



Project Noah - Month 2

Billie Nicholson



Project Noah is a yearlong food storage and emergency preparedness program designed to help you set and obtain goals in the area of family preparedness. The program is divided into twelve monthly assignments touching on lots of short and long term preparedness subjects including a preparing, a reporting and a sharing segment each month. Our plans include learning specific details and techniques each month, and sharing what we've learned with family members and others in our communities. Each month we will include these in our newsletter. These lessons are designed to be used in church or community groups focused on preparedness. Start your own group and use these newsletters as a reference resource. Many articles will link to previous articles on SunOven.com. Click for additional information.

This second month's lesson focuses on additional tips for stored water purification and some emergency sources already in your home. In addition to storing food, we will also be reminded to acquire some necessary non-food items. The month's assignment is to acquire toilet paper. Did you determine how many rolls are enough? Watch for the best price when shopping - and remember double ply requires less paper per use. But wait, what can you do if or when your run out? We've got several ideas to help you "go" in comfort even under adverse conditions.

This month's short term assignment is to work on building a three month supply of normal, everyday foods. Continue to use the meal planning techniques we discussed last month. Let's work on breakfast menus this month. We will share some ideas.

The long term storage item this month is OATMEAL. We'll be sharing tips of how to store it, shelf life, recipes and suggestions for ordering.

Assignments on Page 10



Order Your Sun Oven® Today

Ask Billie

Q. Can I make Sun tea in my Sun Oven®?

A. Many people make sun tea by combining tea and water in a glass jar and leaving it outdoors to steep for 4 to 5 hours. You can brew a thirst-quenching pitcher of slow-brewed tea in a fraction of the time in a **SUN OVEN**®. To brew tea in your **SUN OVEN**® just take a glass jar, fill it with water, add a few teabags, and set it in the cooking chamber. **Do not** screw the top on the jar. It takes about an hour. To be on the safe side, use a WAPI to be sure that it's bacteria free.

What is your Most Burning Question about Food Storage or Emergency Preparedness? Send your questions to editor@sunoven.com



Billie Nicholson

Water Storage - Purification Processes



Last month we discussed a few techniques to use to [purify water](#) including boiling and pasteurization using a WAPI in our *Sun Oven*®. This month we're including more options. Some techniques will not work for everyone, but this way, you'll have lots more options. The one thing to understand is that water is water. What makes it safe or not are the contaminants in it. Contaminants include:

- Particulates - suspended material that makes water look cloudy. Can be organic or inorganic matter.
- Microbiological - usually living organisms including bacteria, viruses, parasites, etc. These organisms can cause serious illness or death.
- Heavy Metals - these inorganic contaminants include toxic chemicals like arsenic, flouride, lead, mercury, and nitrates. These are toxic and have been linked to birth defects, brain and nerve damage as well as cancer.¹
- Radioactive materials - include minerals that are unstable on the atomic level. As they decay, atomic nuclei break down into smaller particles emitting charged particles and releasing energy. Sometimes these particles pass through living cells without causing damage. Other times they may strike DNA (genetic material) which may cause damage resulting in new cells that have growth problems. Cancer is a big cell growth problem.²
- Petrochemicals - include carbon-based, (organic) petroleum contaminants such as gasoline, solvents, pesticides and herbicides.

Water in different places have a different group of contaminants depending on the current environment and emergency situation. Some are more dangerous than others. Here are some ways to de-contaminate water.

1. Use unscented household bleach (5.25% sodium hypochlorite). Here are some examples: 1 gallon is disinfected by 8-16 drops (1/4 teaspoon), 1 Tsp will disinfect 5 gallons; 8 oz (1 cup) for a 55 gallon drum. Bleach solutions degrade over time (~2% per month). So bleach solutions don't store well. What to do?
2. Use Calcium Hypochlorite instead. It is available for purchase as a dry, granular powder. Calcium Hypochlorite is widely available for use as swimming pool chlorine tablets or white powder that is much more stable than bleach. This is often known as "pool shock". Look for powder not having blue dye added. Using granular calcium hypochlorite to disinfect water is a two step process. Make a stock solution of chlorine solution (do not drink this!) by dissolving 1 heaping teaspoon (about one-quarter of an ounce) of high-test (78%) granular calcium hypochlorite for each two gallons (eight liters) of water. To disinfect water add one part of the chlorine solution to 100 parts water to be treated. Let the mixture sit for at least one-half hour before drinking. Another plus for using calcium hypochlorite to disinfect water for emergency use is that a little goes a very long way. A 1-pound bag of calcium hypochlorite in granular form typically costs only a few US dollars and can be obtained in any swimming pool supply section of your hardware store or online. This amount will treat up to 10,000 gallons of drinking water, which is enough for a family of four for some six or seven years at a gallon per day per person! Calcium hypochlorite will store for a long period of time and remain effective as a chemical drinking water treatment. It lasts far longer and treats far more water than the traditional chlorine bleach water disinfection treatment.³ No matter what form of chlorine you decide to use, please remember to use it with caution and keep it out of the reach of children. Chlorine is very poisonous when it isn't used properly. **Use caution and wear proper breathing, eye, and skin protection when handling.**

