rice
- ▶ Easy to stack and rotate
- ▶ Good base food for long emergencies



1

START WITH DRY WHITE RICE
Use good quality, dry white rice (e.g. long grain).



2

PACK IN BARRIER BAG
Use food-grade bags (e.g. mylar) and fill, leaving some space at the top.



3

SEAL & LABEL
Seal tightly. Label with contents and date.



4

STORE COOL / DRY / OFF FLOOR
Keep in a cool, dry place, away from direct sunlight and off the floor.



WATCH THIS

- ▶ Keep water and damp air out
- ▶ Discard badly infested or mouldy rice
- ▶ Do not store on a wet floor
- ▶ Damaged packaging invites pests



Dry rice + strong packaging + pest protection = better long-term storage.



DO THIS

- ▶ Use dry white rice
- ▶ Seal it in strong moisture-resistant packaging
- ▶ Store in a cool, dry place
- ▶ Label and rotate your stock



AVOID THIS

- ▶ Do not store damp rice
- ▶ Do not ignore insects or bad smells
- ▶ Do not leave opened bags exposed
- ▶ Do not promise every home will get decades.



White rice lasts longest when it stays dry, sealed, and protected.



BE PREPARED.
STAY SAFE.

FLOUR STORAGE



WHITE LASTS LONGER • WHOLEMEAL SPOILS FASTER

White flour, wholemeal flour, and whole grains do not store the same way. Keep them dry, sealed, and rotated according to how much natural oil they contain.



KNOW THE DIFFERENCE

- ▶ White flour has low natural oils so it stores longer.
- ▶ Wholemeal flour has more oils and spoils faster.
- ▶ Whole wheat berries (grains) keep best for deep storage.
- ▶ All types must be kept dry, sealed, and protected from insects.



WHITE FLOUR



- ✓ Low in natural oils
- ✓ Stores longer
- ✓ Good for long-term storage

WHOLEMEAL FLOUR



- ✗ Higher in natural oils
- ✗ Spoils faster
- ✗ Rotate sooner

WHEAT BERRIES (WHOLE GRAINS)



- ✓ Low oils (whole grain)
- ✓ Best for deep storage
- ✓ Grind as needed



WATCH THIS

- ▶ Moisture causes mould and ruins flour.
- ▶ Insects (weevils, beetles, moths) can infest flour.
- ▶ Rancid smell means it has spoiled (especially wholemeal).
- ▶ Damaged or poorly sealed packaging lets in moisture and pests.



Dry flour + sealed containers + pest protection + proper rotation = longer lasting food.



DO THIS

- ▶ Keep flour dry and in airtight containers
- ▶ Use clean, moisture-resistant packaging
- ▶ Label with the date
- ▶ Rotate wholemeal flour sooner
- ▶ Freezing for 48-72 hours can help kill insects (optional)



AVOID THIS

- ▶ Do not store flour in damp or warm places
- ▶ Do not ignore insects or off smells
- ▶ Do not use damaged or unsealed packaging
- ▶ Do not assume all flours store equally long
- ▶ Do not keep wholemeal flour for the same time as white flour



The best flour storage plan starts with knowing which flour spoils fastest.



**BE PREPARED.
STAY SAFE.**

OATS & OTHER GRAINS



WHOLE STORES LONGER • QUICK COOKS FASTER

More processed grains usually cook faster. More whole grains often store longer. Keep all grains dry, sealed, and rotated.



WHY FORM MATTERS

- ▶ More processed grains cook faster and save fuel
- ▶ Whole grains often store longer
- ▶ Different forms suit different needs
- ▶ Keep grains dry, sealed and rotate your stock



QUICK OATS



COOKS: 1–3 minutes
STORES: Shorter
GOOD FOR: Saving fuel, quick meals

ROLLED OATS



COOKS: 5–10 minutes
STORES: Moderate
GOOD FOR: Everyday meals, versatile

STEEL-CUT OATS



COOKS: 20–30 minutes
STORES: Longer
GOOD FOR: Hearty meals, good storage life

OAT GROATS



COOKS: 30–60 minutes
STORES: Longest
GOOD FOR: Maximum storage, very durable

BARLEY & CORNMEAL



COOKS: 20–45 minutes (barley) / 5–10 minutes (cornmeal)
STORES: Long (both)
GOOD FOR: Variety, nutritious, filling



WATCH THIS

- ▶ Keep grains dry – moisture causes mould and spoilage
- ▶ Watch for pantry pests (insects, weevils, moths)
- ▶ Rancid or oily smell means it's stale
- ▶ Do not use grains with damaged packaging



More processed grains can save fuel. Whole grains usually last longer in storage.



DO THIS

- ▶ Keep grains dry and in sealed containers
- ▶ Label with name and date
- ▶ Store in a cool, dry place
- ▶ Rotate regularly (use older stock first)
- ▶ Choose more processed grains when fuel is limited



AVOID THIS

- ▶ Do not leave grains open or in weak packaging
- ▶ Do not mix old and new stock carelessly
- ▶ Do not ignore signs of insects or mould
- ▶ Do not assume all grains cook or store the same
- ▶ Do not store in warm, damp or sunny places



Grain choice is always a trade-off between cooking speed and storage life.



BE PREPARED.
STAY SAFE.

DRY BEANS LONG-TERM STORAGE



DRY • SEALED • ROTATED

Dry beans can store a long time, but older beans may cook more slowly. Keep them dry, protected from pests, and choose lower-fuel beans when needed.



BEST LOW-FUEL BEANS

- ▶ Lentils cook quickly, need less fuel and no soaking.
- ▶ Split peas cook quickly and are a great staple.
- ▶ Good long-term storage value and nutritious.
- ▶ Chickpeas and large beans may need soaking and longer cooking.



1 CHOOSE DRY BEANS
Sort and remove any damaged beans, stones or debris.



2 SEAL & LABEL
Store in airtight containers. Label with contents and date.



3 SOAK WHEN PRACTICAL
Soak chickpeas and large beans to reduce cooking time.



4 COOK OLDER BEANS LONGER
Older beans may take more time to cook. Use a pressure cooker when available.



WATCH THIS

- ▶ Keep beans dry – moisture causes mould.
- ▶ Insects can infest stored beans and destroy them.
- ▶ Old beans can become hard and take longer to cook.
- ▶ Do not store in damaged packaging that lets in pests or moisture.



Dry beans + good storage + rotation = dependable food for tough times.



DO THIS

- ▶ Store beans in a cool, dry place.
- ▶ Use airtight, moisture-resistant containers.
- ▶ Label with contents and date.
- ▶ Rotate your stock – use older beans first.
- ▶ Soak larger beans when practical to save fuel.

LABEL
ROTATE
USE FIRST



AVOID THIS

- ▶ Do not store beans that are damp.
- ▶ Do not ignore insects or signs of pests.
- ▶ Do not expect old beans to cook quickly.
- ▶ Do not save beans that are mouldy, discoloured or smell unusual.



Dry beans store well, but time usually makes them slower to cook.



BE PREPARED.
STAY SAFE.

ROOT VEGETABLE STORAGE



COOL • DARK • AIRY

Potatoes, kūmara, onions, garlic, and carrots do not all want the same storage conditions. Keep them cool, dry or slightly moist as needed, and sort out bad ones early.



STORE BY TYPE

- ▶ **Potatoes** – cool, dark, dry
- ▶ **Kūmara** – cool, dry, not too cold
- ▶ **Onions** – dry with good airflow
- ▶ **Garlic** – dry with good airflow
- ▶ **Carrots** – cool and slightly moist (to stop them drying out)



WATCH THIS

- ▶ **Green potatoes** are unsafe (do not eat)
- ▶ Soft, wet or rotting spots
- ▶ Sprouting (sign of age)
- ▶ Bruises, cuts or insect damage
- ▶ Mould (spreads quickly)



POTATOES

Cool (4–10°C), dark and dry.
Do not eat green or bitter potatoes.



KŪMARA

Cool (10–15°C), dry.
Do not store in the fridge (it's too cold).



ONIONS

Dry with good airflow.
Keep in nets, crates or open trays.



GARLIC

Dry with good airflow.
Keep whole bulbs.
Do not store in sealed bags.



CARROTS

Cool and slightly moist.
Store in a box with damp sand, unused soil, or in the fridge to stop drying out.



Different roots, different needs – store each crop the right way for longer-lasting food.



DO THIS

- ▶ Sort out and remove damaged or rotting vegetables
- ▶ Keep onions and garlic in ventilated storage (nets, crates or open trays)
- ▶ Store potatoes in a cool, dark place
- ▶ Keep carrots slightly moist to prevent drying out
- ▶ Check regularly and rotate your stock



AVOID THIS

- ▶ Do not store green potatoes for eating
- ▶ Do not trap onions or garlic in damp, sealed bags
- ▶ Do not store root vegetables in warm places (such as near heaters)
- ▶ Do not leave rotting or mouldy roots with good ones
- ▶ Do not ignore soft, sprouting or bitter potatoes



Good root storage depends on matching each crop to the right place.



