

# COMMUNITY RESOURCE NETWORK

REVISION DATE: DECEMBER 17, 2021

## FOOD AND WATER

*This is not a comprehensive survival guide or prepper handbook.  
It is intended to help you identify weaknesses in your systems.*

### INTRO:

The continuity of our food supply chain is a critical component of our survival. Pro-active measures for both the producer and consumer will go a long way toward mitigating any disruptions. Considering “what if” scenarios at this time may enable us to solve any potential problems with creative solutions, skill building, new partnerships, and/or business ventures.

The first portion of this chapter addresses practical steps that the individual, or consumer, can take to shore up his or her own food supply chain. Next are two In-House Worksheets for the producers. These questions are specifically designed to assist farmers with determining any vulnerabilities in their operations.

And last is a resource inventory for both the consumers and producers. Information from this sheet will be entered into a Food and Water resource matrix that will be distributed to the community.

### FOOD:

Prudence dictates that we take our food security into our own hands. If you are relying on the current system to remain operational, cheap, and easy, you may be in for a rude awakening when it goes down or, at a minimum, changes in a way that lessens your personal freedoms. To make this change as effective as possible, it should be a multi-faceted approach beginning with your *relationship* to food.

With this in mind, there are two very simple things you can do immediately. First, start a “no waste” policy. Don’t throw *any* food away. Eat it as leftovers, make it into another meal, or freeze it. But force yourself to figure out how to do this now so it won’t be as difficult when it becomes a necessity.

Second, one of the greatest disservices of our current culture is our disassociation with food. Do you understand where it truly comes from? Do you understand what it takes to grow and/or process it? Do you truly appreciate it? If you answered “no” to any of these questions, I would highly suggest doing some of your own research and begin to re-establish a much more comprehensive understanding of food and the role it should play. Talk to a local food provider and ask them

## FOOD SECURITY

- 1 Begin a “no waste” policy.
- 2 Reconnect with your food.
- 3 Have a stock pile of food.
- 4 Preserve your food.
- 5 Grow your own food.
- 6 Forage for your food.
- 7 Hunt and/or fish.
- 8 Find your local food producers.

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what an average day looks like to them. Take a moment before you eat anything and appreciate it, savor it. Act as if you'll never have it again. Cook from scratch, make your own spice blends, bake your own bread. But most importantly, STOP TAKING FOOD FOR GRANTED.

Third, have AT LEAST 3 months-worth of food for your entire family on hand. Don't necessarily think in terms of making sure you have enough of everybody's favorite dish. Instead, go for long term storage, nutrition content, ease of preparation, ability to prepare with or without power, etc. You can buy some of your favorite food items, just remember that things may not look the same at the end of the 3 months and you may want to take this time to rethink how you view food. Its primary purpose is survival, not pleasure.

As a culture, we eat way more food than is needed. **Fasting** has some great health benefits. One of our greatest food strategies may be to train ourselves to go without eating for periods of time. Look into it and see if it might be a good option for you.

Next will be to learn to preserve your food. Start now and teach yourself how to can, smoke, ferment, etc. Partner with somebody who knows how to do it or share your knowledge if you are experienced.

The fifth line of defense for your food security will be to grow your own food. The obvious way would be in an outdoor garden. However, don't discount the fact that some foods (radishes, baby carrots, spinach, and leaf lettuces) grow very quickly and can be grown indoors.

In addition, sprouting is a great thing to explore; extremely easy to do and highly nutritious as well.

Foraging makes its way to number six on the list. Many of the weeds that we want removed from our perfect yards are packed with vitamins and minerals. For example, dandelions, purslane, and plantain are very common in this area and would augment a bland rice and beans diet. Be sure to know what it is you're picking and eating and whether or not it's been chemically treated.

In addition to being hobbies, hunting and fishing can also be valuable skillsets. Having the ability and equipment to hunt or fish can either feed your own family or provide you something with which to barter.

When planting or buying your outdoor plants next spring, look into flowers or plants that are edible or medicinal. Rose of sharon, hostas, and marigolds, are just a few. As with all foraging, do your research first!

And last but definitely not least, will be cultivation of relationships with local food producers. It is highly unlikely that an individual or family will be able to produce enough food to feed themselves. Therefore, finding and utilizing local food sources and resources is a must. You would be amazed at how many people in your community produce their own honey, syrup, meat, vegetables, eggs, dairy, and much more. Find them NOW and establish relationships with them.