Continued on Page 3

Water Storage - Purification Processes (Continued from Page 2)

3. Distillation - This is a process where boiled water turns to steam. The steam is captured and condenses as it cools and is collected into a clean container. The process kills most disease-causing microbes and eliminates most chemical contaminants. Distillation will remove most radioactive uranium and also lead from drinking water.^{4, 5} In most cases distillation separates the good water from bad contaminants. The Survival Still is a good example of a distillation unit that can be used during an emergency to prepare pure water. The first three techniques mentioned here are those most recommended by the American Red Cross.
4. Ultraviolet radiation - uses ultraviolet light to purify water. This process destroys 99.9% bacteria, viruses, and protozoa without using harmful chemicals and without changing the taste, odor or color of the water. One of the largest manufacturers is SteriPEN . Their products are small and can purify up to 2,000 gallons (8,000 liters) of water. The potential downside is that they require a power source, so you will need a supply of proper sized batteries or other source for that power. The SODIS Method stands for solar water disinfection. It's amazingly simple. Put water into a PET rated plastic bottle (recycle code #1), lay it in the sun for at least 6 hours and you have safer water to drink thanks to the ultraviolet radiation. Please note that you may need to filter cloudy water before using this method and if the weather is overcast, 2 days will be required to purify the water. But it is FREE and requires no additional energy source except the sun.
5. Filtration Systems - From whole house systems to individual portable units, filtration can be one of the best ways to remove unwanted minerals from any kind of water. Without electricity, reverse osmosis systems will not function properly. Carbon block filters (like the ones in the Berkey System) are the next best option for removing sediment. The more sediment, the more frequently the filters will need to be changed. These gravity fed filters do not require a source of power to clean the water. Free-standing filtered water systems like the **Berkey Light** hold 2.75 gallons of water purified and ready to drink right on your kitchen counter. Originally designed to keep Queen Victoria and her royal family safe from the Cholera and Typhoid outbreaks that ran rampant in the early 1800's, a lot of thought and effort was put into the development of this purification system. Ultra powerful, the purifying elements are able to eliminate 99.9999999% of all bacterial pathogens from contaminated water. This filter will remove pesticides, herbicides, volatile organic compounds, viruses, Radon 222, parasites, heavy metals, chemicals, trihalomethanes. Scrub the filters with a ScotchBright® pad to clean the element and it is ready to use again.

Portable water filters - some examples include:

- **Sawyer** water filter technology was derived from kidney dialysis, these hollow fiber membrane units have been designed to extreme filtration 100% of the time to ensure no bacteria would get through.
- **Lifestraw** is one of the world's most trusted portable water filters. These are used in both emergencies and as a daily source of drinking water in third world countries. You can never carry enough water (at 9 lbs. per gallon) you know what I mean. This filter will provide up to 1000 liters of safe drinking water instantly.
- **Katadyn** makes a series of filters for campers and hikers (and bug-outers) that are light weight and offer pure water for groups as well as individuals.

7. Solar Distilling - for the back to really, really basics, dig a hold or pit in the ground. Place a container in the center of the pit; cover the hole with transparent plastic and secure it tightly. Place a pebble on the center of the plastic. Water from soil will evaporate and condense on plastic and drip into container. Be patient.

References

When the Tap Runs Dry ...

It doesn't take long for panic to set in when the water in your home stops flowing. How many times have you gone back to the sink and turned it on to get the same results? If you have any warning that the power will fail, like an impending hurricane or other big storm, go fill the bathtub. There is a [waterBOB®](#) available to use in the tub to hold and keep water clean and contained. This will hold 100 gallons of fresh drinking water, fits in your bathtub and comes with a siphon pump. It is made of food grade plastic and can keep water clean for up to 16 weeks. It only takes 20 minutes to fill.

