

## RESOURCES - FOOD

The following is a list of books that have been found useful by many, but is by no means exhaustive on the subject. If you have books you would like to suggest, please feel free to e-mail me with the particulars. Please include the same kind of information about the book in question as you see below, particularly the ISBN #, if it has one.

### A. BOOKS

*A Year's Supply*; Barry G. & Lynette B. Crockett; 1988; ISBN# 0-915131-88-9; Available from the author at P.O. Box 1601, Orem, Utah 84057 and some book or preparedness related stores. Publisher's Press.

*Book of Tofu, The*; William Shurtleff & Akiko Aoyagi; 1975; ISBN#0-345-35181-9; Ballantine Books.

*Cookin' With Powdered Milk* and *Cookin' With Powdered Eggs*; Peggy Layton; Both 1994; No ISBN; Available from the author and some preparedness related suppliers. P.O. Box 44, Manti, Utah, 84682.

*Cookin' With Home Storage*; Vicki Tate; 1993; ISBN# none; Published by the author; Address: 302 East 200 North, Manti, Utah, 84642; Tel # (801) 835-8283

*Country Beans*; Rita Bingham; 1996; ISBN 1-882314-10-7; Published by Natural Meals In Minutes 30500 SE Jackson Rd, Gresham, OR 97080.

*Home Food Systems*; Edited by Roger B. Yepsen, Jr.; 1981; ISBN# 0-87857-325-9; Rodale Press.

*How To Develop A Low-Cost Family Food-Storage System*; Anita Evangelista; 1995; ISBN 1-55950-130-8; Loompanics Unlimited.

*How To Dry Foods*; Deanna DeLong; 1992; ISBN 1-55788-050-6; HP Books

*Keeping Food Fresh*; Janet Bailey; 1985; ISBN# 0-385-27675-3; Doubleday & Co.

*Keeping The Harvest*; Chioffi and Mead; 1991; ISBN# 0-88266-650-9; Storey Communications.

*Making The Best Of Basics - Family Preparedness Handbook*; James T. Stevens; 1996; ISBN #1-882723-25-2; Gold Leaf Press or from the author: 15123 Little Wren Lane, San Antonio, TX 78255

*Permaculture Book Of Ferment & Human Nutrition, The*; Bill Mollison; 1993; ISBN 0-908228-06-6; Tagari Publications

*Prudent Pantry, The*; A.T. Hagan; 1999; No ISBN #; Available from the author at [athagan@atlantic.net](mailto:athagan@atlantic.net); Borderline Press.

*Putting Food By*; Greene, Hertzberg and Vaughn; 1982 (14th edition); ISBN# 0-525-93342-5; Penguin Group.

*Recommended Dietary Allowances* (The RDA Book); National Research Council; 1989 (10th edition); ISBN 0-309-046335 (paper); National Academy Press

*Root Cellaring*; Mike and Nancy Bubel; (1994); ISBN 0-88266-703-3.

*Tofu & Soyfoods Cookery*; Peter Golbitz; 1998; ISBN 1-57067-050-1; Book Publishing Company; P.O. Box 99, Summertown, TN 38483

*Whole Grains*; Sara Pitzer; 1981; ISBN #0-88266-251-1; Garden Way Books

## **B. PAMPHLETS**

Consumer Information Center, Department EE, Pueblo CO 81009. Ask for the Consumer Mailing List Catalog. You can order those nifty USDA pamphlets from this catalog.

Check your extension service office for pamphlets, which can usually be bought for a dollar or so. Especially important for high altitude canning, getting recipes specific for locale, even information on U-Pick sites and local farmers' markets.

*Controlling Indianmeal Moths in Stored Shelled Corn and Soybeans*; Phil Harein and Bh. Subramanyam; FS-0996-A-GO Revised 1990 Minnesota Extension Service, University of Minnesota

*Food Storage Cooking School: Use It Or Lose It* FN-503; Rebecca Low, M.S. USU Extension Home Economist and Deloy Hendricks, Ph.D. Nutrition and Food Science Specialist; Utah State University Extension.

***Food Storage In The Home*** FN502; Utah State University Cooperative Extension Service Bulletin

***Frequently Asked Food Questions*** FN 250; 1993 Utah State University Cooperative Extension Service Bulletin

***Home Food Storage Management*** FN 500; Rebecca Low, Georgia C. Lauritzen; Utah State University Extension

***Home Storage of Wheat*** FN-371; Ralph E. Whitesides; Utah State University Extension

***How to Turn Your Kitchen into a Lab!*** FN 257; Charlotte P. Brennand, PhD, Food Science Specialist; Utah State University Extension

***Ingredient Substitution*** FN 255; Georgia C. Lauritzen, PhD, Food and Nutrition Specialist; Utah State University Extension

***Molds And Mycotoxins In Feeds***; C.M. Christensen, C.J. Mirocha, R.A. Meronuck; FO-3538-C-GO 1988; Minnesota Extension Service, University of Minnesota

***Molds In Grain Storage***; Richard A. Meronuck; FO-0564-C-GO; Revised 1987; Minnesota Extension Service, University of Minnesota

***Nonfat Dry Milk*** FN142; Utah State University Cooperative Extension Service Bulletin

***Storage of Dry Milk*** FN 177; Charlotte P. Brennand, Food Science Specialist; Utah State University Extension

***Use of Oxygen Absorbers in Dry Pack Canning***; Albert E. Purcell, Theodore C. Barber, John Hal Johnson; Benson Quality Assurance Laboratory Department of Food Science, Brigham Young University

***USDA Complete Guide to Home Canning*** AIB 539; U.S. Department of Agriculture Extension Service. 1994

***Water Storage*** FN 176; Georgia C. Lauritzen, Food and Nutrition Specialist; Utah State University Extension

## **C. ELECTRONIC**

### **C.1 INFORMATION SOURCES**

## Food Preservation & Storage, General Cooking

### ***National Center for Home Food Preservation***

<http://www.uga.edu/nchfp/index.html>

“The National Center for Home Food Preservation is your source for current research-based recommendations for most methods of home food preservation.” Look in the publications area for such works as the USDA Complete Guide to Home Canning and links to many states cooperative extension web sites leading to even more useful information.

### ***Utah State University Cooperative Extension Service***

<http://extension.usu.edu/cooperative/publications/>

The publications pages of the Utah State University Cooperative Extension Service web site. Many of the best cooperative extension works on food storage can be found here. A definite must for anyone interested in food preservation or storage.

### ***Walton Feed's Self Reliance/Information Area***

<http://waltonfeed.net/self/>

The how-to area of the Walton Feed site. Information about food production, preservation and storage, nutrition, storage planning, grain mill comparisons, and more.

### ***HomeCanning.com***

<http://www.homecanning.com>

Altrista manufactures the Ball, Kerr, and Bernardin lines of home canning supplies. Much good information on boiling water bath and pressure canning of all kinds of foods.

### ***CountryLife.net***

<http://countrylife.net>

Articles and discussion forums about baking, grains, fermented milk products, edible wild plants and more.

### ***Bread World***

<http://www.breadworld.com>

The Fleischmann Yeast web site. Great information on baking and yeast topics.

***Rec.food.preserving FAQ***

<http://www.gbronline.com/jacke/rfpfaq/rfpFAQ.htm#toc>

A companion FAQ to this one. What I don't cover here Jack Eddington does and vice-versa. Very much worth your time if you are interested in food preservation.

***Rec.food.cooking FAQ and conversion file***

<ftp://rtfm.mit.edu/pub/usenet/rec.food.cooking>

[http://vsack.bei.t-online.de/rfc\\_faq.html](http://vsack.bei.t-online.de/rfc_faq.html) Easier to navigate version

From the FAQ - "The primary purpose of this document is to help cooks from different countries communicate with one another. The problem is that measurements and terms for food vary from country to country, even if both countries speak English." Even if you don't plan to cross so much as a county line this FAQ is worth reading. Many sometimes confusing food terms are made clear.

The ftp site also carries the Chocolate FAQ.