Don't forget about your pets! Cats and dogs are well-suited to a raw food diet. If you are unable to procure commercial pet food, partner with an animal farmer or processor for their, *how do I put this politely*, animal "left overs". And, as always, do your own research first.

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## WATER:

It goes without saying that consistent access to clean water is extremely important. It is critical that this component of your preparations take a priority. Here are some suggestions to get you going.

Locate the closest source of water to you. It could be a fresh spring, lake, river, marsh, etc. Print or purchase a map showing you these valuable resources. For example, USGS Quadrangle maps would be very handy to have. They show water features, forest coverage, infrastructure, contours and more. They can easily be ordered online and stored for future reference. Also, you can contact your local Geographic Information Systems (GIS) Department. They can print a map to your size and information specifications. These map options can also be used in other aspects of this plan as well. You can use an online map as a short-term solution. But there really is nothing like getting a hard copy just in case the grid goes down.

### WATER SECURITY

- 1 Locate water sources near you.
- 2 Consider well-accessing equipment or well modifications.
- 3 Develop a water catchment system.
- 4 Know somebody.

Obviously, with this type of water source, purification will be an issue. Boiling is always a good option. It would also benefit you to have some kind of tablets, filters, straws, etc. on hand as a secondary method of purification. And don't forget about the sun! Putting your water in a small (half gallon or smaller) glass container and left in the sun for a couple of hours (or days even) can go a long way towards purifying your water of *some* harmful things.

Another method to access water will be through a well, if you have one. There are all types of hand pumps and "buckets" that you can purchase that enable you to withdraw water from a well. Be sure to test these out ahead of time. They may not work as advertised or your water table may be too low to make pumping an option.

You may even be able to modify your existing well to utilize an artesian pipe. This would enable you to put an old-fashioned hand pump on top. Check with your local well drillers and see if this might be an option for you.

Water source number 3 is a roof catchment system. If you have a bucket, gutters, and some rain, then you're set. Look locally for people who sell FOOD GRADE barrels and buckets. They are typically very inexpensive. You can even retro fit these barrels with spigots for easier access to the water.

And lastly, find a neighbor or buddy who has access to water. I would highly advise against having this as your only option. There are way too many variables that could take this from being feasible to being impossible.

*If you find yourself unable to find, pump, or capture your own water in any capacity, **YOU NEED TO ADDRESS THIS SITUATION IMMEDIATELY.***

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## IN-HOUSE WORKSHEET FOR FOOD AND AGRICULTURE BUSINESS - CROP

*Use this questionnaire to help determine if you have weaknesses in your operation.*

Do you grow your own seeds or have a vendor for them? \_\_\_\_\_

If you have a vendor, how local are they? \_\_\_\_\_

Can you grow your own seeds? \_\_\_\_\_

Are you in control of what crops you plant or is this dictated to you? \_\_\_\_\_

Are you in control of your own harvesting or do you rely on others for harvesting? \_\_\_\_\_

If you rely on others, are there local farmers with whom you can rent/share equipment and/or labor?  
\_\_\_\_\_

Would you be willing to share your equipment/labor with other producers? \_\_\_\_\_

Do you do your own processing? \_\_\_\_\_

If not, is it done locally? \_\_\_\_\_

Do you produce a product that is sold directly to the public or to a "commercial buyer"? \_\_\_\_\_

Do you do your own distribution? \_\_\_\_\_

Is it local? \_\_\_\_\_

Do you partner with other local producers? \_\_\_\_\_

Are there local buyers for your product? \_\_\_\_\_

How easy would it be to go organic (not necessarily certified)? \_\_\_\_\_

Do you have the capability to grow *anything* (lentils, oats, etc) or are you relegated to the standard local options (corn, soy beans, etc)? \_\_\_\_\_

Do you or can you sell to local restaurants, grocery stores, or markets? \_\_\_\_\_

Do you produce any waste? \_\_\_\_\_

Can you coordinate waste/over production with an animal producer? \_\_\_\_\_

What would you do if you lost power, either temporarily or permanently? \_\_\_\_\_

What would a power outage do to your irrigation, harvesting, processing, distribution? \_\_\_\_\_

What is your biggest concern? \_\_\_\_\_

Do you currently have a "Plan B" in place should your supply chain and/or distribution be disrupted?  
\_\_\_\_\_