If you have no warning, don't panic. There are other water sources in your home.

- Hot Water Heater:** This water source is clean, drinkable and ready to use. There are several sizes of tanks but the average size is twenty to fifty gallons. If the power is off, you will need to know where the tank faucet is to access the water. In order to get water to flow from the tank faucet, you will have to turn the water valve on somewhere else in the house to release pressure in the line. Turn the gas or electric off to the hot water heater.
- Water Pipes:** There is a limited amount of water in the water pipes throughout the house. To access it, you must turn on the highest faucet in the house to allow air into the pipes, and then turn on the lowest pipe to drain the lines.
- Toilet Tank:** Another source is the reservoir in the back of the toilet tank (not the bowl). There are three to five gallons of clean water in each tank. If you don't feel you could drink from this source, it can be used for other purposes such as cleaning.
- In the Pantry:** There are sources of liquid in jars of fruit, fruit juices, and canned vegetables or ready to eat soups. This is an emergency supply of water because drinking the liquid off green beans is not as preferred as drinking pure water.
- Pool or Hot Tub:** A pool or hot tub may or may not be a source of water. There are many gallons of water in this source; however, if an earthquake or storms happens, this source could be cracked and drain away. Use this source for washing and cleaning.
- Water Beds:** Water bed water is treated with chemicals to kill bacteria and algae that may grow inside. This is not a drinking source but can be used for personal washing or cleaning.
- Wells:** A well without electricity to pump water from the depths is agonizing. Most do have a bladder that holds several gallons. The alternative is to add a manual hand pump or build a well torpedo, made from pvc pipe or purchased from [Lehman's](#).
- Rain Barrels:** If it is not illegal to collect rainwater in your community, this is another "plan ahead" item. Position it at the end of your downspout. We learned the importance of raising it up off the ground using cement blocks. Rain barrels come with a spigot near the bottom. Make sure it is high enough to get a bucket underneath to remove the water. Multiple barrels can be connected in tandem to hold more water using a siphon hose configuration.



Water BOB®



Water Heater



Manual Well Pump



Well Torpedo



Rain Barrels in tandem

“No way am I ever giving up toilet paper!!” - Famous last words.

(Caution: Potty Talk!!) by Survivor Jane



Millein - [Wikipedia](#)

I haven't used toilet paper in a month! Honest. And I may never use it again ... well at home at least.

I was determined that I was not going to wait until the poo-to-hit-the-fan or any place else for that matter before securing an alternative to toilet paper.

And I don't understand the concept of stockpiling toilet paper in your preps. It's not like food where you can replenish it from a garden. When it's gone – it's gone. End of story.

As we all know, or should know, one of the many prepper mantras has always been - have backups for your backups. No exception. So it only seemed to reason I would want to have backups for my backend as well. I am a huge believer in cleanliness. Call me vain; call me a girlie-girl. Just don't call to say you're out of toilet paper. Sorry.

I began searching high and low for toilet paper alternatives. And there are a lot of things out there. I was amazed at what people are willing to use!

BUY NOW

Let's start with some bushcraft-type methods. Leaves. Large, relatively green leaves from plants such as abutilon, hollyhocks, mullein, comfrey, wild grape and mulberry are said to make a good alternative to toilet paper. But to me, it seemed more spreading than cleaning. Not good. Also, you need to make sure to avoid the scratchy or prickly varieties or you'll have more issues than "poo-pants". Then, there is snow. In the winter time snow - (brrrr, I know) can be used. Make a small snowball about the size of your palm and form it into an oval shaped and well ... nuff said.

Moving inside, there are the moist wipes ... but to me this is the same as toilet paper, it takes up a lot of valuable space and it too will run out. So moving on ...

There's the cloth or rag method ... or what I consider to be the big brother to 'baby-poo-py diapers'. You cut up wash cloths, old t-shirts or blankets into small squares to use. Once used, cling-ons and all, you put the cloth in a pail of chlorinated water only to have to deal with the poopy-foaties later (another ewwww and sprinkled with a grosssss.)

You can also use newspaper or phone books ... but if you think we have a bad rap being called "horders" with our food stores and supplies, just wait 'til someone catches a glimpse of your stacks of newspapers and phone books. As a caveat, I will say in paper's defense, as an alternative you could just wait for the devaluation of the dollar then use crumpled paper money – I'm sure there will be plenty to go around as the Federal Reserve continues to print out more. Just sayin.

