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| |  | | --- | | * [Ranger Gear Outdoor Mini Camp Stove](http://store.naturalnews.com/Ranger-Gear-Outdoor-Mini-Camp-Stove_p_859.html) * [Ranger Gear Survival Kit](http://store.naturalnews.com/Ranger-Gear-Survival-Kit_p_754.html) -- random color * [Ranger Gear Folding Credit Card Knife](http://store.naturalnews.com/Ranger-Gear-Folding-Credit-Card-Knife-Economy-edition-_p_800.html) * [Ranger Gear Inflatable LED Solar Lantern (round)](http://store.naturalnews.com/Ranger-Gear-Inflatable-Solar-Lantern-Round_p_750.html)   **These 4 bonus gifts have a retail value of $85.88, but you will get them COMPLETELY FREE while supplies last.**  The Ranger Bucket Organic Emergency Storable Food Supply offers GREAT VALUE FOR YOUR MONEY. Here’s what you will be receiving (each item is individually vacuum sealed by commercial vacuum packing equipment):  **Bucket A - 193 servings per pail**   * 100% Organic Garbanzo Beans (3LB, 1360g) * 100% Organic Green Lentils (3LB, 1360g) * 100% Organic Cashews (0.5 LB, 226g) * 100% Organic Millet (3LB, 1360g) * Organic Rolled Oats (4.5 LB, 2041g) * Organic Brown Rice (4LB, 1814g) * Organic Almonds (0.5 LB, 226g)   **Bucket B -- 215 servings per pail**   * Himalayan Salt (1LB, 454g) * 100% Organic Chia Seeds (1LB, 454g) * Freeze-Dried Organic Corn (0.3LB, 136g) * Freeze-Dried Organic Green Peas (0.3LB, 136g) * Organic Coconut Sugar (2LB, 907g) * 100% Organic Quinoa (2LB, 907g) * 100% Organic Adzuki Beans (2LB, 907g) * 100% Organic Pinto Beans (2LB, 907g) * Organic Brown Flax Seed (2.5 LB, 1134g) * Freeze-Dried Organic Yellow Miso (0.5 LB, 226g) * Organic Black Beans (2LB, 907g) * Organic Amaranth (2LB, 907g)   Learn more about each ingredient:  **Organic Garbanzo Beans**  Organic garbanzo beans are the ideal emergency food! Because they deliver a lot of fiber and are nutrient-dense, they give a feeling of fullness and prevent overeating. They're also packed with fiber, protein, trace minerals, vitamins, fatty acids, antioxidant-rich phytonutrients and folates.  **Organic Green Lentils**  Lentils have a high nutritional content and are packed with fiber. They are also packed with antioxidants, folates, protein, minerals and B vitamins. To sprout these lentils, simply let them soak overnight and then rinse them daily for 2-3 days – they need no further cooking and you can add them to salads and sandwiches.  **Organic Cashews**  Cashews are also very filling – small portions are enough to stave off hunger for hours. Plus, they're delicious!  **Organic Millet**  Millet is extremely important as an emergency food due to its high nutrient density. Brimming with magnesium, calcium, manganese, phosphorus, B vitamins and antioxidants, millet provides essential nutrients for your bones, muscles and nervous system.  **Organic Rolled Oats**  Filled with fiber and protein, but low in sugar, rolled oats are a delicious emergency food that can be blended into everything from baking mixes to breakfast cereals.  **Organic Brown Rice**  Brown rice is an unpolished and unrefined whole grain with numerous health benefits. Its high fiber and protein content make it an ideal emergency food -- it's very filling, so you don’t need huge portions to feel full -- plus, it has a chewy texture and a nutty flavor that goes great with salty side dishes.  **Organic Almonds**  Packed with fiber, protein, monounsaturated fat, vitamin E, manganese, magnesium, riboflavin, B2 vitamin and phosphorus, almonds are one of nature’s nutritional wonders. Very filling, a handful is enough to keep you going for hours. There is hardly a better snack for emergency situations.  **Himalayan Salt**  Set aside the processed "white salt" and replace it with full-spectrum Himalayan Salt. Harvested from genuine salt caves formed millions of years ago by ocean currents, Himalayan Salt was created long before industrial pollution contaminated the planet. Its full spectrum of trace minerals also provides beneficial elements that are usually missing from nearly all modern foods.  **Organic Chia Seeds**  Chia seeds are one of the healthiest foods on Earth; they deliver an astonishing array of nutrients with very few calories. No emergency food supply is complete without them! Fiber, protein, Omega-3s, calcium, manganese, magnesium and phosphorus – these are just a few of the nutrients abundantly found in chia seeds.  **Organic Corn**  One of America’s favorite staple foods, corn is not only delicious, but also a great source of fiber, minerals and vitamins A, B and E. This corn is organic, non-GMO corn, and it can be eaten right out of the bag as a delicious snack.  **Organic Green Peas**  Green peas are brimming with vitamin K, manganese, copper, dietary fiber, starch, B vitamins, folate, phosphorus and niacin. They are one of the most nutritious leguminous vegetables; packed with antioxidants, phytonutrients and protein.  **Organic Coconut Sugar**  With a delicious taste, coconut sugar has a very low glycemic index, making it more compatible with your body compared to processed, refined sugar. Coconut sugar not only gives you a delicious energy boost; it's also loaded with beneficial minerals that are completely missing from chemical sweeteners or refined sugars. Plus, it's packed with vitamin C, calcium, potassium and magnesium, as well as beneficial phytonutrients such as flavonoids, antioxidants and polyphenols.  **Organic Quinoa**  Quinoa, the world’s most ancient superfood, is loaded with protein, fiber and minerals, but contains NO GLUTEN. Besides being ideal for people who are intolerant to gluten, it is also incredibly nutritious and can be mixed with almost anything, making it the perfect emergency food. Try adding quinoa to chili or even pancakes!  **Organic Adzuki Beans**  Adzuki beans are loaded with dietary fiber and potassium, folate and magnesium. They're a perfect emergency food because they can be made with a huge variety of recipes, including salty stews (or chili) as well as sweet recipes (bean paste baked goods, for example).  **Organic Pinto Beans**  With a myriad of health benefits, pinto beans are also delicious and can be consumed in many forms. They're packed with protein (a cup of boiled pinto beans has 15 grams of lean protein), fiber, iron, magnesium and vitamin B6. Rich in nutrients, but low in fat, pinto beans nourish you but contain no empty calories.  **Organic Brown Flax Seeds**  Brown flax seeds are a great source of micronutrients, fiber, vitamin B1, manganese, and Omega-3 fatty acids. When mixed with water and salt, they can made into delicious flax crackers by drying them on sheets (in a kitchen dehydrator or even sun-dried). Add other spices such as turmeric and peppers to make the crackers even more delicious.  **Organic Yellow Miso**  Yellow miso is a complete protein (it contains all the essential amino acids) and an excellent source of B vitamins (especially B12). A specific form of miso was used therapeutically in the aftermath of the atomic bombs dropped on Japan in World War II as well as in the radioactive contamination following the Chernobyl accident.  **Organic Black Beans**  Black beans are loaded with protein, filling fiber, antioxidants and countless vitamins and minerals. Just like the other beans in this bucket, they make an ideal emergency food because of their multitude of uses in various recipes and soups.  **Organic Amaranth**  Amaranth is one of Mother Nature’s best sources of gluten-free protein. It is very filling and can provide you a lot of stamina and energy without adding empty calories to your diet. It is high in calcium, antioxidants, minerals and is very easy to digest. You can also sow these amaranth seeds and grow more amaranth which is easy to harvest.  All these products can be stored up to 10-15 years, depending on storage conditions. Keep it in a dark, cool, low-humidity location and it will last for an extended duration. Heat, humidity and light will degrade all storable foods. | |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_http://store.naturalnews.com/assets/templates/common/images/spacer.gif  **Learn techniques to easily store survival food for several years**  With that said, you can use the same techniques to store specific non perishable foods that big name food storage companies use like Wise Company and Mountain House use; many times you can do it cheaper (saving yourself quite a bit of money on long term survival food), which means you can afford to purchase a lot more food in bulk, specific [food storage supplies](http://www.secretsofsurvival.com/survival-gear/Mylar-Bags-For-Long-Term-Food-Storage.html) (foil pouches and oxygen absorption packets) and the 5 gallon airtight buckets you will use as an outer container, storing several foil pouches of food at a time.  For complete instructions (and to find out the "amazing" shelf life you can get for several foods -- we're talking up to 10 - 25 years), read this article after you finish this one: [The Best Emergency Food Methods to Keep Your Family Alive](http://www.secretsofsurvival.com/survival-tips/best-emergency-food-methods.html)).  **3.)** [**Dried Beans**](http://www.secretsofsurvival.com/survival-food/dried-beans.html) - Kidney beans, black beans, garbanzo beans, lima beans, pinto beans, and others are all high in calories, contain a fair amount of protein per serving, and also several essential vitamins and minerals. Dried beans come in packages larger than canned beans but for the amount you get weigh quite a bit less. The key difference is that you have to add water and [let most beans soak for several hours](http://missvickie.com/howto/beans/howtosoak.html) before eating. Split peas, for example, have a much shorter soak time. Split peas are part of the dried bean family with many of the same vitamins and minerals. Finally, dried beans have a long shelf life. Dried beans will stay good in the back of your car, your office survival kit, and of course your pantry of survival foods at your home or cabin.  Concerned about having to feed a few other mouths during a time of disaster? A large supply of dried beans is relatively inexpensive for how many people you can feed and can go a long way and a great food to carry in a backpack, compared to canned food that you are better off leaving behind.  **4.) Bulk Nuts** - Look for the bulk seed/nut area of your grocery store, and specifically for unsalted, and unshelled (you want to choose survival foods not high in salt, as too much salt will make you thirsty and isn't good for overall health). Peanuts, almonds, sunflower seeds, and a number of other nuts / seeds typically sold in supermarket bulk foods section are high in essential vitamins and minerals, essential fatty acids, and have a fair amount of protein. They're also conveniently light-weight and a serving size may be as small as a 1/4 cup, so you'll get many servings out of a large bag.  At the same time, [invest in air-tight food storage containers](http://www.rodalenews.com/airtight-food-storage-containers), such as glass jars. You can extend storage life by then storing these in the refrigerator, those most bulk foods will store a good while, if kept in a cool, dark, place away from sunlight.  **5.) Peanut Butter** - It's packed with protein and essential fatty acids, as well as contains many essential vitamins and minerals (such as copper and iron). For the best health, choose "natural" brands like Skippy Natural Peanut Butter (Skippy offers the best price I can find for buying in bulk off places like Amazon). Just a couple tablespoons a day of peanut butter can help a person survive a period of limited food intake (during a disaster, one of your strategies to survive needs to include an understanding that it's time to cut calories -- most people eat a lot more calories each day than they actually need to survive. Cutting calories means your food will last longer, at the same time helping you lose excess weight, making potential evacuation on foot at some point easier than if you're carrying around extra pounds).  **6.) Trail Mix**  - A favorite of hikers, trail mix has a variety of ingredients, raisins, peanuts and other nuts, and often pieces of chocolate, and sometimes dried fruit and berries. The simple sugars in the raisins, chocolate and dried fruits can be a quick mood booster and source of short term energy. Trail mix is a way to include dried fruits in your survival diet plan.  **7.) Energy Bars and Chocolate Bars** - There's an energy bar nowadays for every taste. Look for brands with a high calorie count as well as plenty of protein and a wide range of nutrients. Chocolate bars - Chocolate can be a quick source of energy and a great morale booster, while also being generous in calories. (Chocolate is also likely to become a commodity in demand in the weeks and months following a disaster.)  **8.) Beef Jerky** - "Natural" brands of beef, turkey, etc. jerky do not contain any or as much of the harmful added ingredients seen in many commercial jerky brands. What is jerky? Jerky is a tasty form of dried meat. Dried meat, if you remember, is a long time proven survival food used by Native Americans and American pioneers alike, and also used by primitive tribes around the world. While these primitive tribes use smoking and sun drying methods to create "jerky", today commercial methods of drying meat do this on a much larger scale. You have two choices: One is to buy the smaller serving packages, or to [purchase your dried meat in bulk](http://www.secretsofsurvival.com/survival-food/mountain-house-cooked-ground-beef.html) and have it shipped to you directly.  **9.) Coffee / Instant Coffee** - Have you ever tried to quit drinking coffee, after years of counting on it to get you up in the morning and through the day? If not you, someone in your party is likely to consider coffee (or simply caffeine) an essential, and may be tired, lethargic, and have headaches without the stuff. Coffee doesn't have to be a top priority, but being able to grab it will be something more than one person in your party is likely to be thankful for. It's a quick mood booster and good for morale. And it's also something that could be traded like a commodity during a crises situation.  **10.) Sea vegetables / Powdered Super Greens** - A popular item selling in health foods stores today are the sea vegetables that come in powdered form, or pill. In a time of catastrophic disaster, most communities are going to be hurting for fresh produce. [Sea vegetables are a super food, packed with vitamins and nutrients and health benefits](http://www.whfoods.com/genpage.php?tname=foodspice&dbid=135) that help boost immunity, provide tissue repair and wound healing, and can even have anti-fungal and anti-bacterial properties. What this means is that sea vegetables like kelp and chlorella and others are super foods. Though I list sea vegetables as number ten, they should probably be the number 1 survival food on this top ten list. The reason again is that fresh produce is likely to be in short supply or disappear completely in several areas, in a widespread emergency.  As a [bottled supplement](http://www.secretsofsurvival.com/survival-food/Sea-Vegetables-Super-Green.html), these can go a long way to provide essential vitamins and minerals, and an assortment of beneficial health properties, in a time of emergency. So, it is the powdered supplement with a long-term shelf-life that I recommend as a key survival food.  Read more at http://www.secretsofsurvival.com/survival-tips/best-survival-foods.html#So3P90To5MKruiIY.99 |
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