

The Redrock Readiness Newsletter

Episode 4: Survival Snacking

“Our ultimate goal is to become like the Savior, and that goal is enhanced by our unselfish service to others. Our ability to serve is increased or diminished by the level of our self-reliance.”

--Elder Robert D. Hales, “Basic Principles of Welfare and Self-Reliance”

We just wanted to say a quick welcome to the new year and thank you for tuning in! We also wanted to say we hoped you survived your Christmas break and look forward to continuing our journey together!!!

After Shelter and Water, the next thing on our agenda is **Food**.

Just like we talked about in the Shelter issue, **your body’s core temperature needs to stay at 98.6 F. Calories** (found in FOOD) are a **key component** in maintaining your body’s temperature. But depending on the elevation and weather, you can easily burn up to 3000 calories a day—especially if you’re cold and shivering!

So how do you keep the ol’ core temperature fire stoked without carting around a 30-pound HoneyBaked ham? The short answer is **emergency ration bars** (AKA lifeboat ration bars or energy bars). Ration bars may not taste the best, but **you should only be eating them in a real emergency** anyway.

When you buy your bars, consider the following 3 factors: **calories** (the higher the better!), **size**, and **weight**.

Danielle says: Hey, Ladies. When picking out the snack bars for your kits, **you don’t wanna grab no Weight Watcher thing**. Weight-loss bars are designed to be low-cal. **But in a survival situation, calories are valuable as gold**, so your goal is to **hoard ‘em!** Remember the scene in MEAN GIRLS where the jock tells Regina the snack bars she’s been eating make you gain weight like crazy? *That’s* what you’re going for.

Protein bars will work well in your kit—but be careful if you choose the chewy **PowerBars**—they’re great in spring, summer and fall, but **not so much in a cold area or winter**. They can harden to the point of being impossible to chew!

Danielle says: Speaking of seasonal food concerns, I've always been a firm believer that it's not a Mormon 72-hour kit without the Snickers bar. But Beau reminds me that the **chocolate will melt all over your kit** in our summer heat. So, *sniff* goodbye, Snickers!

Powdered weight gainer shakes are another lightweight option—just add them to your water; they'll give you the quick boost that you need. **Electrolyte powders** (like Gatorade) are good and can help prevent dehydration too, but should take a backseat to actual food sources.

A third solution is to grab some **MREs** ("meal, ready to eat"), which you can buy at camping stores or emergency prep websites. MREs come in a variety of types (spaghetti, hamburgers, buffalo chicken); different brands vary in flavor quality.

MREs need only need to be heated, which makes them slightly superior to freeze-dried camping food which needs both heat AND water to be edible. (Remember: **your emergency water is to be used only for drinking!**).

Beau says: Note—you don't need to buy an entire MRE pack! **Just the entrée component will do.**

That's all for this week—join us next time as we discuss **ways to keep warm** during tough times on the road!



Meow's it going? I have lots of great toys that belong only to ME!! Just like my kitty condo, your kit should totally be YOURS. When picking out food for your kit, make sure you get noms that make you smile! A happy survivor has a better chance of beating the odds! Lucky for me tuna now comes in lightweight packets that fit easy-peasy in my kit!

See you next week!