Next, portable bidets. These are plastic bottles with a hook shape nozzle filled with about a cup of water that you squeeze to produce a stream of water to cleanse yourself. The problem I've read...

[Read the Rest](#)

Solar Breakfast Bake from Our Solar Chef



Great for a weekend brunch or to make ahead for a ready-made weekday breakfast. Or pair it with vanilla ice-cream for dessert.

Solar Banana & Oatmeal Breakfast

INGREDIENTS

- 2 cups old-fashioned rolled oats
- 1 teaspoon baking powder
- 1/2 cup raw almonds, coarsely chopped
- 1/4 teaspoons salt
- 1 egg, lightly beaten
- 1 cup milk
- 3 bananas, 1 mashed, 2 sliced
- 1/4 cup brown sugar
- 1 teaspoon cinnamon

PREPARATIONS

Set *Sun Oven*® out to preheat. Line a baking dish with parchment paper.

In a large bowl, combine the oats, baking powder, almonds, and salt. In a medium bowl, stir together the egg, milk, and mashed banana. Stir the wet ingredients into the oat mixture.

Arrange 1/2 of the sliced bananas on the parchment paper. Spread the oatmeal mixture evenly over the bananas. Top with the remaining banana slices.

Sprinkle the brown sugar and cinnamon over the top. Bake in the Sun Oven until set, 45 minutes to 1 hour. Serve warm or at room temperature.

Makes 4 servings.

Breakfast Foods to Store

Trudy Nelson, Hendersonville, NC

First thing to do is determine how much food you are going to need for three months. Start by planning two week's menus that your family would usually eat. Eat breakfast everyday for stable blood sugar and energy levels. For **breakfast foods** consider the following items:

Liquids -

Milk - powdered in large bag or box - in individual servings. Can purchase uv-irradiated liquid milk in cartons that store on the shelf for up to 2 years; also canned milk which is different from evaporated, condensed milk. Coconut or almond milk are alternatives for people who are lactose intolerant.

Juice - Can be purchased canned, boxed or powdered. Bottles in PET food grade plastic store for short term. Purchase a good juicing machine so you can make your own.

Cocoa Mix - Powdered cocoa keeps for several years if stored in a cool place and sealed where no oxygen can get to the powder. This is a good comfort drink in times of stress.

Yogurt - stores only for a short while in the refrigerator, you can make your own cultures to maintain your supply.

Others - Instant breakfast mix, Ensure, Boost and protein drinks can also be included

Eggs -

Fresh eggs are best to have on hand but you can freeze eggs. To freeze, use an ice tray; crack one whole egg; stir and spoon one egg per cube. After frozen, bag them in zip tight plastic bags. They will store for 1 year in freezer. Eggs boiled or baked in the shell will last for several days and are great if you need to be traveling. Other substitutes are in liquid, powdered or freeze-dried form. Use to make Quiche or breakfast casseroles. French toast is a good use for eggs and day-old bread. If you raise your own chickens, you can have fresh eggs regularly.

Meats -

Fresh meats are great but they will only keep in the refrigerator for a few days. Frozen meats are good for a couple of years, but will thaw and go bad if you lose electricity. Add a recipe for Brunswick stew (a little of everything) to your files. Canned meats are the best way to store for longer term. Process your own in glass jars in a pressure canner. Breakfast meats include bacon, ham, sausage, corned beef and bologna. Freeze-dried meat or textured vegetable protein and jerky can also be used if added to casseroles or scrambled eggs.

Cereal - Hot or Cold

Cold dry boxed cereal stores for a short time. Cereals with nuts will go bad when the nut oils get rancid. Better to store cereals without nuts and add them separately, if desired. Storing them in glass jars or sealed #10 cans will keep out pests. Hot cereal like oatmeal, cream of wheat, and cream of rice store well as long as stored in air tight containers.

Mixes -

Pancake and waffle mixes store well for several years. Make sure you plan your water storage to include a supply for rehydrating and cooking. You can make your own mixes by adding leavening to dry flour.

Hash -

Made from potatoes, meat and vegetables, either fresh, from "planned overs" or from a can. This will make a one dish meal. Saute on a medium fire to keep from burning ingredients.

Breads -

Toast, biscuits, muffins, bagels, English muffins, fruit/nut bread, or breakfast cookies.

Fruit -

Canned or dried are best, they keep longer. Eat your fresh fruit first if you have some. Good for breakfast because they contain important vitamins and minerals.