***Rec.food.sourdough***

<http://www.nyx.net/~dgreenw/sourdoughfaqs.html>

<ftp://rtfm.mit.edu/pub/usenet/rec.food.sourdough/>

A number of FAQs and files for sourdough breads. Much in-depth knowledge here.

rec.food.sourdough FAQ Starter Doctor  
rec.food.sourdough FAQ Questions and Answers  
rec.food.sourdough FAQ Recipes (part 1 of 2)  
rec.food.sourdough FAQ Recipes (part 2 of 2)  
rec.food.sourdough FAQ Basic Bread

***Meat Smoking and Curing FAQ***

[http://www.bbqguide.com/meat\\_smoking\\_and\\_curing\\_faq.htm](http://www.bbqguide.com/meat_smoking_and_curing_faq.htm)

<http://www.romwell.com/cookbook/Preserve/smoking.shtml>

Hasn't been updated in a long time, but the Meat Smoking and Curing FAQ by Richard Thead still has much good information.

Alternative Cooking Methods

***International Dutch Oven Society***

<http://www.idos.com>

A large resource of information concerning virtually anything that can be done with a Dutch Oven. If you can bake it in your kitchen you can bake it in a Dutch Oven.

***The MacScouter***

<http://www.macscouter.com>

One of the best Scouting (boys and girls) sites around. Click on the cooking directory for some really good information on Dutch Oven and other kinds of camp cooking.

***The Solar Cooking Archive***

<http://solarcooking.org>

A major source of information and access to equipment. There are explanations of the physics of how solar cooking works, plans for cookers, commercial suppliers, books, other reading and more. If you're interested in solar you really want to visit this site.

***Doug Edwards Solar Cooking site***

<http://home.earthlink.net/~drduggee/solar.htm>

An excellent site with clear photographs of a number of solar cookers. A good links page to many other solar cooking resources. Some interesting crystal radio info as well.

***Home Power Magazine***

<http://www.homepower.com>

They frequently run solar articles, including solar cooking. Many of the articles are available for online viewing or you can subscribe.

Food Safety

***U.S. Food and Drug Administration Bad Bug Book***

<http://vm.cfsan.fda.gov/~mow/intro.html>

The FDA's Bad Bug Book. Using information compiled from the FDA, CDC and other sources it provides basic facts regarding foodborne pathogenic

microorganisms and natural toxins. A good source of information if you're looking for details on food borne pathogens and how to prevent or control them.

***National Food Safety Database***

<http://www.foodsafety.gov/>  
<http://foodsafety.ifas.ufl.edu/indexNFSDB.htm>

A large source of food-safety information of all kinds.

***Food Safety Answers.Org***

<http://www.foodsafetyanswers.org/>

A pilot project of the Iowa State University Extension service to help provide answers to common food safety questions and to provide an interactive resource with the input from experts from industry, academia, associations, and the Federal government.

Disaster Preparedness. Mitigation, Relief

***Federal Emergency Management Agency***

<a href="http://www.fema.gov/library/preandprev.shtm">http://www.fema.gov/library/preandprev.shtm</a>	Preparation and Prevention
<a href="http://www.fema.gov/library/dizandemer.shtm">http://www.fema.gov/library/dizandemer.shtm</a>	Disasters and Emergencies
<a href="http://www.fema.gov/library/respandrecov.shtm">http://www.fema.gov/library/respandrecov.shtm</a>	Response and Recovery
<a href="http://www.training.fema.gov/emiweb/cert/">http://www.training.fema.gov/emiweb/cert/</a>	Community Emergency Response Teams (CERT program)
<a href="http://www.fema.gov/kids/">http://www.fema.gov/kids/</a>	FEMA for Kids
<a href="http://www.fema.gov/help/site.shtm">http://www.fema.gov/help/site.shtm</a>	Site Index (better than their search engine)

The FEMA site with files and publications on disaster preparedness, post disaster response, mitigation and more. A good starting place to begin learning. Many will find preparedness literature more palatable if it comes with a Federal agency's name on it and this is the place to get it. Be sure to investigate the Community Emergency Response Team (CERT) materials. Your tax dollars went to pay for this stuff, you should use it.

### ***American Red Cross***

<a href="http://www.redcross.org/pubs/dspubs/genprep.html">http://www.redcross.org/pubs/dspubs/genprep.html</a>	General preparedness materials (.pdf)
<a href="http://www.redcross.org/pubs/dspubs/childmatls.html">http://www.redcross.org/pubs/dspubs/childmatls.html</a>	Materials for children (.pdf)
<a href="http://www.redcross.org/pubs/dspubs/cde.html">http://www.redcross.org/pubs/dspubs/cde.html</a>	Community disaster education materials (.pdf)

The Disaster Services portion of the American Red Cross site. Many good how-to type of publications for coping with various natural and man-made disasters can be found here.

### ***IFAS Disaster Handbook***

<http://disaster.ifas.ufl.edu>

The University of Florida's Institute of Food and Agricultural Sciences (IFAS) has compiled a Disaster Handbook for many natural and man-made crises. Some excellent information and well worth a look.

### ***Disaster Relief Organization***

<http://www.disasterrelief.org/Library>

Some good preparedness information. The address is case sensitive so make sure to include the capital L.

Water, Sanitation, General Knowledge

***The Hesperian Foundation***

<http://www.hesperian.org>

While the Foundation has nothing to do with food, they are the publishers of some important books that anyone with an interest in long-term preparedness should have such as *Where There Is No Doctor*, *Where There Is No Dentist* and *A Handbook For Midwives* among others. You can order them directly from the source.

***U.S. Army Training and Doctrine Digital Library***

<http://155.217.58.58/atdls.htm>

Many useful training and field manuals that can be hard to find elsewhere can be found here. I especially recommend FM 21-10 *Field Sanitation and Hygiene*. This site can be slow at times, so be patient.

***La Leche League***

<http://www.lalecheleague.org>

The La Leche League is the oldest and largest breast-feeding education and support group in the world. If you have an interest in feeding a baby the natural way, these are the people to ask for information.

***Rec.backcountry Distilled Wisdom Panel 9 – Water Filter Wisdom***

<ftp://rtfm.mit.edu/pub/usenet/rec.backcountry>

A good discussion of the hazards of backcountry water, water purification, and water filters as applied in the backcountry. The above address will list all of the rec.backcountry Distilled Wisdom panels – sort by date and find the latest posting of the Water Filter Panel.

***FATFREE: The Low Fat Vegetarian Recipe Archive***

<http://www.fatfree.com>

A "low-fat vegetarian" web site. Even if you're not a vegetarian it has one of the best search engines for using the USDA Nutrient Database (food nutrient compositions) that I've found. *Do* turn your pop-up blocker on.

***Henriette's Herbal Homepage***

<http://metalab.unc.edu/herbmed/>

Medicinal and culinary herb FAQs, archives of the medicinal herb, culinary herb, and herb-info lists. More than a thousand plant pictures and a plant name database. One of the oldest and largest herbal information sites on the WWW.

*The Food Insects Newsletter*

[http://www.hollowtop.com/finl\\_html/finl.html](http://www.hollowtop.com/finl_html/finl.html)

In case you think you might ever have to.

## **C.2 SOFTWARE SOURCES**

I do not use these programs myself, but have listed them for those who might be interested. Most are free, but a few charge a nominal fee.

<http://www.waltonfeed.com/grain/calc.html>

There are two Excel spreadsheets here that can also be imported into Lotus 123, Quattropro or Works For Windows. The first spreadsheet is a nutritional calculator showing the breakdown of 65 nutrients for 167 foods with more being importable. The second spread sheet is a yearly supply calculator.

<http://waltonfeed.com/self/plan.html>

A nutritional calculator that you enter your food supply into and it gives you a daily nutritional printout. It's a smaller, less versatile version of the one from Revelar below, but is less resource intensive and will run on a DOS machine.

<http://www.revelar.com/fsp.html>

A more extensive, versatile version of the above program, makes it much easier to modify for personal use. It also requires at least a 486, Windows and 8mb of Ram. A version for the Mac is available as well.