Do you have any security measures in place? \_\_\_\_\_

What would you do in the event of a "food run"? \_\_\_\_\_

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## IN-HOUSE WORKSHEET FOR FOOD AND AGRICULTURE BUSINESS - **ANIMAL**

*Use this questionnaire to help determine if you have weaknesses in your operation.*

Do you have a vendor for your stock or do you breed your own? \_\_\_\_\_

If you have a vendor, how local are they? \_\_\_\_\_

Can you breed your own stock? \_\_\_\_\_

Are you in control of what animals you grow? \_\_\_\_\_

Do you do your own processing or do you rely on others (equipment, labor, etc.)? \_\_\_\_\_

If you rely on others, are there local farmers with whom you can rent/share processing equipment? \_\_\_\_\_

Would you be willing to share your equipment/labor with other producers? \_\_\_\_\_

Do you do your own processing? \_\_\_\_\_

If not, is it processed locally? \_\_\_\_\_

Do you produce a product that is sold directly to the public or to a "commercial buyer"? \_\_\_\_\_

Do you do your own distribution? \_\_\_\_\_

Is it local? \_\_\_\_\_

Do you partner with other local producers? \_\_\_\_\_

Are there local buyers? \_\_\_\_\_

Do you produce your own animal feed? \_\_\_\_\_

If not, is your animal feed sourced locally? \_\_\_\_\_

How easy would it be to go organic (not necessarily certified)? \_\_\_\_\_

Do you have the capability to grow *anything*? \_\_\_\_\_

Or, because of size constraints, equipment, etc., you are only set up to grow what you do now? \_\_\_\_\_

Do you or can you sell to local restaurants, grocery stores, or markets? \_\_\_\_\_

Do you produce any waste? \_\_\_\_\_

Can you coordinate waste/fertilizer with another business? \_\_\_\_\_

Would you be willing to receive waste/over production from crop producers? \_\_\_\_\_

Do you have the capability to act as an "emergency animal shelter"? \_\_\_\_\_

What would you do if you lost power, either temporarily or permanently? \_\_\_\_\_

What would a power outage do to watering, processing, or distribution? \_\_\_\_\_

What is your biggest concern? \_\_\_\_\_

Do you currently have a "Plan B" in place should your supply chain and/or distribution be disrupted?  
\_\_\_\_\_

Do you have any security measures in place? \_\_\_\_\_

What would you do in the event of a "food run"? \_\_\_\_\_

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## FOOD AND WATER RESOURCE NETWORK QUESTIONNAIRE

*This questionnaire is intended to create an inventory of the food and water resources available to the community. If you are unwilling to share any item or skill, do not list it. The use of or access to any asset listed is at the sole discretion of the owner. Terms for the exchange (free, cost, barter) is between the owner and the user.*

What is your name and phone number? \_\_\_\_\_

### LAND

Do you have access to water on your land? \_\_\_\_\_

Is your land conducive to hunting, fishing or foraging? \_\_\_\_\_

Is your land conducive to gardening? \_\_\_\_\_

Do you have extra space for other people to garden on your land? \_\_\_\_\_

Is your land conducive to pasturing or raising animals? \_\_\_\_\_

Do you have the capacity to operate as an "emergency animal shelter"? \_\_\_\_\_

Do you have any berry bushes, nut trees, Maple trees, or fruit trees on your property? \_\_\_\_\_

### EQUIPMENT

Do you have any meat processing or butchering equipment? \_\_\_\_\_

Do you have any food preservation equipment (canner, smoker, dehydrator, freeze dryer, etc.)? \_\_\_\_\_

Do you have freezers (upright or walk-in)? \_\_\_\_\_

Do you have food processing equipment (grinder, grain mill, slicer, etc.)? \_\_\_\_\_

Do you have a commercial kitchen (or access to one)? \_\_\_\_\_

### SKILLS

Can you hunt (including processing the meat)? \_\_\_\_\_

Can you fish (including processing)? \_\_\_\_\_

Can you process/butcher meat? \_\_\_\_\_

Can you tan or process hides? \_\_\_\_\_

Are you a skilled forager? \_\_\_\_\_

Are you a skilled gardener and/or seed saver? \_\_\_\_\_

Can you preserve food (can, ferment, smoke, etc.)? \_\_\_\_\_

### FOOD PRODUCER

Please provide a general list of products you sell (beef, dairy, produce, honey, etc.) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_