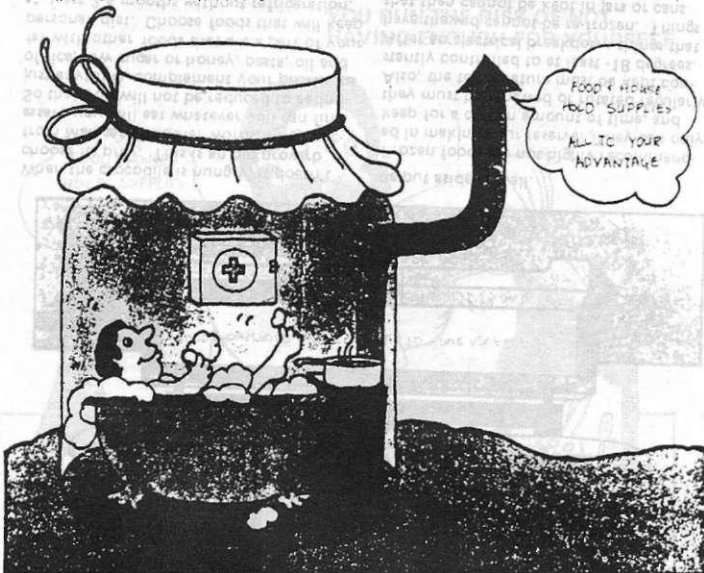


"The future passes over the outstretched hand."—Aragon.

Cool & Dry

—AND AWAY FROM LIGHT.

What else do you need in your reserves for your well being.?

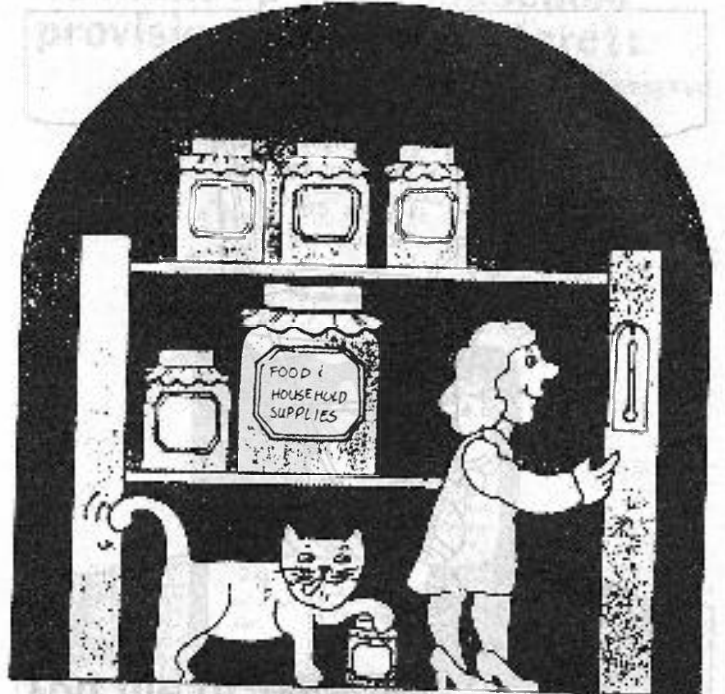


Man does not live by bread alone, neither just by water. It is not just what you eat or drink that is important. You also need to think of necessary health and hygiene needs. This is why a household reserve must also include products that will enable you to resist sickness and epidemic, soap and cleaning products. Also plastic garbage bags, so that you can dispose of refuse in a hygienic manner.

If you have independent heating, you

should have a reserve of fuel to cover a good period of time. Remember to keep your reservoir full and renew your supplies of wood and coal regularly.

Lots of foods can be eaten cold as well. However, in case of an electrical cut off you still want to be able to eat and drink hot food. Thus it is wise to have an alcohol or butane burner with a reserve of the necessary fuel.



The ideal place to keep your reserves should be dry, dark and cool. In your home you should surely be able to find such an area.—In a cupboard, a little room, an alcove.

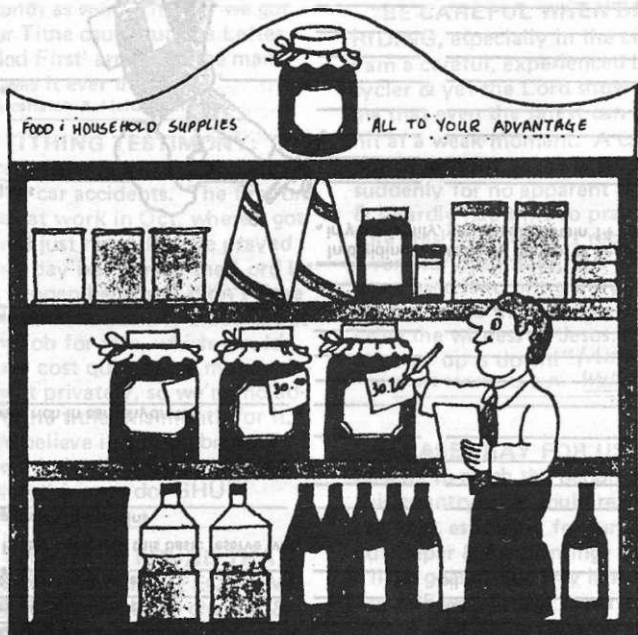
Your provisions should be kept well packed to keep bugs etc. out. You must

check them regularly. On each package write the date that you bought it. Put the products that you just bought recently behind the others. The oldest should be in front. These are the ones that you must eat first of all.

"The future is our concern."—Denis de Rougemont.

Don't let your reserves run out.

AVOID UNPLEASANT SURPRISES.



Now that you have realized that household reserves are necessary, and that they will help you to manage your home in a more organised manner, you can use them and renew them regularly. As you have made up your reserves, taking into account your personal likes and dislikes, it will be easy to integrate them into your daily menu.

Regularly make an inventory (for example on the 1st of each month) and replace anything that is missing.

In following these recommendations you will always have the necessary food on hand to satisfy the appetites of your family and keep them in good spirits. During the good times as well as the bad times.

This list will help you in making up your reserves.

Your reserve should be composed of some items from each column. A total of 14 kg. per person.

Foods rich in protein	Oil and fat products	Foods rich in carbohydrates	For variety	Liquids
lentils, split peas, white beans, dry beans, canned meat	peanut oil, olive oil, coconut fat, palm oil, melted butter	raw meat or poultry, eggs, pasta, dried fruits	canned fruit & vegetables, jams, pickled fruits & vegetables, dried soups & sauces, bouillon cubes, canned fish, prepared dishes (e.g. stant mashed potatoes, corn etc.), honey, molasses, chocolate, spices, salt, canned cheese	table water, fruit juice, vegetable juice, condensed milk, powdered milk, chocolate drink, beer, honey, a durum wheat & instant coffee
vacuum packed sausages, hams & dried meat, smoked meat & sausage mixtures prepared for tinned		grain products (flour, semolina, barley, oats, oatmeal, whole rice), instant meals with cereal base (Muesli etc.)	Biscuits (sweet or salted, with no filling), Nuts, peanuts, whole wheat crackers	sterilized milk

IMPORTANT—Check carefully the expiry date on each item! For children & adults, special provisions must be out side. Persons following a diet (especially diabetes) should stock a sufficient quantity of necessary food.