<http://www.permapak.net/freesoftware.htm>

The first program is an LDS Food Storage Planner designed to help prepare a food storage program using the food storage recommendations made by LDS church leaders. This program starts out with only the basics and it is strongly recommend that you add fruits and vegetables etc., once you have the basic foods. The second program is a more advanced version of the first which includes more foods beyond the basic ones of the first.

## **D. ORGANIZATIONS**

### **D.1 THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS**

The LDS church, commonly known as the Mormon Church, has long had a social welfare program for the benefit of its members in need. Believing the best way to deal with the problem of needy members is not to have any, the church also strongly encourages its membership to be as self-reliant and self-dependent as possible. To further this end it provides access to church owned cannery facilities and makes large, bulk purchases of storage foods to sell at cost to any member with an interest in starting a personal food storage program.

Most facilities will be at one of the LDS Bishop's Storehouses located in various places around the country, but some churches will also have their own local facilities. The easiest means of finding one is simply to ask the LDS church member you know. If they don't themselves know, or you don't know any Mormons, then a little phone book research will be necessary. Find your nearest local Mormon church and ask to speak with the local Bishop of the Ward or Relief Society president. Either one of those two individuals should be able to give you the information you seek.

The Church also has its own web site at <http://www.providentliving.org> and there you can find further information on geographic locations of church owned Home Storage Centers and instructions for how to begin your own home food storage and emergency preparedness programs. Even if you aren't an LDS member and don't intend to use their facilities the food storage and emergency preparedness areas are worth a look.

If you find that you have a cannery within striking distance give them a call. If you are not LDS inquire as to whether they allow non-church members to use their facilities, any available times, and what you need to provide. Be up front and honest, you'll hardly be the first to talk to them about food storage. Ask for a copy of the cannery guidelines and a price list of what is available. There may also be classes or seminars as well. There is a degree of variability between the canneries so what is available at one may not be at another.

**IMPORTANT NOTE:** Policies about non-members using the LDS Family Canneries may vary from location to location so you'll need to investigate the specific cannery you are interested in. Please keep in mind that the individuals responsible for the family canneries are all *volunteers* with demands on their time from many areas. Be courteous when speaking with them and, if there are facilities for use, flexible in making arrangements to use them. You will, of course, have to pay for the supplies that you use, cans and lids at the least, and any food products you use. As a general rule they cannot put your food into storage for you. Be ready to pay for your purchases in advance, if necessary. They do not take credit cards and probably cannot make change so take a check with you.

Any food products you want to have sealed in cans or pouches will need to fall within their guidelines of suitability for that type of packaging. This is for

reasons of spoilage control since many types of foods aren't suitable for simply sealing in a container without further processing. If you purchase food products from the cannery, they will already be within those guidelines. A brief treatment of these guidelines can be found below.

### D.1.1 LDS FAMILY CANNERY GUIDELINES

Subject to some variability among storage centers, the following foods are generally available at the canneries:

Apple Slices	Hot Cocoa Mix	Pudding, Vanilla
Beans, Great Northern	Macaroni	Soup Mix
Beans, Pink	Milk, Non-fat Dry	Spaghetti
Beans, Pinto	Oats, Rolled	Sugar
Beans, Refried Dry	Onions, Dry	Wheat, Red or White
Carrots, dry	Potatoes, dry	White Flour
Fruit Drink Mix	Pudding, Chocolate	White Rice

In addition to what foods may be available for purchase from the cannery you may also be able to bring your own to put up. These will need to be low-moisture in nature, of a high enough quality for storage, and free of insects.

<b>Approved Dry-Pack Products</b>	
Milk	Non-fat dry milk and milk or whey products such as hot cocoa.
White flour	Bleached or unbleached, but not self-rising.
Whole grains	Not milled or cracked, no oily seed coat.
Rolled oats	Quick or regular.
Legumes	Dry peas and beans, including dehydrated refried beans.
Pasta	Pasta products that do not contain egg.
Fruits and vegetables	Dehydrated or freeze-dried products that are dry enough to snap. (Best items: apples, bananas, potatoes, onions, carrots, corn, peas. <i>Marginal items:</i> apricots, peaches, pears, tomatoes, green beans).
Sugar	Granulated or powdered, but not brown or other damp sugars.

Miscellaneous	TVP (textured vegetable protein), cheese powder, gelatin, soup mixes (without bouillon).
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You will be able to purchase the necessary cans or pouches, oxygen absorbers, boxes and plastic lids for what you want to can.

Some foods do not keep well simply sealed inside a can or pouch even with oxygen absorbers so are not approved for canning.

<b>Non-Approved Dry Pack Products</b>	
Milled grain	Whole wheat flour, cornmeal, cereal.
Oily grains/seeds	Nuts, coconut, brown rice, pearled barley, sesame.
Baking mixes	Anything that has self-contained baking powder is not suited to long-term storage.
Leavenings	Baking powders, baking soda, and yeast.
Egg noodles	Any noodles, pasta, or macaroni that contains egg yolks.
Cold cereals	Ready to eat breakfast cereals, granolas, etc.
Miscellaneous	Spices, oils, bouillon, dried meats, dried eggs, brown sugar, candy, first-aid supplies.

Although I am not in complete agreement with the above list, it is workable and will get the job done. Make sure the food you want to pack has little fat or moisture content and you should be OK. For grains, legumes, flours, meals and dried fruits and vegetables do make sure to use the oxygen absorbers. You should not assume the food is insect free. When the packets remove the available oxygen any insects in the can will die or at least go dormant.

## **E. FOOD AND EQUIPMENT SUPPLIERS**

### **E.1 MAIL ORDERING STORAGE FOODS -- WHAT YOU SHOULD KNOW**

When it comes to building a food storage program, sooner or later you may need to seriously consider mail ordering at least a part of the foods you want. Even for those of us who try do as much as we can locally there are some things which are not going to be easily available in our areas. To help with this I have included below a list of food and equipment suppliers where nearly anything can be found.

Because many do find it necessary or desirable to purchase via mail order I am including some points to consider before shelling out your cash.

**1.-- *Find out how much the shipping costs are going to be.***

Grains and legumes are relatively cheap, but weigh a lot when bought in bulk. Because of this, shipping charges can sometimes double (or more) the actual cost of the product by the time it reaches your door. Adding insult to injury is the round bucket fee UPS charges in addition to their regular shipping charges. This fee has become sufficiently high that many companies now find it cheaper to buy boxes to ship their buckets in. Compare carefully each company's list price and their shipping charges, combined, when deciding who to order from. Saving up for a larger order, or finding someone to combine orders with might enable you to make a large enough order to get a price break on shipping.

Alternatively, you could take a vacation in the area of the company's location or swing through the area on the way back from one. If you choose to do this, be certain to call ahead and let them know your date of arrival so they'll have your order ready and waiting for you. The company in the next state may be higher on their list price, but end up being cheaper than having it shipped in from six states away.

**2.-- *Ask the supplier when your order is going to ship.*** Some suppliers are behind in filling orders so you could be waiting and waiting. Slowness in shipping is not necessarily a sign of bad business though. Some suppliers may drag their feet, but others may be genuinely swamped by the volume of business they are receiving because they have a good product at a fair price.

**3.-- *How fresh is the product you are ordering?*** Freshness is what it's all about when it comes to storage foods. If a food has a five year shelf life in its container then you want as much of those five years to be on your shelf, not the supplier's.

**4.-- *Be clear as to how the product you are ordering is packaged.*** Many suppliers offer identical foods packaged several different ways. Be certain the product number you are giving the salesperson is for the product packed in the manner you want.

**5.-- *What is the head gas analysis?*** If you are ordering foods packed in a nitrogen flushed oxygen free container (with or without an oxygen absorber packet added) then ask about the laboratory test results that measure the oxygen content of the head gasses in the container. This is of great importance if you are counting on the extra storage life such packaging will give you.

There are but a few companies such as Perma Pak, Ready Reserve, and Walton Feed that actually produce packaged storage foods and most dealers only distribute and retail their products. If the dealer can not produce the manufacturer's test data measuring the head gasses of the products they are selling then keep looking.