BE PREPARED.
STAY SAFE.

FRUIT STORAGE



SORT • COOL • PROCESS RIPE FRUIT

Some fruits store fresh for longer than others. Apples can often hold well, while feijoa and other ripe fruit usually need faster use or processing.



GOOD FRUIT BASICS

- ▶ Sort fruit and remove bruised or damaged fruit
- ▶ Keep fruit cool with good airflow
- ▶ Handle gently to avoid bruising
- ▶ Ripe fruit like feijoa needs faster use or processing



APPLES

Often store fresh for longer in a cool place with good airflow. Check regularly and remove any bruised fruit.



CITRUS

Stores reasonably well in a cool, dry place. Check for soft spots and use before they over-ripen.



FEIJOA

Usually needs faster use. Eat, dry, bottle, freeze or otherwise process soon after picking.



WATCH THIS

- ▶ Mould can spread quickly
- ▶ Bruised fruit spoils faster
- ▶ Leaking or split fruit can cause other fruit to rot
- ▶ Soft or over-ripe fruit needs to be used soon



Mould spreads quickly.



Bruised fruit spoils faster.



Leaking fruit can spoil other fruit.



Fresh fruit + sorting + cool storage + early processing = more fruit for longer.



DO THIS

- ▶ Sort fruit often and remove damaged fruit
- ▶ Keep good fruit separate
- ▶ Process ripe feijoa and other soft fruit early
- ▶ Dry, bottle, freeze or preserve when needed



AVOID THIS

- ▶ Do not store rotten fruit with good fruit
- ▶ Do not trap wet fruit in sealed bags
- ▶ Do not ignore bruised or over-ripe fruit
- ▶ Do not leave fruit in warm, damp places



Fruit storage works best when you sort early and process the fastest fruit first.



**BE PREPARED.
STAY SAFE.**

VEGETABLE STORAGE



COOL MOIST • COOL DRY • USE FIRST

Turn perishable vegetables into longer-lasting food — but do not try to rescue doubtful produce.



SORT BY TYPE

- ▶ Leafy greens — use first
- ▶ Cabbage / carrots — cooler, slightly moist
- ▶ Onions / squash — cooler, dry



WATCH FOR

- ▶ Soft spots
- ▶ Mould
- ▶ Bad smell
- ▶ Wet rot



Different vegetables last differently. Store by need, not by habit.



DO THIS

- ▶ Keep damaged produce separate.
- ▶ Use leafy greens first.
- ▶ Keep onions dry.
- ▶ Process doubtful vegetables early.



AVOID THIS

- ▶ Do not trap moisture.
- ▶ Do not mix good and rotting produce.
- ▶ Do not keep doubtful vegetables for later.



Good vegetable storage starts with sorting, airflow, and fast use of the most fragile foods.



BE PREPARED.
STAY SAFE.

BEEF PRESERVATION



COOK • DRY • CAN IF AVAILABLE

Preserve beef safely with clear household methods — do not treat simple salting as long-term room-temperature safety.



BEST USES

- ▶ Lean strips for jerky
- ▶ Chunks for pressure canning
- ▶ Trim fat for better keeping



WATCH FOR

- ▶ Bad smell
- ▶ Slime
- ▶ Grey-green discolouration
- ▶ Warm for too long



Safe methods matter more than trying to save everything.



DO THIS

- ▶ Work clean and keep meat separate.
- ▶ Cook or preserve early.
- ▶ Use jerky only from well-prepared lean strips.
- ▶ Pressure-can only with proper equipment.



AVOID THIS

- ▶ Do not trust salt alone for long storage.
- ▶ Do not leave meat warm.
- ▶ Do not keep doubtful beef.



Beef lasts longer only when the method is safe, clear, and done early.



BE PREPARED.
STAY SAFE.

LAMB & RENDERED FAT



LEAN MEAT • LOW HEAT • CLEAN JARS

Preserve lamb and clean rendered fat with simple household methods — no laboratory-style indicators.



LAMB PATH

- ▶ Use lean cuts early
- ▶ Dry thin strips if suitable
- ▶ Pressure-can only if properly equipped



FAT SIGNS

- ▶ Low heat
- ▶ Water bubbling fades
- ▶ Strain clean
- ▶ Cool before storing



Rendered fat is useful — but freshness and clean handling still matter.



DO THIS

- ▶ Trim and sort meat.
- ▶ Render fat slowly.
- ▶ Strain into dry clean jars.
- ▶ Make small batches and rotate soon.



AVOID THIS

- ▶ Do not overheat.
- ▶ Do not jar dirty fat.
- ▶ Do not keep fat with rancid smell.



CLEAN
FOOD
SAFER
TOMORROW

Lamb and cooking fat keep better when you trim early, render gently, and store cleanly.



BE PREPARED.
STAY SAFE.

PORK PRESERVATION



COOK THROUGH • TRIM FAT • CAN IF AVAILABLE

Keep pork safe with clear household methods — cook fully, preserve early, and do not rely on simple salting alone.



KNOW THIS

- ▶ Commercial pork and wild pig are not the same risk
- ▶ Cook pork right through
- ▶ Trim excess fat for better keeping
- ▶ Use clean jars and tools



WATCH FOR

- ▶ Bad smell
- ▶ Sticky slime
- ▶ Grey-green discolouration
- ▶ Warm for too long



Keep the risk simple: shop pork and wild pig are not the same.



DO THIS

- ▶ Keep raw pork separate.
- ▶ Cook thoroughly.
- ▶ Preserve early.
- ▶ Render lard gently and store clean.



AVOID THIS

- ▶ Do not trust salt alone for long storage.
- ▶ Do not leave pork warm.
- ▶ Do not keep doubtful pork.



Pork keeps better when you cook it well, preserve it early, and handle fat carefully.



BE PREPARED.
STAY SAFE.

POULTRY & DUCK



CLEAN • COOK THROUGH • CHICKEN CANNING ONLY IF EQUIPPED

Handle chicken and duck cleanly, prevent cross-contact, and use only clear, supported preservation methods.



START HERE

- ▶ Keep raw poultry separate
- ▶ Cook right through
- ▶ Chicken guidance is clearer
- ▶ Duck fat can be rendered gently



WATCH FOR

- ▶ Bad smell
- ▶ Slime
- ▶ Leaking package
- ▶ Warm for too long



Prevent cross-contact first. Clean handling matters before preservation.



DO THIS

- ▶ Use separate board and knife.
- ▶ Cook thoroughly.
- ▶ Pressure-can chicken only with proper equipment.
- ▶ Render duck fat gently into clean dry jars.



AVOID THIS

- ▶ Do not spread raw juices.
- ▶ Do not guess duck canning numbers.
- ▶ Do not keep doubtful poultry.



With poultry, clean separation and full cooking matter more than trying to save everything.



BE PREPARED.
STAY SAFE.

FISH PRESERVATION



CLEAN FAST • CHILL • SALT / DRY / SMOKE

Fish spoils quickly, so move fast – eat today, preserve early, or pressure-can only if you have the right equipment.



MOVE FAST

- ▶ Clean promptly
- ▶ Keep fish cool
- ▶ Thin pieces dry faster
- ▶ If unsure, cook today



WATCH FOR

- ▶ Soft flesh
- ▶ Sour smell
- ▶ Cloudy slime
- ▶ Flies and warmth



Fish gives you less time than meat – quick action matters.



DO THIS

- ▶ Handle the freshest fish first.
- ▶ Keep good fish separate.
- ▶ Salt, dry, or smoke thin pieces.
- ▶ Use pressure canning only with proper gear.



AVOID THIS

- ▶ Do not leave fish in the sun.
- ▶ Do not trust bad-smelling fish.
- ▶ Do not keep soft or doubtful fish.



Fish is saved by speed, cool handling, and early preservation.



BE PREPARED.
STAY SAFE.

RENDER ANIMAL FATS



LOW HEAT • STRAIN • SMALL BATCHES

Turn beef fat, lamb fat, pork fat, or duck fat into cleaner cooking fat — but do not try to save questionable fat.



GOOD FOR THIS

- ▶ Beef fat (tallow)
- ▶ Lamb fat
- ▶ Pork fat (lard)
- ▶ Duck fat



BEEF FAT
(tallow)



LAMB FAT



PORK FAT
(lard)



DUCK FAT

1. CUT SMALL



Cut fat into small pieces for even rendering.

2. GENTLE HEAT



Heat slowly over low heat. Do not rush.

3. RENDER



Let the fat melt. Watery bubbling will slow down.

4. STRAIN



Strain through clean cloth or a fine strainer into dry jars.



STOP WHEN

- ▶ Watery sputtering mostly stops
- ▶ Cracklings look cooked
- ▶ Fat looks clearer
- ▶ Then strain into dry jars



COOKED
CRACKLINGS
(discard or use)



Clean, dry containers matter as much as slow heat.



