



Real Food in an Emergency

Enjoy nutritious food, save money, and stay prepared!

BY MIRA
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THE
INGREDIENT
GURU





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THE INGREDIENT GURU

- Founder of The Ingredient Guru
- Board of Directors for the American Holistic Health Association
- Medical Advisory Board of the Turner Syndrome Society of the United States



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Topics

- **Why you should be prepared**
- **What to put in your preparedness pantry**
- **Challenges to keep in mind**
- **Budgeting for preparedness**
- **What's next?**





The importance of Food Storage in Emergencies

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- Definition of emergency food storage
- Types of emergencies that may require food storage
- How long you need to store food
- How much food to store





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The Benefits of Storing Real Food

- Nutritional advantages
- To avoid reliance on highly processed unhealthy options
- Better health outcomes during emergencies
- Psychological comfort and well-being
- Economic advantages





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Top Shelf Stable Food Ideas for Emergency Supply

- Beans and lentils
- Grains - rice, oats, quinoa, flours, etc
- Pasta and pasta sauces
- Crackers and snacks
- Canned proteins - fish, poultry, meats
- Canned fruits and vegetables
- Broth and soups
- Nuts and nut butters
- Freeze dried foods
- Herbs and spices
- Protein powders
- Honey, maple syrup, jam
- Oils, vinegars, condiments





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Beverages

- Water
- Milk
- Juices
- Soda
- Kombucha





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**Remember to store
an extra
can opener!!**





What to Avoid

- Highly processed foods
- Foods with short shelf life

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The right foods for YOUR family

Make a meal journal for two
weeks

Pantry Provision List

DAIRY (ORGANIC, WHOLE MILK)

☐ Butter

☐ Eggs (pastured, free range if possible)

☐ Cheese

☐ Kefir

☐ Milk

☐ Yogurt

ALTERNATIVE DAIRY (CARAGEENAN)

☐ Almond

☐ Coconut

☐ Rice

BEANS (DRY)

☐ Chickpeas

☐ Lentils

☐ Kidney

☐ Black beans

GRAINS (WHOLE)

☐ Whole-grain wheat flour (if possible)

☐ Rolled / steel cut oats

☐ Quinoa

☐ Brown/ black/ red/ wild rice

OILS (ORGANIC, EXTRA VIRGIN, COLD-PRESSED)

☐ Ghee

☐ Coconut

☐ Olive

NUTS, SEEDS, NUTBU (RAW AND UNSALTED) REDUCE OR AVOID PEANUTS

☐ Almond

☐ Brazil nut

☐ Cashew

☐ Flax seeds

☐ Hazelnut

☐ Pumpkin

☐ Sesame

☐ Sunflower seed

☐ Walnut

PRODUCE

☐ Apples (Organic)

☐ Avocados

☐ Bell Pepper (Organic)

☐ Blueberries (Organic)

☐ Cabbage

☐ Carrots

Weekly Meal Planner

LUNCHES		SNACKS	
Day 1		Day 1	
Day 2		Day 2	
Day 3		Day 3	
Day 4		Day 4	
Day 5		Day 5	
Day 6		Day 6	
Day 7		Day 7	