**6.-- *If you are purchasing wheat and intend to use it primarily for bread making then be sure to ask about its protein content.***

The best breads need at least 12% protein with 13-14% better still. Unusually high protein levels though might indicate a problem. When considering grain wheat subtract about 1.5% of the protein content of the berries to arrive at the probable gluten content of that lot of grain. *Also take a close look at the weight of the product.* One company's five or six gallon bucket of wheat may not weigh the same as another's. The same applies to dehydrated foods such as fruits, vegetables, TVP, etc. *Ask about the moisture content of bulk foods which are not already packaged for long term storage.* 10% or less moisture is where you want to be for grains, legumes and most everything else.

**7.-- *What is the company's damage and return policy?*** If your carefully packed SuperPails and #10 cans get dented or cracked in shipping you'll need to have them replaced. Most mail order companies will require you to contact the shipper (such as UPS) for a claim number. The shipper may or may not require an inspection so don't destroy any packaging or containers until you know for sure.

Does anyone else know of anything else a person should look out for or ask about when mail ordering storage food?

## **E.2 ADDRESSES OF SUPPLIERS**

**DISCLAIMER:** The companies listed below were either found by me, sent in by the business owners, or volunteered by interested readers. *I make NO representation as to their worthiness to do business with.* Most of these merchants or manufacturers have been in their field for many years, will be around for many more, and are honorable in their dealings. However, with every update of this FAQ there are businesses that spring up only to have disappeared when I do the next update. In addition to the precautions mentioned in *G.1* above take all of the usual precautions in mail or phone ordering.

The following listings are roughly categorized by type:

**STORAGE FOOD MANUFACTURERS:** The actual producers or packagers of storage foods. Some do retail sales of their products, others do not.

**FOOD PRESERVATION DEALERS AND SUPPLIERS:** These are businesses dealing with the aspects of food preservation as opposed to storage. Canning, meat curing, fermented milks, pickling, spices, soybean products, brewing, vintning, etc.

#### **FOOD STORAGE AND PRESERVATION EQUIPMENT**

**MANUFACTURERS:** The actual manufacturers of equipment. Some will do retail sales and some do not.

**DIATOMACEOUS EARTH MANUFACTURERS AND DEALERS:** Self-explanatory.

**STORAGE FOOD RETAIL DEALERS:** Retail sales of all of the above.

Naturally, addresses, phone numbers, web sites, etc., change over time so if you have more current information than I'm giving here, please be so kind as to let me know. Additionally, I'm always looking for new companies so if you have some that you'd like to see in this FAQ send me their info and I'll take a look.

When contacting any of the businesses listed here I'd appreciate if you'd let the business owner know if you found their business by looking in this FAQ. I don't sell advertising, but it does make it easier to keep the listings here current and fresh if the owner's feel it's good for their business which makes for less time I must spend doing the footwork to verify all of the information. Keeping this section fresh and current has become the most time-consuming part of maintaining this FAQ. Thanks.

### **E.2.1 STORAGE FOODS MANUFACTURERS**

#### **ADVENTURE FOODS**

481 Banjo Lane

Whittier, North Carolina 28789

(828) 497-4113 Voice

(828) 497-7529 Fax

E-mail: [CustomerService@AdventureFoods.com](mailto:CustomerService@AdventureFoods.com)

<http://www.adventurefoods.com>

Online sales. Manufacturer of the Adventure Food line of products, also MRE components, and bulk foods (some unusual ones too - wine powder?).

**ALPINEAIRE FOODS**

TyRy, Inc.  
P.O. Box 1799  
Rocklin, CA 95677  
(800) 322-6325 - Toll Free (USA)  
(866) 322-6325 - Toll Free (USA)  
(916) 624-6050 - Local & International  
(916) 624-1604 - Fax  
E-mail: [info@aa-foods.com](mailto:info@aa-foods.com)  
<http://www.alpineairefoods.com>

Online sales. Storage food manufacturer. Shelf stable foods with a long storage life. Many foods that require no cooking. Also backpacking meals. Good FAQ section.

**BACKPACKER'S PANTRY**

6350 Gunpark Drive  
Boulder, CO 80301.  
(303) 581- 0518 Voice  
E-mail: [info@backpackerspantry.com](mailto:info@backpackerspantry.com)  
<http://www.backpackerspantry.com>

Manufacturer of the Backpacker's Pantry, Camp Food, and Astronaut Food (freeze dried ice cream!) lines of food products as well as camping/backpacking cooking gear. List of dealers on site. No online retail sales.

**FREEZE DRY FOODS, LIMITED**

579 Speer Rd  
Oakville, Ontario L6K 264 Canada  
(905) 844-1471 - Voice  
(905) 844-8140 - Fax  
E-mail: [info@freeze-dry.com](mailto:info@freeze-dry.com)  
<http://www.freeze-dry.com>

**CANADA.** A freeze-dried foods manufacturer. Produces the Hardee Camping Foods brand. No online retail sales.

**HARVEST FOODWORKS**

445 HWY 29  
RR#1

Toledo, Ontario KOE 1YO, Canada  
(800) 268-4268 - Toll Free  
(613) 275-2218 - Local & International  
Fax: (613) 275-1359  
E-mail: [thefolks@harvest.on.ca](mailto:thefolks@harvest.on.ca)  
<http://www.harvest.on.ca>

**CANADA.** Online sales. A producer of primarily vegetarian (some have meats) dehydrated and freeze dried foods. Ingredients and nutrition information on site.

### **HEATERMEALS**

311 Northland Blvd  
Cincinnati, OH 45246  
(800) 503-4483 - Toll free  
(513) 772-3066 – Local & International  
(513) 772-3269 – Fax  
(800) 589-1528 - Fax Toll free  
E-mail: [info@heatermeals.com](mailto:info@heatermeals.com)  
<http://www.heatermeals.com>

Online sales. Free sample HeaterMeals and pricing information. Also produces the ZestoTherm FRH Flameless Food Heater used by the U.S. Army.

### **HOTCAN UK LIMITED**

Unit 7  
Carrwood Road  
Chesterfield Trading Estate  
Chesterfield, Derbyshire S41 9QB  
Tel: (01246) 26 89 88 -  
Fax: (01246) 45 10 46 -  
E-mail: [hotcanlimited@aol.com](mailto:hotcanlimited@aol.com)  
<http://www.hotcan.com>

**UNITED KINGDOM.** Online sales. A British manufacturer of self-heating meals. Uses a different heating technology than with US MREs. Product ingredient and nutritional info on web site.

### **HOT PACK MEALS**

United Kingdom

Canada

Canland UK Ltd  
Wellington House  
Lower Icknield Way  
Longwick  
Bucks  
HP27 9RZ  
United Kingdom  
01844 344474 Telephone and fax  
E-mail: [info@hotpackmeals.co.uk](mailto:info@hotpackmeals.co.uk)  
<http://www.hotpackmeals.co.uk/index.html>

369 Holliday Point Road  
R.R. #1  
Wolfe Island ON K0H 2Y0  
CANADA  
(613) 385-1212 Voice/Fax  
E-mail:  
[dands@hotpackmeals.com](mailto:dands@hotpackmeals.com)  
<http://www.hotpackmeals.com>

**UNITED KINGDOM/CANADA.** Online sales. A manufacturer of self-heating MRE style ration packs and a supplier to the British and Canadian militaries. Nutrition info and product labels available on the web site.

**LONG LIFE FOOD DEPOT** (Exclusive agent for Wornick Company MRE and MRE-Style civilian sales)

P.O. Box 8081  
Richmond, Indiana 47374  
(800) 601-2833 Toll free (USA)  
(765) 939-0110 Local & international  
(765) 939-0065 Fax  
E-mail: [sales@longlifefood.com](mailto:sales@longlifefood.com)  
<http://www.longlifefood.com>

Online sales. Wornick appears to work through this company now for civilian sales of their surplus MRE components and their civilian MRE-Style products. Good information on military and civilian MRE's on their site.