DO THIS

- ▶ Cut fat small.
- ▶ Use low gentle heat.
- ▶ Strain well.
- ▶ Store in clean dry jars.
- ▶ If possible, refrigerate or freeze.



AVOID THIS

- ▶ Do not use dirty or wet jars.
- ▶ Do not promise long room-temperature storage.
- ▶ Do not keep fat with rancid paint-like smell, mould, or harsh smoke.



BAD FAT
Smells rancid
or looks mouldy
— discard!

Small clean batches are safer than big uncertain batches.



BE PREPARED.
STAY SAFE.

SALT CURING



SALT FIRST • THEN DRY / SMOKE / COOK

Salt can slow spoilage and prepare food for the next step, but salt alone does not automatically make meat or fish shelf-stable.



USE IT FOR

- ▶ Short-term slowing of spoilage
- ▶ Dry salt on meat strips
- ▶ Brine for fish
- ▶ Preparing food for drying or smoking



1. FRESH FOOD



MEAT (strips)



FISH (fillets)

2. ADD SALT



DRY SALT RUB
(coat well)



SIMPLE BRINE
(salt + water)

3. NEXT STEP



DRY FURTHER



HOT SMOKE
(if practical)



COOK THOROUGHLY



STILL NEEDED AFTER SALTING

- ▶ Dry further if conditions allow
- ▶ Hot smoke if practical
- ▶ Cook thoroughly
- ▶ Refrigerate if possible
- ▶ Use promptly if uncertain



SALTED MEAT
(ready to dry or smoke)

BRINED FISH
(keep cool)



**DO NOT SALT FOOD THAT
ALREADY SMELLS BAD
OR LOOKS SPOILED.**



Salt slows spoilage, but it does not automatically make food safe for long room-temperature storage.



DO THIS

- ▶ Salt clean food early.
- ▶ Keep pieces fairly even.
- ▶ Use clean containers.
- ▶ Link salting to drying, smoking, cooking, or cold storage.



AVOID THIS

- ▶ Do not trust salt alone.
- ▶ Do not salt questionable food.
- ▶ Do not leave wet salted food warm for long.
- ▶ Do not mix fresh and spoiled food.



Salting works best as a bridge to the next preservation step.



**BE PREPARED.
STAY SAFE.**

DEHYDRATE FRUIT & VEGETABLES



DRY WELL • COOL FULLY • PACK DRY

Drying can help fruit and vegetables last longer, but they must be dried well, cooled fully, and packed correctly.



GOOD FOR THIS

- ▶ Fruit slices
- ▶ Vegetable slices
- ▶ Herbs
- ▶ Small batches for rotation



APPLES



CARROTS



MUSHROOMS



HERBS

1. PREPARE



Wash, trim and slice evenly.

2. DRY



Dry in a food dehydrator or low oven until clearly dry.

3. COOL



Let the dried food cool completely on a clean rack.

4. PACK



Store in clean, dry, airtight containers with a label.



CHECK BEFORE STORING

- ▶ Cool completely first
- ▶ Pack in clean dry containers
- ▶ Watch for moisture or fogging
- ▶ Discard mouldy dried food



MOISTURE / FOGGING
CAN LEAD TO SPOilage



DISCARD MOULDY
DRIED FOOD

**FRUIT & VEG RULES ONLY —
JERKY HAS ITS OWN SAFETY RULES.**



Warm dried food can sweat inside the container and spoil later.



DO THIS

- ▶ Slice evenly.
- ▶ Dry until clearly dry.
- ▶ Cool before packing.
- ▶ Store airtight in a cool, dry, dark place.



APPLES



CARROTS



MUSHROOMS



HERBS



AVOID THIS

- ▶ Do not package while warm.
- ▶ Do not ignore moisture in the jar.
- ▶ Do not keep mouldy food.
- ▶ Do not apply fruit-and-veg rules to meat jerky.



MOULDY FOOD
CAN MAKE YOU
SICK — DISCARD!

Dry it well, cool it well, and pack it dry.



BE PREPARED.
STAY SAFE.

SMOKING FOOD

Hot smoking and cold smoking are not the same, and smoking alone does not automatically make meat or fish shelf-stable.



HOT SMOKING

- ▶ Adds smoke and cooks the food
- ▶ Useful for ready-to-eat or short-term use
- ▶ Still store safely after smoking



COLD SMOKING

- ▶ Adds smoke flavor
- ▶ Does not fully cook by itself
- ▶ Needs stricter follow-up handling
- ▶ Not a simple shortcut to room-temperature storage.



WATCH THIS

- ▶ Spoiled smoked food can still grow mould or go slimy.
- ▶ If in doubt, throw it out.



 Smoke can help, but safe storage still depends on the food's final condition.



DO THIS

- ▶ Use clean food.
- ▶ Keep smoke controlled.
- ▶ Know whether you are hot smoking or cold smoking.
- ▶ Chill, freeze, or further preserve after smoking when needed.



AVOID THIS

- ▶ Do not rely on smoke alone.
- ▶ Do not keep slimy, sour, or mouldy food.
- ▶ Do not leave smoked fish or meat warm for long.
- ▶ Do not confuse flavor with full preservation.



Smoking is a method, not a guarantee.



BE PREPARED.
STAY SAFE.

PRESSURE CANNING



PRESSURE CANNER ONLY • VENT 10 MIN.

Low-acid meat, poultry, and fish require a real pressure canner, correct jar size, and verified time and pressure guidance.



ONLY USE

- ▶ A real pressure canner
- ▶ Verified jar sizes
- ▶ Verified time and pressure tables
- ▶ Clean jars and lids



PROCESSING TIMES (AT 10–15 PSI)

Food	Pint (500 mL)	Quart (1 L)
Meat chunks/strips	75 min	90 min
Chicken	75 min	90 min
Fish	Pint only	100 min

PRESSURE SETTINGS BY ALTITUDE

Altitude	Dial gauge (psi)	Weighted gauge (psi)
0 – 2,000 ft	11	10 (0 – 1,000 ft)
2,001 – 4,000 ft	12	15 (above 1,000 ft)
4,001 – 6,000 ft	13	
6,001 – 8,000 ft	14	



DO NOT SUBSTITUTE

- ▶ Ordinary pressure cooker
- ▶ Multicooker
- ▶ Guessing the time
- ▶ Guessing the pressure



Low-acid foods can still be dangerous even if they look normal.

5 KEY STEPS

1 VENT STEAM FOR 10 MINUTES



2 BRING TO PRESSURE



3 PROCESS FULL TIME



4 COOL NATURALLY



5 CHECK THE SEAL



For meat and fish, correct pressure and time matter more than appearance or smell.



DO THIS

- ▶ Vent for 10 minutes.
- ▶ Follow the exact table.
- ▶ Adjust pressure for altitude.
- ▶ Let jars cool and check the seal.



AVOID THIS

- ▶ Do not improvise.
- ▶ Do not swap in a multicooker.
- ▶ Do not shorten the process.
- ▶ Do not keep unsealed jars as shelf-stable food.



**BE PREPARED.
STAY SAFE.**

Pressure canning is the technical exception—follow the verified table, not guesswork.

FISHING OVERVIEW

Only take food you can identify, process safely, and cook reliably.



SAFE • CLEAN • COOK / KEEP



MINIMUM KIT

- ▶ Line or light rod
- ▶ Hooks and sinkers
- ▶ Knife / pliers
- ▶ Grip shoes and bucket



CATCH



CLEAN



CHILL



COOK / PRESERVE



SAFETY FIRST

- ▶ Check tide and swell
- ▶ Keep an exit route
- ▶ Watch slippery rocks
- ▶ Clean catch quickly



COMMON NZ SPECIES



KAHAWAI
Great eating



SNAPPER
Premium table fish



MULLET
Good eating

Know what you're catching. Rules and size limits apply.



Catch safely. Clean quickly. Eat today or preserve immediately.



DO THIS

- ▶ Take simple gear.
- ▶ Identify the catch.
- ▶ Gut and cool quickly.
- ▶ Cook thoroughly or preserve fast.



AVOID THIS

- ▶ Do not fish unsafe water.
- ▶ Do not keep unknown species.
- ▶ Do not leave catch warm in the sun.



Good fishing food starts with safe access and fast handling.



BE PREPARED. STAY SAFE.

SIMPLE HANDLINE FISHING



LINE • HOOK • SINKER

Use a simple legal setup you can manage safely and adjust for local rules and target fish.



BASIC SETUP

- ▶ Handline or light rod
- ▶ Main line + leader
- ▶ Circle hook
- ▶ Small sinker



ADJUST SAFELY

- ▶ Match local target fish
- ▶ Follow local rules
- ▶ Use pliers for hooks
- ▶ Keep line tidy

COMMON SIMPLE USES

WHARF



Easy access,
great for families.