DINNER		GROCERY LIST	
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

NOTES

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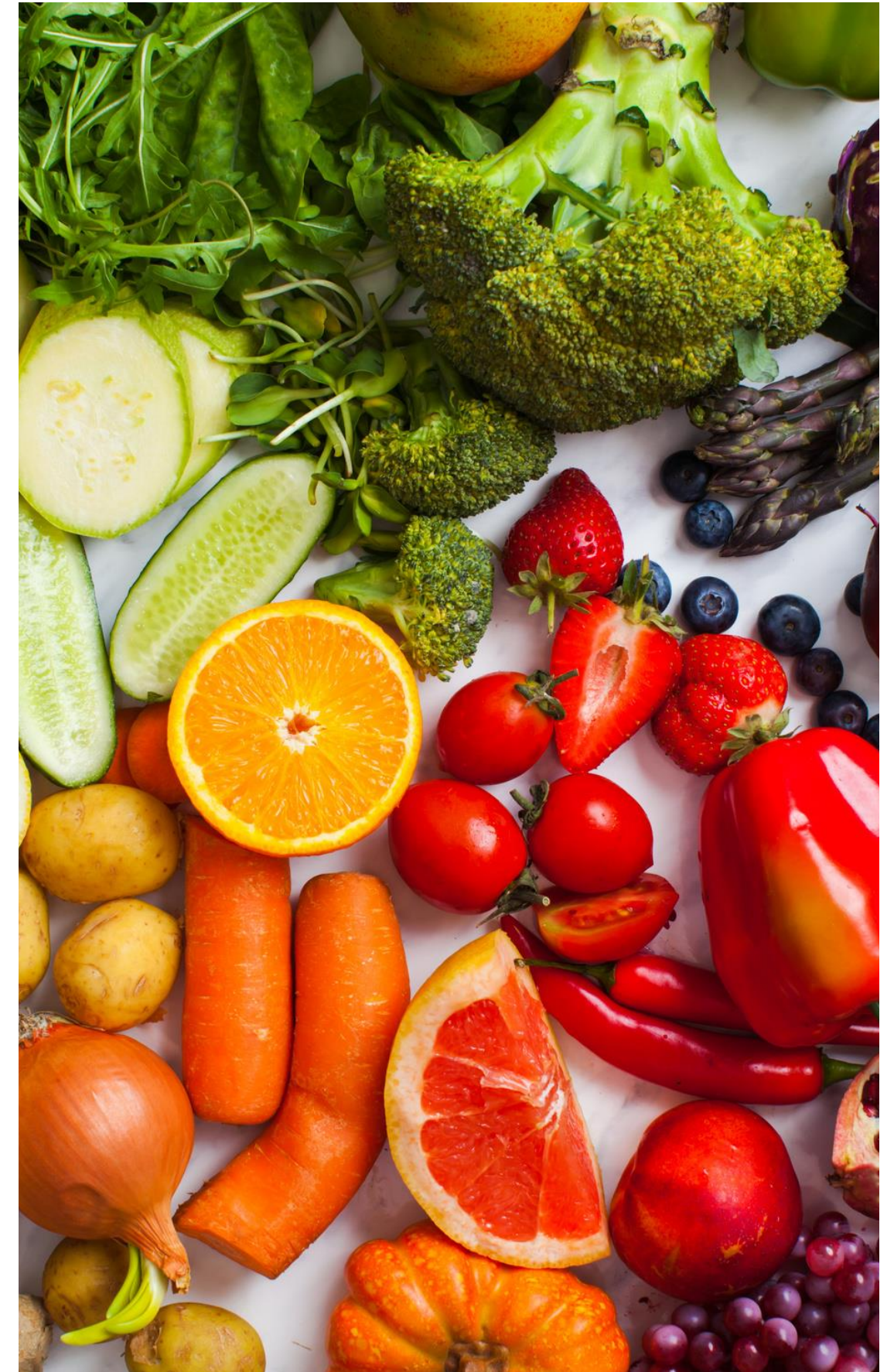
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But What About...

- Fresh produce
- Perishable dairy and meat products
- Frozen food
- Special dietary needs
- Baby food
- Pets





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Supply Chain Issues and Risks

- Understanding vulnerabilities in the food supply chain
- Hoarding and stress buying
- Possible price increases





Don't Break the Bank

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- Bulk purchasing
- Share with a friend
- Watch for sales
- Consider store brands or private label
- \$5 at a time





WANT MORE SUPPORT?

Join The Preparedness Pantry Masterclass!

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Pantry Preparedness Masterclass

How to create the perfect pantry for your daily food needs plus for emergency preparedness.

10 Tips for Emergency Preparedness



First Aid Preparedness Seminar



Weather-Related Preparedness Topics



PPM Module 1



PPM Module 2



PPM Module 3



Show more



About this course

-  21 lessons
-  11 hours of video content
-  A \$449 value for just \$29/month with a TKT Membership

SCAN ME





ABOUT MIRA

Mira Dessy is The Ingredient Guru – a Holistic Nutrition Professional and Real Food Advocate who emphasizes a healthy lifestyle and eating whole foods. She knows that it's not just what you eat, but what's in what you eat. An author and a popular public speaker, Mira has been working with clients for over a decade. She supports practitioners helping them incorporate foundational functional nutrition, programs, and chemical cleanup into their work.

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