**LUMEN FOODS**

409 Scott Street  
Lake Charles, La. 70601  
(800) 256-2253 – Toll Free Order Line (USA)  
(337) 436-6748 – Local & International  
(337) 436-1769 – Fax  
E-mail: [support@soybean.com](mailto:support@soybean.com)  
<http://www.soybean.com>

Online sales. A manufacturer of soy and other "non-animal" foods. TVP products, soyfoods, grains and more.

**MOUNTAIN HOUSE** (Oregon Freeze Dry, Inc.)

525 25th Ave SW  
Albany, OR 97321  
(800) 547-0244 – Toll free (USA)  
(877) 366-3877 – Toll free (USA)  
(541) 812-6601 - Fax  
E-mail: [MH-info@ofd.com](mailto:MH-info@ofd.com)  
<http://www.mountainhouse.com>

Online sales. Manufacturer of Mountain House freeze dried foods in pouches and larger cans. Manufacturing date decoding info on web site.

**READY RESERVE FOODS, INC.**

1442 S. Gage Street  
San Bernardino, CA 92408  
(800) 453-2202 Toll free (USA)  
(909) 796-0098 Local & international  
(909) 796-2196 Fax  
E-mail: [readyreserve@aol.com](mailto:readyreserve@aol.com)  
<http://www.readyreservefoods.com/contact.htm>

Online sales. #10 and 2 ½ size cans, bulk units.

**RICHMOOR CORPORATION**

6923 Woodley Ave  
Van Nuys, CA 91406  
(800) 423-3170 Toll free  
(818) 787-2010 Fax  
E-mail: [mail@richmoor.com](mailto:mail@richmoor.com)  
<http://www.richmoor.com>

Online sales. Manufacturer of the Richmoor and Natural High line of food products. Good FAQ section with pack date decoding info. List of dealers on site.

**SOPAKCO** (Crown Point Ltd.)

P.O. Box 1129  
215 South Mullins St  
Mullins, South Carolina 29574  
(800) 276-9678 Toll free (USA)

(888) 276-9678 Toll free (USA)  
<http://www.sopakco.com>  
<http://www.crownpt.com/MREs.htm>

Manufacturer of military MRE's, their civilian MRE equivalent brand Camp & Trail and humanitarian pouch meals. Some product info on site. No online retail sales, but does have dealer contact info.

**WALTON FEED,INC**

135 North 10th St.  
P.O. Box 307  
Montpelier, ID 83254  
(800) 269-8563 Toll free (USA)  
(208) 847-0467 Local & international  
E-mail: [info@waltonfeed.com](mailto:info@waltonfeed.com)  
<http://www.waltonfeed.com>

Online sales. Major packager and supplier of storage foods. Bulk & N2 packed dehydrated foods, grains/legumes bulk and N2 packed, oxygen absorbers. Free food storage planning software. Can labels and head gas analyses of most products available for viewing on site. Click on the "Using Whole Foods" and "Pack Your Own Foods" links in the Information Area of the site to access most of the best information. Very informative web site.

**WAYFAYRER FOODS**

Westler Foods Ltd  
Amotherby  
Malton  
North Yorkshire  
YO17 6TQ  
+44 (0) 1653 693 971 Voice  
+44 (0) 1653 600 187 Fax  
E-mail: [info@wayfayrer.co.uk](mailto:info@wayfayrer.co.uk)  
<http://www.wayfayrer.co.uk/index.asp>

**UNITED KINGDOM.** Pre-cooked, ready to eat meals in retort pouches. Some now also with accompanying heaters. Not presently taking online orders, but you can fill out an inquiry form on the web site and they will contact you regarding your needs.

**E.2.2 FOOD PRESERVATION DEALERS AND SUPPLIERS**

Canning, meat curing, food drying, spices, pickling, cultured milk products, soybean products, etc.

**ALLIED KENCO SALES**

26 LYERLY ST.  
HOUSTON, TEXAS 77022  
(800) 356-5189 Toll free (USA)  
(713) 691-2935 Local & international  
(713) 691-3250 Fax  
E-mail: [aks@alliedkenco.com](mailto:aks@alliedkenco.com)  
<http://www.alliedkenco.com>

A butcher supply house specializing in sausage and jerky making supplies and equipment. Seasoning, sausage casings, meat grinders, sausage stuffers, commercial vacuum sealing machines and more.

**CANNING PANTRY.COM**

Highland Brands, LLC.  
1780 W. 9000 S., Suite 128,  
West Jordan, Utah 84088-6501.  
(801) 280-3241 Voice  
(775) 206-3262 Fax  
E-mail: [Info@HighlandBrands.com](mailto:Info@HighlandBrands.com)  
<http://www.canningpantry.com/index.html>

Pressure & boiling water bath canners, canning supplies, grain mills, Excalibur food dehydrators, books.

**CON YEAGER SPICE COMPANY**

144 Magill Rd  
Zelienople, PA 16063 USA  
(800) 222-2460 Toll free (USA)  
(724) 452-4120 Local & international  
(724) 452-6171 Fax  
E-mail: [spicesales@zoominternet.net](mailto:spicesales@zoominternet.net)  
<http://www.yeagerspice.com>

Meat curing, casings, smoking, herbs, spices and hardware. Bulk sales.

**COOKBOOK SHOPPE, THE**

Vickie Tate  
302 East 200 North  
Manti, Utah 84642  
(435) 835-8283

Home Storage & Preparedness Books including Cooking With Home Storage.  
Country Living grain mills.

**CUMBERLAND GENERAL STORE**

#1 Highway 68  
Crossville, TN 38555  
(800) 334-4640 Toll free (USA)  
(931) 456-1211 Fax  
E-mail: [info@cumberlandgeneral.com](mailto:info@cumberlandgeneral.com)  
<http://www.cumberlandgeneral.com>

A good deal of food preservation and storage equipment with the emphasis on non-modern gear. Can sealers, grain mills, water pumps and other non-electrically powered equipment.

**DAIRY CONNECTION, INC**

8616 Fairway Place, #101  
Middleton, WI 53562 U.S.A.  
(608) 836-0464 Voice  
(608) 836-7791 Fax  
E-mail: [getculture@ameritech.net](mailto:getculture@ameritech.net)  
<http://www.dairyconnection.com>

Cheese coagulants, colors, cultures, and starter flavors. Also yogurt, buttermilk, and sour cream cultures.

**DOUBLE SPRINGS HOMEBREW SUPPLY**

8345 Main St.  
Mokelumne Hill, CA 95245  
(888) 499-2739 Toll free (USA)  
(209) 286-0506 Local & international  
(209) 754-4888 Fax

E-mail: [homebrew@goldrush.com](mailto:homebrew@goldrush.com)  
<http://www.doublesprings.com>

Home brewing and vintning supplies of all sorts. Preservative chemicals and oxygen absorbers. Many books, including vinegar making. Vinegar mothers. A lot of equipment.

### **G.E.M. CULTURES**

30301 Sherwood Road

Fort Bragg, CA 95437 USA

(707) 964-2922 (mornings after 7 a.m. Pacific time)

E-mail: [gemcult@mcn.org](mailto:gemcult@mcn.org) for enquiries outside the US only please

<http://www.gemcultures.com>

Fermented food starter cultures such as natto, tempeh, amazake, miso, shoyu, tamari, koji, miso, sourdough and other bread leavens (barm, etc.), fil mjolk, viili, and kefir grains. Also natural nigari (bitterns) and calcium sulfate (gypsum) as well as a form box for tofu making.

### **HOME CANNING SUPPLY**

PO Box 1158-WW

Ramona, CA 92065

(800) 354-4070 Toll free (USA)

(760) 788-0520 Local & international

(760) 789-4745 Fax

E-mail: [sales@homecanningsupply.com](mailto:sales@homecanningsupply.com)

<http://www.homecanningsupply.com>

Home canning and food preservation supplies such as bulk pectin, low-methoxyl pectins, pressure and water-bath canners, dehydrators, and other food preserving supplies.