BEACH

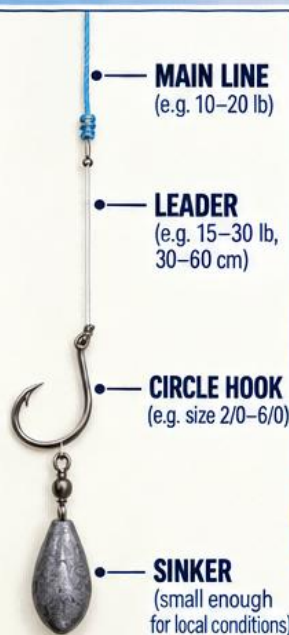


Simple and
effective.

ROCK EDGE



Good for
many species.



Simple gear works best when it is safe, legal, and easy to control.



DO THIS

- ▶ Keep tackle simple.
- ▶ Use a stable stance.
- ▶ Handle hooks carefully.
- ▶ Clean fish soon after catching.



AVOID THIS

- ▶ Do not crowd dangerous edges.
- ▶ Do not leave loose hooks around.
- ▶ Do not treat one hook size as universal.



A simple line rig is useful because it is easy to carry, use, and repair.



BE PREPARED.
STAY SAFE.

PASSIVE FISHING TOOLS

≡ MARK • CHECK • RECOVER

Recognise passive fishing tools and focus on legal, safe placement rather than capture tactics.



TOOL TYPES

- ▶ Net
- ▶ Fish pot / trap
- ▶ Float and line
- ▶ Recovery rope



NET



FISH POT / TRAP



FLOAT AND LINE



RECOVERY ROPE



CHECK THESE

- ▶ Local rules first
- ▶ Mark your gear
- ▶ Check often
- ▶ Release wrong catch



CHECK OFTEN



RELEASE WRONG CATCH



Passive gear must stay visible, recoverable, and legally used.



DO THIS

- ▶ Place gear safely.
- ▶ Keep away from swimmers.
- ▶ Recover lost gear.
- ▶ Handle bycatch carefully.



AVOID THIS

- ▶ Do not hide gear.
- ▶ Do not ignore bycatch.
- ▶ Do not leave traps unchecked.



The safest passive fishing gear is the gear you can mark, monitor, and recover.



BE PREPARED.
STAY SAFE.
LOOK AFTER
OUR WATERS.

FRESHWATER FISHING



LICENCE • RULES • CLEAN WATER

Take clearly identified freshwater fish, then gut, chill, and cook or preserve them quickly.



GOOD TARGETS

- ▶ Clearly identified fish
- ▶ Clean-looking water
- ▶ Fast handling
- ▶ Cool storage



TROUT



PERCH



EEL



CATCH



GUT



CHILL



COOK OR PRESERVE



CHECK FIRST

- ▶ Licence / season rules
- ▶ Local fishing rules
- ▶ Pollution warnings
- ▶ Safe bank access



⚠ Freshwater food is only worth taking if the water and access are safe.



DO THIS

- ▶ Know the local rules.
- ▶ Gut fish promptly.
- ▶ Keep the catch cool.
- ▶ Cook thoroughly or preserve fast.



AVOID THIS

- ▶ Do not keep unknown fish.
- ▶ Do not fish polluted water.
- ▶ Do not leave fish warm in a bucket.



In freshwater, clean handling matters almost as much as the catch itself.



BE PREPARED.
STAY SAFE.

COASTAL & HARBOUR FISHING



WHARF • ESTUARY • ROCKS

Separate a good place to catch fish from a safe place to eat fish from.



GOOD ACCESS

- ▶ Wharf or jetty
- ▶ Estuary mouth
- ▶ Rock edge
- ▶ Stable footing



WHARF OR JETTY



ESTUARY MOUTH



ROCK EDGE



STABLE FOOTING



KAHAWAI

SNAPPER

JACK MACKEREL



DO NOT EAT FROM

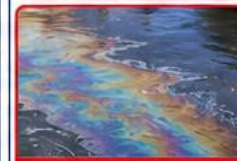
- ▶ Sewage spill areas
- ▶ Stormwater outfalls
- ▶ Oily sheen water
- ▶ Toxin / red tide warnings



SEWAGE SPILL AREAS



STORMWATER OUTFALLS



OILY SHEEN WATER



TOXIN / RED TIDE
WARNINGS

⚠ A productive fishing spot is not automatically a safe eating spot.



DO THIS

- ▶ Check water condition.
- ▶ Keep fish cool.
- ▶ Clean fish soon.
- ▶ Cook or preserve the same day.



AVOID THIS

- ▶ Do not trust polluted water.
- ▶ Do not ignore warning signs.
- ▶ Do not keep dirty or tainted catch.



Coastal fishing is useful only when catch quality and water safety both check out.



BE PREPARED.
STAY SAFE.

SHELLFISH

Only gather shellfish you can identify, and check current NZ warnings before collecting.



CHECK MPI SHELLFISH ALERTS



GATHER THESE

- ▶ Identify the species
- ▶ Use clean beaches
- ▶ Cool quickly
- ▶ Cook soon



DISCARD THESE

- ▶ Broken shells
- ▶ Shells that stay open
- ▶ Bad smell
- ▶ Dead or damaged shellfish



BROKEN SHELLS



DOES NOT CLOSE



BAD SMELL



DEAD OR DAMAGED



GREEN-LIPPED MUSSELS



COCKLES



TUATUA



OYSTERS



PAUA



KINA



COOKING DOES NOT REMOVE MARINE BIOTOXINS.

Toxins can make you seriously ill, even if shellfish look and smell normal.



Marine toxin warnings matter more than how much shellfish you can collect.



DO THIS

- ▶ Check MPI alerts first.
- ▶ Gather only known species.
- ▶ Rinse off sand and debris.
- ▶ Cook or chill promptly.



AVOID THIS

- ▶ Do not rely on purging as disinfection.
- ▶ Do not gather during toxin alerts.
- ▶ Do not keep damaged shellfish.



For shellfish, warning alerts and species ID come before everything else.



BE PREPARED.
STAY SAFE.

RABBIT / HARE / POSSUM



ID FIRST • COOK THOROUGHLY

Only use animals you can identify, inspect, clean safely, and cook all the way through.



IDENTIFY FIRST

- ▶ Know the species
- ▶ Use normal-looking animals only
- ▶ Cool and clean quickly



RABBIT

Smaller body
Short ears
White tail



HARE

Larger body
Very long ears
Black-tipped ears



POSSUM

Grey fur
Prehensile tail
No long ears

KNOW WHAT YOU'RE LOOKING FOR



DO NOT USE

- ▶ Sick or weak behaviour
- ▶ Bad smell
- ▶ Strange spots or swelling
- ▶ Maggots or heavy contamination
- ▶ If unsure, leave it



SICK OR WEAK



STRANGE SPOTS



MAGGOTS / CONTAMINATION



NOT NORMAL BEHAVIOUR

WHEN IN DOUBT, LEAVE IT.



If the animal looks wrong, smells wrong, or acts wrong, do not eat it.



DO THIS

- ▶ Wear gloves if possible.
- ▶ Keep meat and guts apart.
- ▶ Cook thoroughly.
- ▶ Use D-chapter preservation methods after cooking or clean prep.



AVOID THIS

- ▶ Do not trust doubtful meat.
- ▶ Do not spread contamination.
- ▶ Do not partly cook and keep.



Positive ID, clean handling, and full cooking matter more than the catch itself.



PREPARE.
BE AWARE.
STAY SAFE.

WILD DUCK / WATERFOWL



CHECK CONDITION • COOK THROUGH

Only use birds you can identify, clean safely, and cook thoroughly.



SAFE SIGNS

- ▶ Identify the bird
- ▶ Handle quickly
- ▶ Keep it cool
- ▶ Clean tools and hands



Know what you're collecting



FROM THE WETLAND TO A GOOD MEAL



WARNING SIGNS

- ▶ Odd behaviour
- ▶ Visible sickness
- ▶ Heavy contamination
- ▶ Unknown source
- ▶ If doubtful, do not eat



Unusual behaviour is a red flag.



Visible sickness



Heavy contamination



Healthy-looking birds and full cooking reduce risk. Doubtful birds are not food.



DO THIS

- ▶ Separate raw bird from other food.
- ▶ Cook all the way through.
- ▶ Use clean water and tools.
- ▶ Cross-reference fat rendering and meat preservation cards.



CLEAN COOK ENJOY



AVOID THIS

- ▶ Do not trust abnormal birds.
- ▶ Do not mix dirty and clean gear.
- ▶ Do not leave warm bird meat sitting out.



KEEP IT CLEAN
KEEP IT SAFE

For wild waterfowl, condition, cleanliness, and full cooking matter most.



PREPARE.
RESPECT.
STAY SAFE.

SMALL ANIMAL CAPTURE



LEGAL • HUMANE • SAFE

Only obtain food in ways that protect people, avoid non-target animals, and keep handling simple.