Cheese -

Cheese choices for breakfast include cottage cheese and toasted cheese bread. Goes well with fruit.

Other -

Meal Planning Ideas - Dinners

1. Plan different types of main dishes for different days of the week. Ideas for meal types include: soups and stews, salads, sandwiches, ground beef, roast beef, chicken and poultry, variety game meats, quick and easy, Mexican, Italian, Oriental, casseroles, vegetarian.
2. Plan realistically. Develop a repertoire of a few dishes that can be prepared twice each month and with ingredients that are easily available. Make a shopping list for two weeks, for one month double ingredients, for two double it again and for three months double it again. So for example, 1 can of black beans for a recipe used 6 times in 3 months means you buy 6 cans of black beans. Don't be afraid to switch menus and days for variety.
3. Plan on paper and save your plan. Remember as you use ingredients, add them to the list for replacement.

Three Month Supply Dinner Menus

WEEK 1

- Tuscan Bean Soup
 - 2 cans diced tomatoes
 - 2 cans cannellini beans
 - 14 oz. chicken broth (or bouillon)
 - Olive oil, garlic, onions, parsley & oregano
- Tuna Macaroni Salad, canned vegetable
 - small box of macaroni or other pasta shape (equals 1 cup dried pasta)
 - 2 cans tuna
 - mayonnaise
 - sweet pickles
 - eggs, boiled
 - onions, dill, parsley
- Spaghetti, fresh greens for salad
 - spaghetti pasta
 - spaghetti sauce or canned diced tomatoes, olive oil, garlic
 - ground beef, pork or textured vegetable protein
- Chicken & Rice, vegetable
 - rice
 - chicken pieces
 - onion soup mix, cream of mushroom soup
- Chili
 - kidney, black or great northern beans
 - canned tomatoes, chili seasoning, onion, garlic
 - ground beef or textured vegetable protein
- Salmon Patties, vegetable
 - canned salmon
 - cracker or bread crumbs, egg, seasonings, onion
- Macaroni & Cheese, canned vegetable
 - Macaroni pasta
 - canned milk, flour, onion, butter
 - multiple choices of cheese (cheddar, cream)

WEEK 2

- Taco Soup, cornbread
 - canned pinto beans, kidney beans or black beans
 - canned tomatoes, onions, corn
 - ground beef or textured vegetable protein
- Tuna Casserole, vegetable
 - macaroni pasta
 - 3 cans tuna
 - 2 cans peas
 - cream of mushroom soup, mayonnaise
 - bread crumbs or cheese topping optional
- Sloppy Joes, canned vegetable
 - Manwich® mix
 - ground beef
 - buns
- Chicken Orzo Soup, bread
 - chicken pieces, broth
 - onions, celery, carrots
 - orzo or other pasta or rice works too
 - canned peas
- Hummus with Pita and Olives
 - garbanzo beans
 - tahini, lemon juice
 - garlic, parsley
 - Pita and olives
- Bean & Burger Casserole, canned corn
 - canned pork & beans
 - canned tomatoes, onions, bacon, cheese
 - ground beef
- Potato Soup, bread
 - potatoes
 - flour
 - milk
 - bacon and seasonings

Oatmeal - the Most Popular Whole Grain

Top 10 Reasons to Eat Oatmeal

1. Studies show that eating 3/4 cup of oatmeal a day may help lower cholesterol and reduce the risk of heart disease.
2. The soluble fiber in oatmeal slows down your digestive process, making you feel full longer - helps in weight control. It is also gluten-free.
3. You probably already have oats in your kitchen.
4. Oatmeal may reduce the risk of type 2 diabetes - soluble fiber helps control blood glucose levels.
5. Boxed oats is 100% natural nothing added (does not apply to premixed packets - they've got sugar added).
6. Oatmeal may help reduce high blood pressure.
7. Oatmeal contains a wide array of vitamins, minerals and antioxidants, protein, carbohydrates & iron.
8. Oatmeal may reduce the risks of certain cancers and enhances the immune response.
9. Oatmeal is quick and convenient.
10. Oatmeal is delicious! All oats whether flakes or groats have gone through a heat process giving them a nutty flavor. This process keeps them from spoiling but does not strip away all the bran and germ. They are not raw and will not sprout.

Types of Oats and Oatmeal

Oat Groats - oats that have been cleaned, toasted, hulled and cleaned again. They take a long time to cook and are rather chewy. Reduce the cooking time by soaking them overnight. Add a spoonful of yogurt or whey to the water to get the benefits of probiotic bacteria.

