

# The Larder of Last Resort

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*Aut viam inveniam aut faciam*

Hello friends, I am TheAntiTerrorist. Thank you for your emails and messages of support and for staying part of the conversation.

Well, the pace is picking up a tad, isn't it? Things are moving a little fast these days. It's almost as though we were on a horse ride and we are halfway around and the horses know exactly where the stables are and they start to gallop. So now I think it would be a good time to talk about food, considering the pace at which things are occurring at the moment.. Before we begin with what's for breakfast, lunch and dinner for the next year or so, I'd like to address a few terms and why I've settled on a particular one for this broadcast.

'Stockpiling' is the term used by the state to describe what they do. 'Hoarding' is the term employed by the state to describe what you do when you do your own stockpiling. My preferred term is 'food cache.' Explorers into unknown territory cache food in selected spots to help them survive their journey, which to me sounds like the more empowering perspective to take.

When I began my own cache several years ago, I took the time to learn what returns the most food value for the least expenditure of money, the least energy to obtain and maintain, and the longest storage life. What I discovered is that it is vital to strength and endurance to eat a complete protein every day. With the exception of only two or three vegetables, most complete proteins are found in meat, fish, eggs and dairy products, all of which require the most money and energy to obtain and all of which have the shortest term of storage. It was vital to learn to combine plants to make a complete protein and the classic answer time after time was: beans combined with some sort of grain - as in beans and tortillas, beans and rice, beans on toast. When combined, these two simple foods have all the amino acids to make a complete protein. As far as your body is concerned, it thinks you are eating meat. Ask the Mexicans, the Cubans, the Africans, the South Americans, the Japanese, the Italians - beans and a grain equals cheap, tasty, fundamental nourishment.

In the past three years we have all seen food prices rising, which in my opinion makes long-term food storage one of the best investments you can make. With our currency's purchasing power dropping every month, would you really rather have it in the bank right now earning 1% interest or on your shelves as food prices climb 10% every season ?

When you go shopping there are a few things it might serve you to consider:

**Buy only what you like to eat.** Most of the people I know who went with MREs or freeze-dried camping meals ten years ago are only just now knocking the cobwebs off the foil packs when they rediscover them behind the big box of christmas decorations in the basement. If you *Buy what you are going to eat*, no matter what may be ahead of us the food will not go to waste. Who knows, maybe hard times won't come and we will wake up to discover it's been an enormous practical joke and celebrate with a feast.

**Barter-ables are your friend** - and barter-ables translate into just about anything that constitutes a luxury item in hard times, specifically the big three: Sugar, Tobacco and Liquor. Properly stored, sugar and tobacco will keep well and liquor lasts forever.

The Achilles Heel of most urban caches is fresh veg, milk and eggs. You will be prepared to barter for them.

**Stay under the radar.** Walk a balance between making your stash discreet, yet still easy to get to. Pay with cash when you can, don't rack up a mega-purchase of rice or barter-able items on a credit card and **do not** use a loyalty card at the supermarket.

So, here's how to protect that investment:

The Six Enemies of your food cache are:

**Air.**

**Light.**

**Temperature.**

**Humidity.**

**Pests.**

**Bragging about it** to anyone outside your circle of trust. Let me amend that, don't brag about it all.

Number one storage choice: fermenting bins, available from brew shops or brewery supply shops. The lids snap tight. They are made of food-grade, heavy-duty plastic. They stack securely and they usually come with a strong handle. Tape up the bunghole on the lid to maintain the atmosphere inside.

If you can't find these bins or you can't afford them then a cheaper, though less effective solution would be the vacuum clothing bags you can buy from most stores. Do make sure you tape up all seams before you vacuum the air out.

On an added safety note, beans and rice are heavy. If you live in an upstairs apartment, watch the weight of what you are storing - unless you really despise your downstairs neighbour.

<http://baconreport.blogspot.com/2007/07/top-100-items-to-disappear-first-during.html>

In the link in the sidebar is a URL that will take you to a list of the first 100 things to go missing in the shops in an emergency. It could serve you to study it.

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You don't have to buy them all, but you should give some thought to them all. For example, you may not use disposable nappies in your home, but they may be worth quite a bit to the person who needs them and wants to trade something you might need. Coffee is another, so are disposable lighters, and until you have had to live without toilet paper you never realise just how much more pleasant your life can be by having it.

I am aware there are two schools of thought on preparedness in dire circumstances and they both break down to either staying to guard your family and your cache of goodies or heading out to live

off the land.

Say you are a young single guy, rented accommodations, no one to look after but yourself and maybe your faithful mutt... the absolute best resource I can recommend is either the SAS Survival Handbook by **John “Lofty” Wiseman** or any book on bushcraft by **Ray Mears**. Links in the sidebar. Good luck.

Another big topic is maintaining your health. Now, I am not a doctor and I don't play one in this video, but I have chosen earthclinic.com it for its clarity and straightforwardness and for the many commentaries by people who have accepted or discovered an entirely new way to take charge of their own health. There is a link in the sidebar and in the support documents provided as a download from TheAT website.

I feel a strong urgency to encourage you to embrace responsibility for your own nourishment and health because it has been repeatedly proven to me that my adversary in this game does not care one way or another about the quality of my life and in fact is actively seeking to lower this quality even further by pushing the implementation of a charming bit of draconian planning entitled Codex Alimentarius.

In our adversary's usual default mode of spinning the unthinkable in order to make it seem desirable, Codex is for 'our protection.' In fact, the elite who drafted Codex wants to 'protect us' so very, much, that they are willing to make your vitamin supplements a controlled substance available only through prescription and to standardise and genetically engineer our food to the point that any taste or nutrition has been stripped in an effort to increase shelf life, visual uniformity and profits for international food manufacturers.

[http://www.youtube.com/watch?v=WCZ\\_\\_HVFvM&feature=related](http://www.youtube.com/watch?v=WCZ__HVFvM&feature=related)

This is an enormous topic, and I cannot cover every aspect of nutrition that I would like to do within this time constraint, but I urge you - as always - to take responsibility for how you will care for yourself and the people you love by - first of all - *educating yourself*. Or get on the nice bus and ride to the nice camp with the nice cots and - if you are lucky - one meal a day of school cafeteria-style food. Yummy.

Your Larder of Last Resort may seem like a sizable investment, but it is nothing compared to the return you will reap from educating yourself in order to make the best decision for you and the ones you care for.

Thanks for listening.

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