CORE RULES

- ▶ Know the target species
- ▶ Avoid pets and protected wildlife
- ▶ Check site safety
- ▶ Recover quickly



RISK FLAGS

- ▶ Bites and scratches
- ▶ Non-target capture
- ▶ Contamination
- ▶ Doubtful animal condition
- ▶ Unsafe location



Food value never outweighs safety, legality, and positive identification.



DO THIS

- ▶ Use simple, safe methods.
- ▶ Check frequently.
- ▶ Keep children and pets away.
- ▶ Discard doubtful animals.



AVOID THIS

- ▶ Do not improvise dangerous devices.
- ▶ Do not target unknown species.
- ▶ Do not keep unsafe or contaminated animals.



Safe capture starts with safe species choice and safe handling, not complexity.



LOOK AFTER
OUR PLACES.
STAY SAFE.

FARM & RURAL FOOD SOURCES



CHECK SOURCE • KEEP IT SIMPLE

Use foods whose source you can confirm and whose handling stays simple.



GOOD SOURCES

- ▶ Know where it came from
- ▶ Use the easiest safe foods first
- ▶ Keep raw animal foods separate



MILK



EGGS



GARDEN
VEGETABLES



ORCHARD
FRUIT



GRAIN



LIVESTOCK



EAT NOW



Fresh from garden, trees or chooks.
Eat soon after harvest/collection.

COOK SOON



Cook to make safe and last longer.

PRESERVE



Dry, can, freeze or store for later.



WATCH THIS

- ▶ Raw milk risk
- ▶ Dirty eggs
- ▶ Warm meat
- ▶ Unknown chemicals or contamination
- ▶ Spoilage signs



RAW MILK RISK



DIRTY EGGS



WARM MEAT



UNKNOWN CHEMICALS



SPOILAGE SIGNS



SPOILAGE SIGNS



Prefer simple, known, and quickly usable foods over risky or complex processing.



DO THIS

- ▶ Boil or cook risky foods.
- ▶ Wash produce.
- ▶ Use eggs and milk promptly.
- ▶ Move extra food into preservation routes.



AVOID THIS

- ▶ Do not trust unknown milk.
- ▶ Do not keep dirty food mixed with clean food.
- ▶ Do not delay cooling or cooking.



Reliable source, simple handling, and quick decisions turn rural abundance into safer food.



BE PREPARED.
STAY SAFE.

FAST-GROWING GARDEN FOODS



QUICK CROPS • PRACTICAL YIELDS

Choose fast, repeat-harvest, easy crops suited to an ordinary New Zealand home garden.



GOOD STARTERS



Radish — fast
4–6 weeks



Leaf lettuce —
cut again
4–6 weeks



Spring onion —
useful
6–8 weeks



Silverbeet —
repeat harvest
6–8 weeks



Bush beans or peas —
productive
8–10 weeks



WHY THESE

- ▶ Fast harvest
- ▶ Useful edible parts
- ▶ Some can be picked repeatedly
- ▶ Some seed can be saved



Fast food gardens favour simple crops, repeated picking, and realistic expectations.



DO THIS

- ▶ Start small.
- ▶ Grow what you will really eat.
- ▶ Water consistently.
- ▶ Save seed where practical.



AVOID THIS

- ▶ Do not chase unrealistic yields.
- ▶ Do not depend on slow crops first.
- ▶ Do not plant more than you can manage.



A small fast garden can produce food sooner than a perfect big plan.



**BE PREPARED.
STAY SAFE.**

EDIBLE WILD GREENS – NZ SAFE SHORTLIST



IF UNSURE • DO NOT EAT

Only gather plants with positive ID, known edible parts, and a simple cooking path.



SAFE RULES

- ▶ Positive ID only
- ▶ Known edible part
- ▶ Avoid polluted ground
- ▶ Cook before eating



LOCAL
FOOD
STRONGER
TOMORROW



AVOID THESE RISKS

- ▶ Hemlock-like parsley-family plants
- ▶ Nightshade-like unknown weeds
- ▶ Any plant you cannot confirm
- ▶ If unsure, do not eat

PŪHĀ / SOW THISTLE



- ▶ Soft green, lobed leaves (not spiny).
- ▶ Yellow daisy-like flower.
- ▶ Young leaves are best.
- ▶ Cook leaves before eating.

DANDELION



- ▶ Basal rosette of jagged leaves.
- ▶ Bright yellow flower.
- ▶ Leaves can be bitter (best young).
- ▶ Cook leaves before eating.

MINER'S LETTUCE



- ▶ Round, fleshy leaf that clasps around the stem.
- ▶ Small white flowers.
- ▶ Tender leaves and stems.
- ▶ Eat cooked (e.g. in soups or stir-fry).

CHICKWEED



- ▶ Small opposite leaves.
- ▶ Tiny white, star-like flowers (5 deep petals).
- ▶ Tender stems and leaves.
- ▶ Cook before eating.

NARROWLEAF PLANTAIN



- ▶ Basal rosette of long, narrow, ribbed leaves.
- ▶ Upright seed spikes (dark).
- ▶ Young leaves are best.
- ▶ Cook leaves before eating.



NZ-confirmed shortlists are safer than guessing from lookalikes.



DO THIS

- ▶ Gather from clean ground.
- ▶ Take only what you can identify.
- ▶ Wash and cook.
- ▶ Keep a conservative shortlist.



CLEAN
COOK
EAT SAFE



AVOID THIS

- ▶ Do not guess from one feature.
- ▶ Do not trust internet myths alone.
- ▶ Do not eat uncertain wild plants.



LOOKALIKES
CAN BE DEADLY

A short, confirmed list is safer than a long list full of doubt.



KNOW NATURE.
EAT SMART.
STAY SAFE.

WILD FRUITS & TOXIC BERRIES



SAFE LIST • DANGER LIST

Only eat fruit that is clearly identified, known in NZ, and safe without special detox steps.



SAFE EXAMPLES

Known NZ fruits that are safe to eat when ripe.



KŌNINI
Tree Fuchsia

- ▶ Dark purple berries
- ▶ Sweet when ripe
- ▶ Eat the soft fruit



KARAMŪ

- ▶ Red to black berries
- ▶ Mild, pleasant taste
- ▶ Eat ripe fruit only



WILD BLACKBERRY

- ▶ Black when ripe
- ▶ Sweet taste
- ▶ Widely known and safe



TAUPATA

- ▶ Black ripe berries
- ▶ Mild, slightly sweet
- ▶ Eat ripe fruit only



DANGER EXAMPLES

Common NZ plants with toxic fruit or seeds.



TUTU

- ▶ Red to black berries
- ▶ Toxic (causes severe illness)
- ▶ Do not eat



KARAKA

- ▶ Orange berries
- ▶ Toxic seeds
- ▶ Do not eat



NGAIO

- ▶ Orange/red fruit
- ▶ Toxic (causes sickness)
- ▶ Do not eat



POKEWEED

- ▶ Shiny dark berries
- ▶ Highly toxic
- ▶ Do not eat



ENGLISH YEW

- ▶ Red fleshy fruit (toxic seeds)
- ▶ Very toxic
- ▶ Do not eat

LOOKALIKE WARNING

Blackberry is safe. Tutu is toxic. Know the difference.



WILD BLACKBERRY

Bigger fruit, clustered drupelets, prickly canes.



TUTU

Small smooth berries in dense clusters, no brambles.



Safe fruit list first. Danger fruit list second. When unsure, leave it.



RULE

- ▶ If a fruit has a toxic seed or needs special detox steps, it is **NOT** a recommended food.



AVOID THESE RISKS

- ▶ Toxic seeds or other toxic parts.
- ▶ Needs special detox steps.
- ▶ If you are unsure, do not eat it.



**BE PREPARED.
STAY SAFE.**

Positive ID matters more than hunger.

DANGEROUS MUSHROOMS



NO WILD MUSHROOM RECOMMENDATION

Do not eat wild mushrooms. This card is for danger recognition and emergency action only.

DEATH CAP

Amanita phalloides



- ▶ Pale green, olive or white cap
- ▶ White gills
- ▶ Ring on stem
- ▶ Distinct cup (volva) at base
- ▶ Often under trees (oaks, exotic trees)

FLY AGARIC

Amanita muscaria



- ▶ Bright red cap with white spots
- ▶ White gills
- ▶ Ring on stem
- ▶ Bulbous base with cup (volva)
- ▶ Common in parks, gardens and under trees

DEADLY GALERINA

Galerina marginata



- ▶ Small to medium brown cap
- ▶ Brown gills (not white)
- ▶ Usually no ring
- ▶ Often on rotting wood, stumps or mulch
- ▶ Can look like common harmless mushrooms

GREEN-SPORED PARASOL

Chlorophyllum molybdites



- ▶ Large white cap with brown scales
- ▶ Greenish gills (mature)
- ▶ Ring on stem
- ▶ No cup at base
- ▶ Common in lawns, gardens, mulch and disturbed ground



NO EATING

WILD MUSHROOMS CAN BE DEADLY



EMERGENCY ACTION

- 1 Keep a sample**
Take a photo and keep part of the mushroom in a bag or container.
- 2 Note the time**
Record when it was eaten and any symptoms.
- 3 Call NZ Poisons Centre**
0800 764 766
(24 hours, free).
- 4 Call 111 if severe**
If someone is very unwell (e.g. vomiting, collapse, breathing problems).