Rolled Oats - oat groats that are steamed, pressed with a roller, then dried. Also known as old-fashioned oats take about 15 minutes to cook.

Quick-cooking Oats - rolled oats that have been cut into smaller pieces and rolled thinner. Cook in about 5 min.

Instant Oatmeal - oatmeal that has been pre-cooked and dried. Only comes with flavor additives.

Oat Flour - comes from ground oat groats and contains no gluten. Oat flour contains antioxidants that can actually prolong the shelf-life of baked goods. Available where Bob's Red Mill products are sold. You can also make your own by processing rolled oats in your food processor until it's pulverized. Wait for the dust to settle.

Oat Bran - the outer coating of the oat grain, which is even higher in fiber. Available in health food stores.

Steel-cut Oats or Scotch Oats - unrolled oats which have been cut into 2-3 pieces per grain. Extended cooking still results in a very chewy oatmeal.

Storage

Oats are excellent for short and long term storage. They have a shelf life of 5 years. If nitro-packed and unopened, they can last for up to 30 years. To store in a canning jar - wash and rinse jars very well. Dry in low oven overnight. Fill jars with oatmeal and use Food Saver® to pull a vacuum or return to 225° F oven for one hour. Dry canned items like this have been known to last for 15 years without change of flavor.

Purchasing

- Available at grocery stores and grocery clubs
- [Emergency Essentials](#)
- [Custom Oatmeal Orders](#)

[Recipes](#)

Preparedness Purchases

1. When shopping this week, purchase double the ingredients for two extra meals, at least, as you begin to build your three month supply of everyday items. Make a weekly meal plan of two weeks menus before going shopping. Review recipes to assure you get all needed ingredients.
2. Two to four weeks supply of toilet paper. OR alternative products.
3. Purchase bulk ingredients for breakfast menu planned this week (hint: so it will last for two weeks) & remember Oatmeal.
4. Buy extra cans (#10) of beans & rice to start your long term supply.
5. One case (at least) of bottled drinking water.
6. Start the practice of keeping your gas tank no less than half full; fill a 5 gallon can with gas, too. Add Stabil® to prolong shelf life. Double Staybil® lasts 2 years.
7. \$5.00 cash each payday (at least) set aside in your HOUSE (not at the bank).
8. Big item of the month: a water barrel and/or a water purifying product.
9. Design or obtain a container for each family member to be used as we begin to build our 72 hour kits next month. It will be easier to begin packing if you already have something to put supplies into.
10. Buy a clean military ammo can, store in car with emergency prep items inside.
11. Feel free to follow any inspiration you may have. "Never ignore a prompting."



Project Noah - Second Month Assignments



[Project Noah](#)

1. Pre-Disaster Preparation: Water Storage - Goals
 - a. Continue to store water
 - b. Locate water storage sources in your home & how to access them
2. Non-Food Items: toilet paper - Goal
 - a. Determine how much your family will need for a year - is this doable?
 - b. Shop for the best prices and buy what you can afford
 - c. Explore alternatives, be self sufficient
3. Short Term: Three Month Food Supply and Menus
 - a. Plan breakfast menus and use them
 - b. How much is enough for 3 months?
 - c. Goal - Make one meal a week from your three month supply menus
 - d. Shop for meals for two weeks using your plan and selected menus

Next Month's topics will be learning about and obtaining tools for utility shut off and contents for a 72 hour kit

Non-food item: hand and body soap, including some recipes to make your own.

Menu planning for lunch menus and recipes.

[Want More Preparedness Info Faster?](#)

Our friend Lisa Bedford, The Survival Mom, has created a 10 week intensive and interactive preparedness class: [Summer Prepping Intensive](#). In this new virtual school for preppers, you can meet like-minded people and pick the brains of some of the most influential preparedness experts in the industry. You'll meet a group of preppers who all have the same concerns as you. Instead of just reading blog posts or preparedness books and having unanswered questions, you can actually talk with the authors of those articles and books and have their personal attention.

Best of all, we'll help you to create a personalized guideline complete with weekly, manageable action plans so that you can stop "thinking" about prepping and do the work necessary to get ready for whatever life throws at you in the months ahead. And all of this happens from the comfort of your home!

[Summer Prepping Intensive](#)

Classes Start June 19



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with the experts!**

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INTENSIVE

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Michael Snyder~Fernando Aguirre~Lisa Bedford~Dr. Arthur T. Bradley~Daisy Luther~Tess Pennington
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