### **LEHMAN'S HARDWARE**

One Lehman Circle

P.O. Box 321

Kidron, OH 44636 U.S.A

888-438-5346 Toll free (USA)

330-857-5757 Local & international

888-780-4975 Fax toll free

330-857-5785 Local fax

E-mail: [getinfo@lehmans.com](mailto:getinfo@lehmans.com)  
<http://lehmans.com>

Quite a lot of food related equipment, grain mills, can sealers, water pumps, butchering, cheese making, dehydrators, pitters, peelers, etc. Most of it non-electric. Many books. Free shipping on many orders.

**NATURAL MEALS PUBLISHING**

9745 Kristen Drive  
Sandy, UT 84070  
(888) 232-6706 Toll free phone/fax (USA)  
E-mail: [getinfo@naturalmeals.com](mailto:getinfo@naturalmeals.com)  
<http://www.naturalmeals.com>

Publisher of Rita Bingham's book - Natural Meals In Minutes; Country Beans; and The NEW Passport To Survival

**NEW ENGLAND CHEESEMAKING SUPPLY**

P.O. Box 85, Ashfield MA 01330  
Phone (413) 628-3808  
Fax (413) 628-4061  
E-mail: [info@cheesemaking.com](mailto:info@cheesemaking.com)  
<http://www.cheesemaking.com>

Supplier of virtually everything related to home cheese making.

**PENZEYS, LTD. SPICE HOUSE**

P.O.Box 933  
Muskego, WI 53150-0933  
(800) 741-7787  
(414) 679-7207 voice  
(414) 679-7878 fax  
E-mail: [info@penzeys.com](mailto:info@penzeys.com)  
<http://www.penzeys.com>

Herb and spice supply house. Excellent prices on bulk quantities of herbs and spices. Good quality and variety.

**POLSTEINS HOME CENTERS**

7615 13th Ave.  
Brooklyn, NY 11228-2411  
(800) 492-3288 Toll free  
(718) 331-1613 Fax  
E-mail: [store\\_01@polsteins.net](mailto:store_01@polsteins.net)  
<http://www.polsteins.com>

Wide line of home canning supplies and equipment. Also a general hardware store carrying kitchen and other housewares.

**SAUSAGE MAKER, THE**

1500 Clinton St., Bldg. 123  
Buffalo, New York 14206  
888-490-8525 Toll free (USA)  
716-824-5814 Local & international  
716-824-6465 Fax  
E-mail: [sausmaker@aol.com](mailto:sausmaker@aol.com)  
<http://www.sausagemaker.com>

Mail order sausage making, meat curing and smoking supplies, training videos, equipment, etc

**STUFFERS SUPPLY COMPANY**

22958 Fraser Highway,  
Langley,  
British Columbia,  
V2Z 2T9 Canada  
(604) 534-7374 voice  
(604) 534-3089 fax  
E-mail: [bleathem@telus.net](mailto:bleathem@telus.net)  
<http://www.stuffers.com>

**CANADA.** A Canadian source of sausage making and meat curing supplies.

**E.2.3 FOOD STORAGE AND PRESERVATION EQUIPMENT  
MANUFACTURERS****CONSOLIDATED PLASTICS**

8181 Darrow Rd.

Twinsburg, OH 44087  
(800) 362-1000 Toll free (USA)  
(330) 425-3333 Fax  
<http://www.consolidatedplastics.com>

Online sales. FDA approved plastic food storage containers, food grade plastic bags, screw off bucket lids and more. Ask for their Rubbermaid, laboratory/industrial catalogs and bags/packaging/shipping catalogs.

### **COUNTRY LIVING PRODUCTS**

Country Living Products  
14727 56th Ave. NW  
Stanwood, WA 98292  
(360) 652-0671 Voice  
E-mail: [jjenkins@mstar2.net](mailto:jjenkins@mstar2.net)  
<http://www.countrylivinggrainmills.com>

Online sales. Manufacturer of the Country Living grain mill. They're now offering a spare parts kit.

### **DESICCARE, INC.**

<u>West Coast</u>	<u>East Coast</u>
<u>Manufacturing Facility</u>	<u>Manufacturing</u>
3400 Pomona Blvd.	Facility
Pomona, CA 91768 USA	211 Industrial
(800) 446-6650 Toll free	Dr.
(909) 444-8272 Local	Richland, MS
(909) 444-9045 Fax	39218 USA
E-mail:	(888) 932-0405
<a href="mailto:desiccant@desiccare.com">desiccant@desiccare.com</a>	Toll free
<a href="http://www.desiccare.com">http://www.desiccare.com</a>	(601) 932-0442
	Fax

Online sales. Manufacturer of desiccants, oxygen absorbers, and humidity indicator cards.

**DIXIE CANNER EQUIPMENT CO.**

786 East Broad St  
Athens, GA 30601 USA  
(706) 549-1914 voice  
(706) 549-0137 fax  
E-mail: [sales@dixiecanner.com](mailto:sales@dixiecanner.com)  
<http://www.dixiecanner.com>

Mostly electric can sealing equipment, but some manual types. A list of companies that sell low-volume can orders may be found on-site.

**FREUND CAN COMPANY**

155 West 84th Street  
Chicago, IL 60620  
(800) 363-9822 Toll free (USA)  
(773) 224-8812 Fax  
E-mail: [customerservice@freundcontainer.com](mailto:customerservice@freundcontainer.com)  
<http://www.freundcan.com>

Online sales. Metal, glass and plastic containers. Can sealers of several sorts. Claims will sell any quantity. Merged with Berlin Packaging.

**HEINHOLD ENGINEERING & MACHINE CO, INC.**

2910 Directors Row  
Salt Lake City, UT 84104  
(800) 262-4275 Toll free (USA)  
(801) 974-0613 Local & international  
(801) 974-0616 Fax  
<http://www.cansealer.com>

Manufactures a small-scale electric can sealer.

**INDEPENDENT CAN COMPANY**

1300 Brass Mill Rd  
P.O. Box 370  
Belcamp, MD 21017  
(410) 272-0090 – voice  
(410) 273-7500 – fax  
E-mail: [salesdept@independentcan.com](mailto:salesdept@independentcan.com)  
<http://www.independentcan.com>

Metal can packaging supplier. Has distributors nationwide, internationally and a factory outlet in Belcamp.

**INTERTECK A.S.**

P.O. Box 86  
East Amherst, New York 14051  
(716) 472-0060 voice  
(716) 662-9059 fax  
E-mail: [info@foodsave.net](mailto:info@foodsave.net)  
<http://www.foodsave.net>

Online sales. Oxygen absorbers, desiccants, Mylar and other food grade packaging.

**K-TEC (K-TEC KITCHEN MILL)**

1206 South 1680 West  
Orem, Utah 84058  
(800) 748-5400  
(801) 222-0888  
<http://www.k-tecusa.com/index.html>

Online sales. Manufacturer of the K-Tec Kitchen Mill electric grain mill.

**SORBENT SYSTEMS (IMPAK Corporation)**

2460 East 57th St  
Los Angeles, CA 90058  
(323) 277-4700 voice  
(323) 277-9400 fax  
E-mail: [sales@sorbentsystems.com](mailto:sales@sorbentsystems.com)  
<http://www.sorbentsystems.com>

Online sales. Oxygen absorbers, desiccants, Mylar, and other food grade packaging.

**UNITED STATES PLASTICS**

1390 Neubrecht Rd  
Lima, OH 45801-3196  
(800) 809-4217 Toll free (USA)

(800) 854-5496 fax  
E-mail: [usp@usplastics.com](mailto:usp@usplastics.com)  
<http://www.usplastic.com>

Online sales. FDA approved plastic food storage containers, food grade plastic bags, screw off bucket lids, etc.

**WELLS CAN COMPANY, LTD.**

8705 Government St  
Burnaby, British Columbia V3N 4G9 Canada  
(604) 420-0959 voice  
(604) 420-0975 fax  
E-mail: [sales@wellscan.ca](mailto:sales@wellscan.ca)  
<http://www.wellscan.ca>

**CANADA.** Online sales. A manufacturer of pressure canners & cookers, can sealers, metal cans, canning jars, plastic and metal buckets, vacuum sealers.