No wild mushroom is worth the risk in an emergency.



RULE

- ▶ Do not eat wild mushrooms. If swallowed, keep specimen and contact Poisons Centre / 111.



WATCH FOR THESE

- ▶ White gills, ring or cup can be deadly (high risk features).
- ▶ Backyard mushrooms can still be poisonous.
- ▶ Cooking does not make toxic mushrooms safe.



**BE PREPARED.
STAY SAFE.**

When in doubt, do not eat the mushroom.

PORTABLE RATION DESIGN



WEIGHT • ENERGY • WATER

Make realistic trade-offs between calories, water burden, fuel needs, and pack space.



NO-COOK

Simple, light, ready to eat.

- ▶ No cooking needed
- ▶ Lightweight and compact
- ▶ Good for short trips or when fuel is limited
- ▶ Choose nutrient-dense foods



EXAMPLES: Nuts, dried fruit, energy bars, crackers, jerky, tuna or salmon pouches, instant oats.



SIMPLE RATIONS
REAL PLACES
STRONGER TOMORROW



LIMITED-COOK

More variety, higher energy.

- ▶ Use a small stove or camp cooker
- ▶ Cook oats, pasta, rice, soups
- ▶ Lighter than carrying tins
- ▶ Warmer meals boost morale
- ▶ Great for 72 h or longer



EXAMPLES: Oats, rice, pasta, dehydrated meals, soup mixes, powdered milk, teabags, cooking oil, seasonings.



ENERGY DENSITY

Choose high-calorie foods (nuts, oils, dried foods).



WATER NEED

Plan for at least 3 L per person per day. More in heat or hard work.



PACKABILITY

Compact, tough and lightweight packaging. Remove excess packaging.



FUEL NEED

Consider if cooking is needed and how much fuel to carry.



Portable food works only if weight, water, and fuel all make sense together.



ACTION

- ✓ Energy density
- ✓ Water burden
- ✓ Cooking limits
- ✓ Packaging
- ✓ Activity level

Build rations around energy, density, water burden, cooking limits, packaging, and activity level.



AVOID THIS

- ▶ Too much water-heavy food (soups, fresh or canned foods).
- ▶ Too many tins (heavy and bulky).
- ▶ Foods that need lots of fuel or long cooking.



The best ration is the one you can actually carry, use, and replace.



BE PREPARED.
STAY SAFE.

HARDTACK



DRY • DENSE • MOISTURE-PROTECTED

A simple flour, water, and salt ration food depends on thorough drying and dry storage.

1 INGREDIENTS

Flour, water and salt.



FLOUR WATER SALT

2 MIX & KNEAD

Mix into a stiff, dry dough. Knead until smooth.



3 SHAPE & SCORE

Roll flat, cut into biscuits and prick with holes.



4 BAKE & DRY

Bake low and long until very dry and hard.



5 COOL COMPLETELY

Let them cool fully before storing. They must be dry all the way through.



6 STORE DRY

Keep in airtight, moisture-proof containers. Store in a cool, dry place. Check regularly and rotate.



7 SOFTEN TO EAT

Hardtack is very hard. Soften before eating in hot water, soup or tea.



Multi-year homemade shelf life not verified.



Dryness and moisture control matter more than big shelf-life claims.



ACTION

- ▶ Bake dry, cool fully,
- ▶ seal against moisture,
- ▶ check regularly, and rotate.



AVOID THIS

- ▶ Under-dried centres (still soft).
- ▶ Packing while warm.
- ▶ Damp or humid storage.



BE PREPARED.
STAY SAFE.

Hardtack is a simple long-lasting food only when it stays very dry.

OAT & NUT ENERGY BARS



SHORT / MEDIUM TERM

High-energy homemade bars are useful, but fat, moisture, and storage limits still matter.



GOOD HOMEMADE FOOD

- ▶ High energy per weight
- ▶ Easy to make
- ▶ Portable and convenient
- ▶ Use simple ingredients
- ▶ Good for short / medium term



BAKED BARS

Firmer, crunchier

NO-BAKE BARS

Chewier, quicker



HIGH ENERGY

Good source of calories and fats.



LIGHTWEIGHT

More energy for less weight.



LOW WATER NEED

Ready to eat.
No cooking needed.



NUT ALLERGY?

Use seeds instead
(e.g. sunflower, pumpkin, sesame).



WATCH FOR THESE

- ▶ Rancid or stale nuts (oily smell)
- ▶ High moisture (can grow mould)
- ▶ Visible mould
- ▶ Soft or sticky texture
- ▶ Damaged or opened wrappers



MOULD - DISCARD



RANCID NUTS - DO NOT USE



6-9 month claim
not verified.

Store sealed, in a cool, dark place
and rotate regularly.



Energy bars save weight, but fat and moisture limit storage life.



ACTION

- ▶ Seal well, keep cool and dry.
- ▶ Use simple ingredients.
- ▶ Rotate often.



AVOID THIS

- ▶ High-moisture mix (e.g. very wet fruit).
- ▶ Oily or stale nuts.
- ▶ Damaged or opened wrappers.



BE PREPARED.
STAY SAFE.

Homemade bars are helpful, but they are not forever food.

JERKY



LEAN • DRY • KEEP IT SEALED

Jerky works best when the meat is lean, safely heated first, dried properly, and kept dry.



HIGH PROTEIN
A compact source of energy.



LOW WATER
Removing moisture helps it keep longer.



LIGHT TO CARRY
Great for tramping, travel or emergency rations.



MOISTURE SENSITIVE
Keep dry at all times. Moisture can cause spoilage.



SHELF LIFE (HOMEMADE)
About 1–2 months at room temperature. Homemade jerky is not an unlimited-life food.

⚠ Safety first, dryness second, moisture control always.



ACTION

- ▶ Use lean meat, heat first,
- ▶ dry well, cool fully, seal tight,
- ▶ and protect from moisture.



AVOID THIS

- ▶ Do not use fatty strips (fat goes rancid quickly).
- ▶ Do not keep soft or damp pieces.
- ▶ Do not use leaky or poor packaging.



Good jerky is light to carry, but only when it is lean, dry, and well sealed.



**BE PREPARED.
STAY SAFE.**

HIGH-FAT NUT / PEANUT ENERGY BLOCKS



NO-COOK • HIGH ENERGY • ROTATE OFTEN

Homemade high-fat blocks can save fuel and carry a lot of calories, but heat, allergy risk, and oil spoilage limit storage life.



GOOD FIT

Simple, high-energy food.

- ▶ High energy per weight
- ▶ No cooking needed
- ▶ Compact for packs
- ▶ Useful for short / medium rotation



EXAMPLES: Peanut blocks, mixed nut bars, oat and nut squares, seed-based blocks (nut-free option).



HIGH ENERGY

Lots of calories from healthy fats.



LIGHTWEIGHT

More energy for less weight.



COMPACT

Easy to pack and carry.



LOW WATER NEED

Ready to eat. No cooking needed.



WATCH THIS

Useful, but has important limits.

- ▶ Nut allergy risk (can be severe)
- ▶ Heat softening / oil bleed
- ▶ Rancid smell = discard
- ▶ Regular rotation matters



SEED-BASED BLOCKS

Use sunflower, pumpkin, sesame, and oats instead of nuts.



Industrial RUTF shelf life does NOT prove a homemade version is equally stable.



DO THIS

- ✓ Make small batches.
- ✓ Wrap portions well.
- ✓ Keep cool and dry.
- ✓ Label the date.
- ✓ Rotate often.



AVOID THIS

- ▶ Do not assume 12–18 months.
- ▶ Do not ignore allergies.
- ▶ Do not keep oily or off-smelling bars.
- ▶ Do not copy industrial claims (eg. RUTF shelf life).



BE PREPARED.
STAY SAFE.

Homemade energy blocks are compact fuel-savers, not long-life miracle food.

INSTANT DRY MEAL / DRINK MIX



NO-COOK • NEEDS SAFE WATER

Dry mixes travel light and need little fuel, but they only work when your water is safe.



GOOD USE

Simple, flexible, lightweight.

- ▶ Light to carry
- ▶ Fast to mix
- ▶ Works with zero / low fire
- ▶ Easy portion control



EXAMPLES: Breakfast shakes, porridge, soup mixes, drink powders, smoothie mixes, and meal replacements.



WATCH THIS

Useful, but has important limits.

- ▶ Safe water required
- ▶ Moisture ruins the mix
- ▶ Rotate by the shortest-dated ingredient
- ▶ Heat changes texture, not necessarily safety



EXAMPLES: Oat porridge, soup mixes, instant drinks, protein shakes, meal powders, electrolyte drinks.



