



I'VE BEEN CANNING SOUP THIS WEEK
GETTING READY FOR WINTER

FOLLOW ME FOR MORE RECIPES

Are You Ready?

An Everyday Prepper's Perspective

May 30, 2026

Titanic



2,200+ people on board.
Approx 700 people survived.
20 lifeboats for 1,178 people.

Lifeboats were NOT filled to capacity!

- **False sense of security & underestimation of the seriousness of the situation**
 - Ship was thought to be “unsinkable”.
 - Ship was level for a long time. They did not realize the boat would sink so quickly.
- **Poor communication, planning & confusion**
 - Crew undertrained. Passengers unsure about procedures. Some passengers waited in their room for instructions ...and they never came.
 - 3rd class passengers faced locked or hard-to-find stairways & were far from the rescue area.
- **Looked safer to stay onboard vs boarding a tiny lifeboat suspended over freezing waters**

Strategic disaster preparedness:

- **A personal plan** — knowing what to do, where to go & how to communicate.
- **A support network** — family, friends, and neighbors who can check in, share resources & assist.
- **A resilient community** — organized groups, trained volunteers, & systems that keep people alive when professional help is delayed.

What risks does Kitsap County face? What situations should you be prepared for?

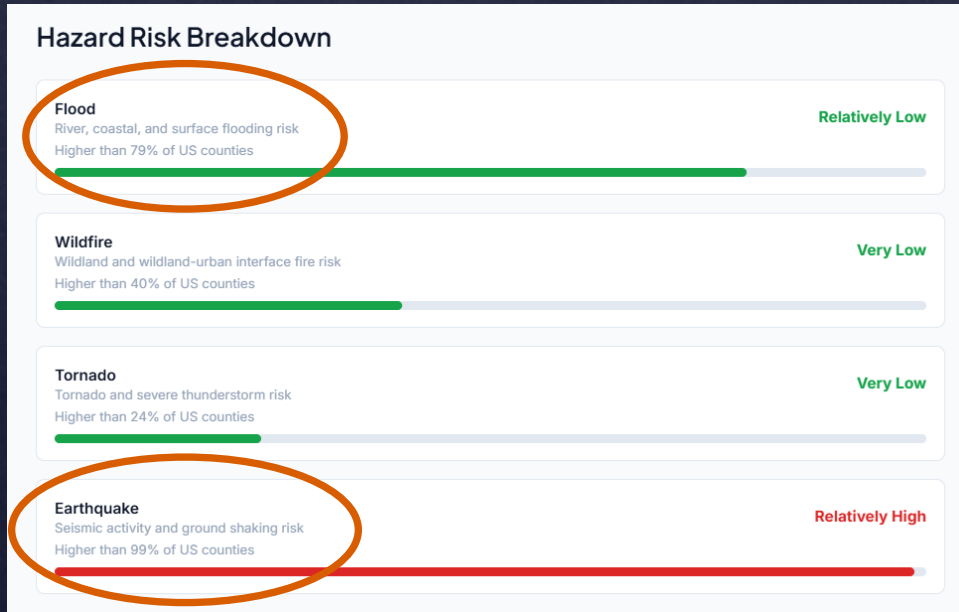
(FEMA):

<https://riskbycounty.com/washington/kitsap-county>

The screenshot displays the 'riskbycounty' website interface. At the top, there is a navigation bar with the logo 'riskbycounty', a search bar containing 'Search counties, states, metrics...', and links for 'Home', 'Browse States', 'Explore', 'Articles', and 'About'. Below the navigation, a breadcrumb trail reads 'Home / Washington / Kitsap County'. A 'FEMA National Risk Index' button is visible. The main heading is 'Kitsap County Disaster Risk' with the subtitle 'Kitsap County, Washington'. To the right is a FEMA logo featuring the Department of Homeland Security seal and the word 'FEMA' over a fire background. Below the heading are four data cards: 'FEDERAL RISK RATING' (Relatively Moderate), 'NATIONAL PERCENTILE' (92th of 3,144 counties), 'STATE RANK' (#8 of 39 (1 = highest risk)), and 'FLOOD RISK' (79th percentile).

Metric	Value	Context
FEDERAL RISK RATING	Relatively Moderate	
NATIONAL PERCENTILE	92th	of 3,144 counties
STATE RANK	#8	of 39 (1 = highest risk)
FLOOD RISK	79th	percentile

What risks does Kitsap County face? What situations should you be prepared for?



RISK VERDICT

Kitsap County has a relatively moderate overall disaster risk profile, scoring in **the 92th percentile** nationally. While not in the highest tier, this county faces meaningful hazard exposure. Residents are encouraged to understand their specific risks & maintain emergency supplies.

HAZARD BREAKDOWN

Earthquake risk is the dominant hazard for Kitsap County, scoring in the **99th percentile** nationally. It is followed by **flood risk** at the **79th percentile**. Additional hazards include **wildfire (40th)**, **tornado (24th)**.

(FEMA):

<https://riskbycounty.com/washington/kitsap-county>

What emergency situations will you plan for?