**E.2.4 DIATOMACEOUS EARTH MANUFACTURERS AND DEALERS**

**DIATECT INTERNATIONAL**

875 S. Industrial Parkway  
Heber City, Utah 84032  
(800) 227-6616  
(435) 654-4370  
(435) 657-9794  
E-mail: [diatect@diatect.com](mailto:diatect@diatect.com)  
<http://www.diatect.com>

Producer of food grade DE

**FOSSIL SHELL SUPPLY COMPANY**

P.O. Box 50225  
Amarillo TX 79159-0225  
(806) 355-4236 voice  
(806) 351-0777 fax  
E-mail: [fssc@amaonline.com](mailto:fssc@amaonline.com)  
<http://www.amaonline.com/fssc/Default.htm>

Perma-Guard diatomaceous earth

## **E.2.5 STORAGE FOOD RETAIL DEALERS**

### **ADVENTURE1**

38 Dundas Street  
Glasgow  
G1 2AQ  
United Kingdom  
0141 353 3788 Voice  
E-mail: [bill@adventure1.co.uk](mailto:bill@adventure1.co.uk)  
<http://www.adventure1.co.uk>

**UNITED KINGDOM.** A British adventure, camping, military surplus supplier. Offering MRE packs, camp cooking gear, water filtration or purification gear.

### **ARMED FORCES MERCHANDISE OUTLET**

111 N. Central Expressway  
Richardson, TX 75080  
(800)282-3327  
(972)235-9781  
E-mail: [info@afmo.com](mailto:info@afmo.com)  
<http://www.afmo.com>

Carries the Back Packers Pantry line of camping foods, cooking gear, and MREs.

### **B&A PRODUCTS**

Rt 1 Box 100  
Bunch, OK 74931-9705  
(918) 696-5998 voice  
(918) 696-5999 fax  
E-mail: [annie@baproducts.com](mailto:annie@baproducts.com)  
<http://www.baproducts.com>

Ready Reserve, Alpineaire foods, Heater Meals, water filters, and other emergency preparedness supplies.

**BARRY FARM**

20086 Mudsock Road  
Wapakoneta, Ohio 45895.  
(419) 228-4640 Voice  
E-mail: [info@barryfarm.com](mailto:info@barryfarm.com)  
<http://www.barryfarm.com>

Bulk grains and grain products, legumes, dry dairy products, cooking and baking adjuncts, dried fruits & nuts.

**BOB'S RED MILL**

5209 SE International Way  
Milwaukie, OR 97222  
(800) 349-2173 Toll free  
(503) 653-1339 Fax  
<http://www.bobsredmill.com>

Bulk grains and grain products, legumes, baking and cooking adjuncts, nuts, sweeteners.

**BREAD BECKERS, THE**

305 Bell Park Drive  
Woodstock, GA 30188  
(770) 516-5000 Voice  
(770) 516-7588 Fax  
<http://www.breadbeckers.com>

Grains, grain products, legumes, organic or not, in six gallon buckets, #10 cans, and bulk. Dehydrated foods, sprouting seeds, honey, and cooking adjuncts. Grain mills, pressure cookers, and other food equipment.

**BULKFOODS.COM**

3040 Hill Ave  
Toledo, Ohio 43607-2931  
(419) 324-0032 Voice  
(888) 285-5266 Fax toll free  
E-mail: [vip@bulkfoods.com](mailto:vip@bulkfoods.com)  
<http://www.bulkfoods.com>

Bulk dried fruits, vegetables, herbs & spices, nuts, grains and grain products, legumes, sprouting seeds, baking adjuncts, dried dairy products, mushrooms, and TVP. Nothing packed for long-term storage, but a big selection of products you can repackage yourself.

**CAMPINGSURVIVAL.COM** (JHL Supply, Inc.)

P.O. Box 720

191 W First St North

Fulton, NY 13069

(800) 537-1339 Toll free

(315) 592-4794 Local

(315) 592-4796 Fax

E-mail: [sales@campingsurvival.com](mailto:sales@campingsurvival.com)

<http://www.campingsurvival.com>

Provident Pantry freeze dried and dehydrated foods, Alpenaire foods, MREs, grain mills, ration bars, water filters and sanitization chemicals.

**COMBAT READY PRODUCTS**

P.O. Box 285

Kalamunda

WA 6926

(08) 9291 0133 Voice/Fax

0411 126 310 Mobile

E-mail: [kitbag@linet.net.au](mailto:kitbag@linet.net.au)

<http://www.kitbag.com.au>

**AUSTRALIA.** Military ration packs, military food gear, survival kits.

**DIXIE DINER**

POB 1969

Tomball, TX 77377

(800) 233-3668 Toll free

(800) 688-2507 Toll free fax

E-mail: [info@dixieusa.com](mailto:info@dixieusa.com)

<http://www.dixiediner.com>

TVP and other soy products of many kinds - including egg replacers, low-carb foods, soymilk and other drinks, baking mixes, soy flours, and dairy replacers.

**EMERGENCY ESSENTIALS**

362 S Commerce Loop, Suite B  
Orem, UT 84058  
(800) 999-1863 Toll Free (USA)  
E-mail: [webmaster@beprepared.com](mailto:webmaster@beprepared.com)  
<http://www.beprepared.com>

A long-time preparedness retailer. Storage foods of all types, MRE's, water purifiers, storage containers, grain mills and other food equipment.

**EPICENTER, THE (EMERGENCY PREPAREDNESS INFORMATION CENTER)**

384 Wallis #2  
Eugene, OR 97402  
(541) 684-0717 voice  
(541) 338-9050 Fax  
E-mail: [bjnelson@TheEpicenter.com](mailto:bjnelson@TheEpicenter.com)  
<http://TheEpicenter.com>

MREs and components, water storage, water filters.

**FIRST CHOICE EXPEDITION FOODS**

Stape  
Pickering  
North Yorkshire  
United Kingdom  
YO18 8HX  
+44 (0) 1751-473330 Voice  
+44 (0) 1751-476811 Fax  
E-mail: [info@expeditionfoods.com](mailto:info@expeditionfoods.com)  
<http://www.expeditionfoods.com/index.html>

**UNITED KINGDOM.** Online sales. Ready to eat meals (MRE type meals), freeze dried foods, water filters and purification chemicals. Product ingredients and nutrition info on site.

**GRANDMA'S COUNTRY FOODS**

391 South Orange Street, Suite C

Salt Lake City, UT 84104  
(800) 216-6466 Toll free  
(801) 886-1110 Local  
(801) 886-3211 Fax  
E-mail: [grandma@grandmascountry.com](mailto:grandma@grandmascountry.com)  
<http://www.grandmascountry.com>

Grains, grain products, legumes, TVP, veggies, fruits, cooking and baking adjuncts, freeze dried foods in #10 cans, grain mills, empty buckets.

**GRAIN STORE, INC**

121 Myles Manor Ct.  
Franklin, TN 37064  
(615) 595-6000 Voice  
(615) 591-2121 Fax  
E-mail: [WellTree@aol.com](mailto:WellTree@aol.com)  
<http://www.grainstore.com>

Grains, grain products, beans, dairy products and other storage foods packed for long term storage or in bulk, grain mills.

**HOMESTEAD PRODUCTS**

Homestead Products  
Rt. 1, Box 84  
Kooskia, ID 83539  
(208) 926-7137 voice  
E-mail: [dany@efn.org](mailto:dany@efn.org)  
<http://www.homestead-products.com>

Grain mills, pressure canners, cream separators, cheese presses, can sealers, water filters, manual desalinators..

**HONEYVILLE GRAIN**

3750 W 7200 N  
Honeyville, Utah 84314  
(435) 279-8197 Voice  
(435) 279-8111 Fax  
E-mail: [info@honeyvillegrain.com](mailto:info@honeyvillegrain.com)  
<http://www.honeyvillegrain.com>

Grains, grain products, legumes, oils and fats, soy products, and other baking and cooking adjuncts in bulk and pre-packaged.