HIGH ENERGY

Lots of calories from dry ingredients.



NEEDS WATER

Only works with safe, clean water.



LIGHTWEIGHT

Compact and easy to carry.



NO-COOK

Just add water and mix.



Dry powder meals are practical only when safe water is available.



DO THIS

- ✓ Keep ingredients dry and clean.
- ✓ Seal against moisture.
- ✓ Label the date.
- ✓ Use the shortest best-before ingredient for rotation.
- ✓ Mix with safe water only.



AVOID THIS

- ▶ Do not promise 24-month homemade shelf life.
- ▶ Do not use dirty water.
- ▶ Do not store damp mix.
- ▶ Do not assume hot water ruins whey safety (heat changes texture, not necessarily safety).



MOISTURE = SPOILAGE

A dry mix saves fuel and weight, but water safety decides whether it works.



BE PREPARED.
STAY SAFE.

24-HOUR RATION



24 HOURS • MOVE LIGHT

One-day rations should balance calories, water, speed, and simple eating.



PACK THIS IDEA

Simple, practical, effective.

- ▶ Ready-to-eat first
- ▶ Compact calories
- ▶ Include water
- ▶ Carry a no-cook backup



Simple foods. Big benefits.
Pack a mix of proven, no-cook items.



WATCH THE TRADE-OFF

Useful, but important limits.

- ▶ More calories = more weight
- ▶ Water is essential
- ▶ Salt / electrolyte can help
- ▶ 2800 kcal is not a rule for everyone.



CALORIES

Aim for around
2600–2800 kcal
(varies by person and activity).



WATER

At least 3 L per person
per day. More in heat
or hard work.



WEIGHT

Choose lightweight,
compact foods.
Remove excess packaging.



NO-COOK

Focus on ready-to-eat foods.
Have a no-cook backup
in case plans change.



For one hard day, simplicity and packability matter as much as calories.



PACK

- ✓ ready-to-eat food +
- ✓ water + small salt/electrolyte
- ✓ option + no-cook backup.



AVOID THIS

- ▶ Do not over-pack fragile food.
- ▶ Do not forget water.
- ▶ Do not design one menu for every person.



A 24-hour ration is a movement plan, not just a pile of snacks.



BE PREPARED.
STAY SAFE.

72-HOUR RATION



72 HOURS • WATER IS HEAVY

For three days, compare zero-cook and limited-cook plans before you pack.



ZERO-COOK

Ready to eat. No cooking needed.

- ▶ Fast
- ▶ No fuel needed
- ▶ Usually bulkier
- ▶ Best when you must keep moving



EXAMPLES: Energy bars, jerky, crackers, nuts, seeds, dried fruit, instant drink mixes (nut-free option).



LIMITED-COOK

Lighter to carry. Cook simple meals.

- ▶ Can lower food weight
- ▶ Needs water + fuel
- ▶ More preparation
- ▶ Best when brief cooking is possible



EXAMPLES: Oats, dehydrated meals, instant rice or noodles, soup mixes, seasonings, cooking oil, small stove + fuel.



WATER IS HEAVY

At least 3 L per person per day (9 L for 3 days). Plan, filter or carry.



FUEL NEEDED (COOK OPTION)

Small, lightweight fuel is enough for simple meals. Plan how much you need for 3 days.



CALORIES MATTER

Aim for high-calorie, nutrient-dense foods to keep energy up for three days.



WEIGHT ADDS UP

Compare total carried weight: food + water + fuel + packaging. Choose what you can actually carry.



Three days of water often weigh more than the food.



DO THIS

- ✓ 3 L water per day (9 L total)
- ✓ Add extra for cooking
- ✓ Use verified foods only
- ✓ Check what you can carry

- ▶ Count at least 3 L drinking water per person per day
- ▶ Add more water for rehydration or cooking
- ▶ Use verified foods only
- ▶ Check what you can actually carry.



AVOID THIS

- ▶ Do not count cooking water as drinking water
- ▶ Do not pack fuel without a plan
- ▶ Do not copy someone else's ration blindly.



Same Plan doesn't fit everyone.

A 72-hour ration works only when food, water, and cooking needs match the situation.



BE PREPARED.
STAY SAFE.

7-DAY MOBILE RATION



7 DAYS • FOOD + WATER + FUEL

Over a week, the real burden is not food alone — water and cooking needs shape the plan.



ON FOOT

Light, compact, essential.

- ▶ Lightest foods first
- ▶ Water plan is critical
- ▶ Minimal packaging bulk
- ▶ Fuel must be justified



EXAMPLES: Energy bars, nuts, dried fruit, oats, jerky, tuna pouches, compact meals, water treatment, small stove (if needed).



ON FOOT

~7-10 kg total (approx.)



WATER
1.5 – 2 L
CARRIED

Refill / treat
en route



BY VEHICLE

~20-40 kg+
(much more capacity)



WATER
14 – 28 L
(2 – 4 L per person
per day)
+ extra reserve



BY VEHICLE

More capacity. More options.

- ▶ More water can be carried
- ▶ More menu variety
- ▶ Fuel options improve
- ▶ Rotation is easier



EXAMPLES: Canned food, rice, pasta, dried meals, more water, spare fuel, larger stove, cooking oil, seasonings, fresh options, rotation stock.



Across seven days, water weight often becomes harder to carry than food weight.



DO THIS

- ✓ Plan food, water, and fuel together
- ✓ Use calorie-dense foods
- ✓ Calculate by scenario
- ✓ Rotate stock regularly



AVOID THIS

- ▶ Do not treat 550–600 g/day as a universal rule
- ▶ Do not ignore water weight
- ▶ Do not copy a vehicle plan into a backpack plan.



A 7-day ration is a transport plan as much as a food plan.



BE PREPARED.
STAY SAFE.

FERMENTATION FEEDSTOCK



NON-POTABLE ONLY • FEEDSTOCK, NOT DRINK

Sugar or starch can become low-strength alcohol wash for resource use, but it is not drinking alcohol, not a disinfectant, and not finished stove fuel.



START WITH

Simple ingredients.

- ▶ Sugar or suitable starch source
- ▶ Clean water
- ▶ Yeast
- ▶ Clear labeling from the start



1. FEEDSTOCK

Sugar or starch + water



2. FERMENT

Add yeast and keep covered



3. LOW-STRENGTH WASH

After days or weeks



NOT FOR

This is not safe for people.

- ▶ Drinking
- ▶ Surface disinfection
- ▶ Direct use as reliable stove fuel
- ▶ Taste testing



Fermentation produces feedstock – not safe drinking alcohol and not finished fuel.



DO THIS

- ✓ Label NON-POTABLE
- ✓ Keep separate from drinking liquids
- ✓ Use clean containers
- ✓ Discard contaminated batches



AVOID THIS

- ▶ Do not imply drinking safety
- ▶ Do not use smell or repeated processing as proof of safety
- ▶ Do not show improvised pressurised or open-flame distillation.



NO DISTILLATION IN THIS GUIDE

In this chapter, every batch stays NON-POTABLE from the first step onward.



**BE PREPARED.
STAY SAFE.**

REPEATED DISTILLATION

DISTIL • MEASURE • RE-DISTIL

 **NON-POTABLE ONLY • NO FLAME**

Concentrate low-alcohol fermented liquid using repeated distillation with compliant, atmospheric-pressure, electric equipment.
Everything in this chapter is **NON-POTABLE**.



GOOD PRACTICE

- ▶ Use electric atmospheric stills only
- ▶ Distil in stages
- ▶ Measure ABV every run
- ▶ Keep fractions separate
- ▶ Label NON-POTABLE



Start with a low-alcohol fermented liquid (e.g. wash).
NON-POTABLE.



WATCH THIS

- ▶ No open flame distillation
- ▶ No pressure-cooker still
- ▶ No teapot / hose improvised still
- ▶ Do not block the vent
- ▶ Do not guess alcohol strength



NO OPEN FLAME



NO PRESSURE COOKER STILL



NO TEAPOT / HOSE IMPROVISED STILL



DO NOT BLOCK THE OUTLET



NO SEALED PRESSURE SETUP



Measure alcohol strength every time. Re-distil for concentration — not for drinking.



DO THIS

- ▶ Distil → measure → re-distil
- ▶ Use an alcometer (hydrometer)
- ▶ Keep heads / middle / tails separate
- ▶ Mark intended use clearly



USE AN
ALCOMETER

REAL
MEASUREMENT
SAFER RESULTS



AVOID THIS

- ▶ Do not use smell or taste
- ▶ Do not use flame or sealed rigs
- ▶ Do not treat product as drinkable
- ▶ Do not store it like water



RULE:

No flame. No pressure-cooker still.
Measure ABV; do not guess.

Controlled equipment and real measurement are the only safe path to higher concentration.



METHANOL MYTH



HEADS ≠ SAFE TO DRINK

Cutting fractions does not prove homemade spirit is safe to drink.



