

ORGANIC EMERGENCY FOOD



The likelihood of needing emergency food has probably not been top of your list. However, with the Covid-19 pandemic still very much at the front of our minds emergency stocks of food has become more important. For some strange reason, human nature makes people panic buy which makes the situation worse. But if you have a stock of store cupboard essentials already, hopefully you won't be affected.

Staying Healthy in an Emergency

When food is scarce people tend to forget about their health. They just want to eat. But that is when it is even more important to eat as healthy as possible because stress can cause all sorts of health issues. So, if you want to think about your health as well as staying fed during emergencies then you need to make sure that food is organic.

Organic food is much more likely to be nutritious and there is not the risk of chemicals causing health issues. In an emergency you need to stay as well as possible. Health care is more likely to be stretched.

Finding Organic food

Unfortunately, there are not many suppliers of organic emergency food but if you search you can find it. In an emergency you will need food that makes sure you don't feel hungry. Quality is better than quantity if possible. So, you should definitely opt for organic food if you can get hold of it.

Depending on the amount of room you have to store your emergency food will depend on what you buy. There are vacuum packed cooked whole meals on the market. They take up the least amount of room and can be stored in your garage or loft rather than taking up room in a fridge or freezer. These can also be used when you are away from home with no access to a fridge or cooker. For example, when camping.

Vacuum packed organic emergency meals are cooked so they can be eaten direct from the packet. Now you may not actually fancy eating cold meatballs and pasta at the moment. But when you are hungry and you don't know when your next home-cooked meal is going to be, a filling meal will be very welcome.

Other Suppliers

There are also emergency food suppliers that have organic foods in powder form. This is a way of preserving the food without the use for chemicals. You then reconstitute the food with liquid. That liquid could be water, milk or stock. These foods include soup.

Organic beans, pulses and lentils are great foods for an emergency. They are stored either dried or in tins. And can be stored, sometimes for years. You can make up really filling meals using these ingredients. As they have fibre and protein in as well as lots of vitamins and minerals they are good for you. You definitely won't starve if you have plenty of these put by.

Organic rice and pasta are two other really filling foods to keep you going in an emergency. As they are dried they can keep for months, if not years. Just add a tin of organic tomatoes to pasta and you have a filling, nutritious meal.

Nuts & Seeds

Nuts and seeds are another good food to have as a back-up. As with most organic foods they are more expensive than non-organic, but it is worth the extra cost to know they are chemical free. You can snack on these to keep hunger at bay. Plus, they are another good way to keep you healthy in an emergency, as they are packed with nutrients.

Dried Fruits

Fruit and vegetables, whether organic or not, do not keep for very long. So why not buy some organic fruits and vegetables and dehydrate them? You can either dehydrate them by drying them in an oven. There is dehydrating equipment on the market.

Once dehydrated you can increase their shelf life even more by vacuum packing them. Dehydrating preserves the nutrients. You can then feel reassured that there is something healthy and tasty to eat in an emergency.

Dehydrating does increase the sugar content of fruit. But I guess in an emergency, eating too much sugar won't be an issue. And who doesn't love something sweet when you are stressed?

Finally, how about growing your own organic food? You can buy organic seeds for lots of fruits and vegetables. That way you can absolutely guarantee that what you are eating is organic. Buy non-GMO seeds. All you need then is a patch of garden.