**THE INTERNET GROCER** (Best Prices Storable Foods)

1737 Cascade St  
Mesquite (Dallas), Texas 75149  
(972) 288-0262 - voice  
(972) 356-6233 – fax  
E-mail: [txfooddude@internet-grocer.net](mailto:txfooddude@internet-grocer.net)  
<http://web2.airmail.net/foodstr2/>  
<http://www.internet-grocer.net>

Pre-packaged dehydrated foods, bulk foods, grains, legumes, and grain mills.  
Mylar bags, oxygen absorbers, containers and DE. Mountain House freeze dried foods. Organic foods. Good line of canned meats, cheese and butter.

**LDP CAMPING FOODS**

113 Gill Dr.  
Lafayette, LA 70507  
(800) 826-5767 Toll free  
(337) 235-4695 Voice  
E-mail: [Marcus@LDPCampingFoods.com](mailto:Marcus@LDPCampingFoods.com)  
<http://www.ldpcampingfoods.com>

Adventure Foods, AlpineAire, Backpacker's Pantry, Campfood, Mountain House, Natural High, Richmoor, MREs, Aquamira Water Treatment, backpacking cooking gear.

**MAJOR SURPLUS & SURVIVAL**

435 W. Alondra, Gardena, CA, 90248  
(800) 441-8855 Toll free  
(310) 324-8855 Local  
(310) 324-6909 Fax  
E-mail: [info@MajorSurplusNSurvival.com](mailto:info@MajorSurplusNSurvival.com)  
<http://www.majorsurplusnsurvival.com>

MREs, freeze dried and air dried bulk foods, camp cooking equipment, Mylar bags.

**MEYERS CUSTOM SUPPLY**

P.O. Box 212  
Cassel, CA 96016  
(800) 451-6105 Toll free (USA)  
(801) 681-8203 Fax  
E-mail: [info@mcs-i.com](mailto:info@mcs-i.com)  
<http://www.meyerscustomsupply.com>

Alpineaire foods, civilian MREs, Mainstay ration bars.

**MY BRANDS, INC.**

300 Commerce Drive  
Rochester, NY 14623  
(888) 281-6400 Toll free  
(585) 273-8480 Local  
(585) 321-9906 Fax  
E-mail: [Comments@MyBrandsInc.com](mailto:Comments@MyBrandsInc.com)  
<http://www.mybrandsinc.com>

Mail order source for hard to find regional or international brand grocery items. Nido and Klim whole milk powder, Media Creama and Table Cream canned creams, several flavors of canned corned beef I've never heard of, European, Asian, and Australian grocery items.

**NITRO-PAK PREPAREDNESS CENTER**

475 West Be Prepared Way  
Heber City, Utah 84032  
(800) 866-4876 Toll free  
(888) 648-7672 Fax toll free (USA)  
E-mail: [info@nitropak.com](mailto:info@nitropak.com)  
<http://www.nitro-pak.com>

Bulk dehydrated, freeze-dried, storage foods. Datrex and Mainstay ration bars. Mountain House foods and civilian MREs. Water storage containers and filters. Grain mills, #10 can sealer. Oxygen absorbers and Mylar bags.

**OUTDOORGEAR UK, LTD**

72/74 Palmerston Road  
Bournemouth, Dorset, BH1 4JT  
00 44 (0)845 644 3270 Voice

00 44 (0)1202 397274 Fax  
E-mail: [emailsales@outdoorgear.co.uk](mailto:emailsales@outdoorgear.co.uk)  
<http://www.outdoorgear.co.uk>

**UNITED KINGDOM.** A British outdoors shop that carries Vango boil-in-bag food pack entrees and desserts, Kendal mint cake, water purification chemicals, camp cooking gear.

**PONDEROSA SPORTS & MERCANTILE, INC.**

6854 Highway 55  
Horseshoe Bend, Idaho 83629  
(208) 793-3121 voice  
(208) 793-3133 fax  
E-mail: [cliff@ponderosasports.com](mailto:cliff@ponderosasports.com)  
<http://www.ponderosasports.com>

Food Products: Military MRE's, commercial MRE's, HeaterMeals, and more.

**PREPARE 2 SURVIVE**

19 Donnelly Drive  
Kallangur QLD 4503 AUSTRALIA  
(07) 3886 5660 Voice  
E-mail: [service@p2s.com.au](mailto:service@p2s.com.au)  
<http://www.p2s.com.au>

**AUSTRALIA.** Backpackers Pantry, Back Country Cuisine (New Zealand), AlpineAire, Adventure Foods (Australia) lines of foods. Mainstay rations, camp cooking gear, water filters and purification chemicals.

**READY MADE RESOURCES**

239 Cagle Road  
Tellico Plains, TN 37385  
(800) 627-3809 Toll free  
(423) 253-2113 Fax  
(423) 253-6789 Local  
E-mail: [robertg@iol24.com](mailto:robertg@iol24.com)  
<http://www.readymaderesources.com>

AlpineAire, Mountain House lines of foods. Walton Feed line of dehydrated foods in six gallon super pails, #10 cans, and in bulk. Grain mills, books, water filters, and other preparedness related equipment.

**SOUTH SUMMIT CORPORATION**

783 N. Grove, #111  
Richardson, TX 75081  
(800) 234-8654 Toll free  
(972) 690-6903 fax  
E-mail: [questions@southsummit.com](mailto:questions@southsummit.com)  
<http://www.southsummit.com>

Mountain House foods, plastic food storage buckets, water filters, water purification chemicals and kits.

**SPRINGFIELDS ARMY STORE**

76 Station Street/Cross Street,  
Burton on Trent  
Staffordshire  
DE14 1BT  
0870 4430364 Voice  
0870 4430365 Voice  
01283 535616 Fax  
Email: [sales@springfields.co.uk](mailto:sales@springfields.co.uk)  
<http://www.springfields.biz/Index.asp>

**UNITED KINGDOM.** A British military surplus store offering GP boil in bag type rations, Reiter ration packs (main meals and desserts), camp cooking gear.

**SURVIVAL CENTER, THE**

19223 Cook Road  
P.O. Box 234  
McKenna, Washington 98558  
(800) 321-2900 toll free  
(360) 458-6778 voice  
(360) 458-6868 fax  
E-mail: [sales@survivalcenter.com](mailto:sales@survivalcenter.com)  
<http://www.zyz.com/survivalcenter>

Pre-packaged food plans. Mountains House freeze dried foods. MRE's. Grain mills. A lot of books.

**SURVIVAL UNLIMITED** (A division of Picou Builders Supply)

235 N. Airline Hwy  
Gonzales La. 70737  
(800) 455-2201  
(225) 647-2171,  
(225) 647-7899 fax

E-mail: [survivalunlimited@hotmail.com](mailto:survivalunlimited@hotmail.com)  
<http://www.survivalunlimited.com>

Alpineaire, Mountain House, ration bars, grain mills, Berkefield filters, buckets, Mylar bags, oxygen absorbers, etc.

**USA EMERGENCY SUPPLY**

238 E. State Rd.  
Pleasant Grove, UT 84062  
(801) 796-1501 Voice  
(801) 796-1512 Fax

E-mail: [info@usaemergencysupply.com](mailto:info@usaemergencysupply.com)  
<http://www.usaemergencysupply.com>

Bulk foods in #10 cans and six gallon buckets, several year supply packages, MRE components, water filters, and water purification chemicals.

**WHEAT MONTANA FARMS**

10778 Highway 287  
Three Forks, MT 59752  
(800)535-2798  
(406)285-3614  
(406)285-3749 fax

E-mail: [info@wheatmontana.com](mailto:info@wheatmontana.com)  
<http://www.wheatmontana.com>

Wheats, other grains, grain products, beans, small qty and bulk flours as well.

**WILDGULF NT**

PO Box 476 Borroloola

Northern Territory 0854

Australia

0404 846655 Satellite phone

61 (08) 89621655 Voice

E-mail: [mail@wildgulf.com](mailto:mail@wildgulf.com)

<http://www.wildgulf.com/>

**AUSTRALIA.** Twenty four hour survival ration packs for youth, marine and outback use.