WHAT TO KNOW

- ▶ Separate heads, middle, and tails.
- ▶ Heads contain more low-boiling impurities.
- ▶ Tails are weaker and carry more water and unwanted compounds.
- ▶ Cuts do not prove drinking safety.



*SAME PROCESS
DIFFERENT
FRACTIONS
STILL NOT
SAFE TO DRINK*



WATCH THIS

- ▶ Methanol and other impurities may span multiple fractions.
- ▶ Smell, taste, and flame color do not prove safety.
- ▶ Do not treat homemade spirit as drink-safe.
- ▶ Keep all output clearly marked **NON-POTABLE**.



**ALL FRACTIONS
NON-POTABLE**



Fraction cutting helps sorting, but it does NOT prove drink safety.



DO THIS

- ▶ Label fractions clearly.
- ▶ Keep outputs separated.
- ▶ Use for non-potable handling only.
- ▶ Store away from food and drinking water.



AVOID THIS

- ▶ Do not assume heads removal makes it safe.
- ▶ Do not rely on smell or taste.
- ▶ Do not call it drinkable.



Distillation can separate fractions, but it cannot separate risk from certainty.



**NON-POTABLE
ONLY.
BE PREPARED.
STAY SAFE.**

NON-POTABLE ALCOHOL USES



CLEANING OR FUEL ONLY

Use clearly labeled non-potable alcohol only for surface cleaning or compatible stove fuel — never for drinking.



SURFACE CLEANING

- ▶ Clean visible dirt first.
- ▶ Use on hard alcohol-safe surfaces.
- ▶ Then wipe with about 70% alcohol.
- ▶ Not for drinking water, food, eyes, or deep wounds.

HARD SURFACES ONLY



1. REMOVE DIRT



2. WASH WITH SOAP



3. WIPE WITH ALCOHOL



SIMPLE FUEL
FOR COOKING
OUTDOORS



FUEL USE

- ▶ Use only in alcohol-compatible stoves.
- ▶ Store away from heat and sparks.
- ▶ Keep away from children.
- ▶ Never refill a burning stove.



WATCH THIS

- ▶ Label every container NON-POTABLE.
- ▶ Keep separate from food and medicine.
- ▶ Do not spray directly onto food.
- ▶ Do not call it medical sterilization.



Clean first. Then alcohol. Label clearly. Keep away from flames.



DO THIS

- ▶ Use clear labels.
- ▶ Keep bottles sealed.
- ▶ Separate cleaning and fuel supplies.
- ▶ Use the right stove only.



AVOID THIS

- ▶ Do not drink it.
- ▶ Do not refill over flame.
- ▶ Do not store near food.
- ▶ Do not use on deep wounds or eyes.



Same alcohol. Different purpose. Safety depends on how you use it.



BE PREPARED.
STAY SAFE.

BALANCED WARTIME NUTRITION



CALORIES ARE NOT ENOUGH

More than energy. Keep your body working.



FIVE FOOD GROUPS

Aim for three or more groups in each meal.



1. STARCH / CARBS

Grains, potatoes, rice, oats, bread, pasta.



2. PROTEIN

Meat, fish, eggs, beans, lentils, dairy (milk powder).



3. FAT

Oils, butter, lard, nuts, seeds, fish fat.



4. VEGETABLES / FRUIT

Fresh or preserved. Include safe wild greens (see E12/E13).



5. MINERAL SOURCE

Dairy, fish with bones, iodised salt, seaweed, mineral-rich foods.



ONE DAY EXAMPLE

Use a mix of shelf-stable and fresh foods.



Breakfast

- Oats
- Milk powder
- Dried fruit
- Nuts



Lunch

- Rice
- Canned beans
- Vegetables
- Olive oil



Dinner

- Meat or fish
- Potatoes
- Vegetables
- Herbs / seasoning



Snacks

- Fresh fruit
- Nuts / seeds
- Crackers
- Canned fish



Variety over time builds resilience. You do not need a perfect meal, just a better overall week.



DAILY AIM:

starch + protein + fat +
vegetable/fruit + mineral source.



AVOID RELYING ONLY ON:

- ▶ Rice, bread, noodles or sugar
- ▶ Single food type for many days
- ▶ Only highly processed foods



*MORE
VARIETY
A STRONGER
TOMORROW*

Better food choices today. A stronger, more resilient tomorrow.



**BE PREPARED.
STAY SAFE.**

VITAMIN & MINERAL FOOD MATRIX



ROTATE FOOD COLOURS • SOURCES MATTER

Rotate food colours and sources so your diet stays broader than just starch and canned food.

GOOD FOOD GROUPS

- ▶ Rotate colours across the week
- ▶ Mix fresh + preserved foods
- ▶ Use ordinary foods – nothing special needed
- ▶ Build meals from several food groups



VITAMIN C

Fresh fruit, preserved fruit, capsicum, cabbage, citrus, kiwifruit.



VITAMIN A (PRECURSORS)

Dark green and orange vegetables like carrots, pumpkin, silverbeet, spinach.



B VITAMINS

Whole grains, oats, beans, eggs, dairy, meat.



CALCIUM

Milk powder, dairy, canned small fish with bones.



IRON

Meat, beans, dark leafy greens.



IODINE

Iodised salt and seafood.



WATCH THIS

- ▶ Do not rely on one food
- ▶ Rotate proteins and colours
- ▶ Use preserved food to fill gaps
- ▶ Unknown wild plants are not nutrition shortcuts



A varied week of ordinary foods beats a perfect diet that never happens.

DO THIS

- ▶ Rotate colours across the week
- ▶ Combine starch + protein + vegetables
- ▶ Use milk powder, beans, fish, eggs, or meat
- ▶ Keep iodised salt in the food plan



AVOID THIS

- ▶ Do not live on rice, sugar, and tins alone
- ▶ Do not expect one 'superfood' to fix everything.
- ▶ Do not add unconfirmed wild foods



WEEKLY AIM:
rotate colours, proteins
and preserved/fresh foods.

Variety over time matters more than perfection in one meal.



BE PREPARED.
STAY SAFE.

NUTRIENT-DENSE WARTIME SOUP



ONE POT • MORE NUTRIENTS

Use one pot, little fuel, and simple ingredients to build a more balanced wartime meal.



BUILD THE POT

- ▶ **Staple:** rice, oats, barley, pasta, or beans
- ▶ **Protein:** beans, fish, meat, egg, or milk powder
- ▶ **Vegetables:** mix 2 colours
- ▶ **Fat + iodised salt** improve energy and balance



ONE-POT FORMULA:
staple + protein + 2 colours
of vegetables + fat + iodised salt.

1

HARD FOODS FIRST

e.g. rice, beans, carrots, pumpkin

2

ADD PROTEIN

e.g. beans, meat, fish, or egg

3

LEAFY FOODS LAST

e.g. silverbeet, spinach, kale

VEGETABLES
(2 COLOURS)

GREENS
(ADD LAST)

FAT
(e.g. oil)

IODISED SALT
(in small amounts)

PROTEIN
(BEANS, FISH, MEAT,
EGG OR MILK POWDER)

STAPLE
(RICE, OATS, BARLEY,
PASTA OR BEANS)



WHY IT WORKS

- ▶ More balanced than starch alone
- ▶ Uses little fuel and one pot
- ▶ Easy to adapt to what you have
- ▶ Rotate foods across days and weeks

TRY THESE COMBINATIONS



Beans +
pumpkin +
greens



Rice + fish +
carrots +
silverbeet



Oats + milk
powder +
vegetables



Calories matter, but a better wartime meal also needs protein, fat, and plant foods.



DO THIS

- ▶ Aim for 3+ food groups per meal
- ▶ Cook beans, meat, and hard roots first
- ▶ Add soft greens near the end
- ▶ Use small amounts of fat and iodised salt



AVOID THIS

- ▶ Do not live on rice, sugar, and tins alone
- ▶ Do not overboil leafy foods again and again
- ▶ Do not treat bone broth as a complete food by itself
- ▶ Do not chase perfect nutrition every meal



RICE
ALONE
IS NOT
ENOUGH

A better soup is not about perfection – it is about practical balance over time.



BE PREPARED.
STAY SAFE.

FINAL CARD

PRINT IT • STORE IT • USE IT FAST

A simple step today can make a big difference tomorrow.



**NO POWER • NO INTERNET
STILL READY**



KEEP THIS HANDBOOK ON TOP OF THE FRIDGE

Real information.
Real preparation.
A safer tomorrow.



DO THIS



Print before an emergency.



Keep it on or beside the fridge.



Use a waterproof folder if possible.



Make sure everyone knows where it is.



Mark important pages with tabs.



AVOID THIS



Do not rely on a phone-only copy.



Do not store the only copy somewhere hard to find.



Do not wait until food starts warming.



Do not assume the internet will still work.



ACTION:

Print this handbook now.

Keep it on top of the fridge so it is ready the moment the power fails.



**BE PREPARED.
STAY SAFE.**

When the power goes out, the best survival guide is the one you can reach immediately.