- ? What emergencies will you plan for -- earthquake, tsunami/flood, severe storms, wildfire, war/conflict?
- ? How might infrastructure be affected -- bridges, roads, ferries, utilities, communication?
- ? How will you meet basic needs -- shelter/heat, water, food, safety, communication, transportation, medical, finances?
- ? Impact on family, friends, community?
- ? Stay at home plan? Evacuation plan?
- ? How does the season impact your basic needs -- water, shelter/heat?
- ? What is your Plan A? Do you need a Plan B? Plan C?
- ? How will you build your plan -- purchase supplies, learn skills, procedures?
 - Start small – small steps count.
 - A 2-week readiness plan is a great start!
- ? How will you test your plan? Practice reveals gaps & builds confidence.
- ? How can support family, friends & your community to be more resilient?

My Plan

My Plan – Keeping Warm



House & Portable Generators (Propane/Gasoline) *Future – Solar?*

My full house generator/ 250
Gallons Propane can provide:

- 171 hrs at 100% usage
- 242 hrs at 50% usage
- 684 hrs at 25% usage
- 2190 hrs at 10% usage
- 4380 hrs at 5% usage

*One 4.5 gal propane tank for
portable generator can
provide 4hrs at 100%.*

Fireplace (Wood)

- Propane Heaters
- Fireplace
- Wood Stove
- Etc.

Sleeping Bags, Blankets, Winter Clothing

Temp Ratings for sleeping bags:
0°F to –20°F — “Winter” or
“Arctic-style” bags for subzero but
not deep-expedition conditions.

–20°F to –40°F — “Standard
extreme cold”

Below –40°F — “Coldest climates”
(e.g., Himalayan peaks)

My Plan – Cooking



**House & Portable
Generators
(Propane/Gasoline)**

- Stove uses propane
- Oven & other appliances use electric

**Fireplace
(Wood)**

- Not easy to cook in, but doable.

**Camp stove
BBQ
Firepit**

- BBQ & Firepit viable options depending on weather.

My Plan – Water



1 gallon of water per person per day!

My home uses city water. Small natural H₂O sources nearby. Heavy rain ½ year. Little rain ½ year.

Bottled Water

- Best to purchase regular bottled H₂O vs bottling your own -- Purchased water(6mo-2yrs)
- Hard to buy enough for an extended emergency.
- Emergency H₂O -- cans(1-3yr), pouches (5yr) & bottles(20yr)

Water Containers

- Water purification is a must!
- Purify your water: Purification system (e.g., Berkeley System), life straws (up to 1000 gal), distillation, boiling, chlorination, etc.
- Fill manually or rainwater catchment

Natural Sources Lake/Stream/ Natural Spring

- Kitsap is dry in late spring through early fall
- Water purification is a must!
- Local water sources may be cut off farther upstream
- Too many people on the system reduce supply

My Plan – Food



Refrigerator / Pantry Perishables/ Freezer

- Use the items that will spoil first.

Regular Canned Food

- Canned food will last for years.
- The date on the can is the *sell by date* & *best if used by date*, to have the best quality
- Rotate -- FIFO (First in/first out)

Long Term Food Storage (Freeze dried, Dehydrates, Whole Grain, etc.)

- 5-30+ shelf years depending on the item and storage temperature.
- MREs (meal ready to eat). 1-10+ years depending on storage temperature.
- Thermos: Helps to prepare some food & keep food

How much food do you need?

How Much Food Do You Need?

“...members begin their home storage by storing the basic foods that would be required to keep them alive if they did not have anything else to eat.” After they have a year’s supply of the basics, they may then add other foods they are accustomed to eating regularly.



One Adult Portion

Grains—400 pounds (181 kg); includes wheat, flour, rice, corn, oatmeal and pasta

Legumes—60 pounds (27 kg); includes dry beans, split peas, lentils, etc.

Powdered Milk—16 pounds (7 kg)

Cooking Oil—10 quarts (9 l)

Sugar or Honey—60 pounds (27 kg)

Salt—8 pounds (3.6 kg)

Water (2 weeks*)—14 gallons (53 l)

Child Portions

Age	% of Adult Portion
3 and under	50%
4 to 6	70%
7 to 10	90%
11 and up	100%

How Much Food Do You Need?

TheFoodGuys:

<https://www.thefoodguys.com/foodcalc.html>

Number of Family Members, Ages 7 and Older.:

Number of Family Members, Ages 0-6.....:

Your Family Will Need:

Grains

lbs of Wheat
 lbs of Flour
 lbs of Corn Meal
 lbs of Oats
 lbs of Rice
 lbs of Pasta

lbs Total Grains

Legumes

lbs of Dry Beans
 lbs of Lima Beans
 lbs of Soy Beans
 lbs of Split Peas
 lbs of Lentils
 lbs of Dry Soup Mix

lbs Total Legumes

Fats and Oils

lbs of Shortening
 gal of Vegetable Oil
 qts of Mayonaise
 qts of Salad Dressing
 lbs of Peanut Butter

lbs Total Fats and Oils

Milk and Dairy

lbs of Dry Milk
 cans of Evaporated Milk
 lbs of Other Dairy

lbs of Total Milk and Dairy

Sugars

lbs of Honey
 lbs of Sugar
 lbs of Brown Sugar
 lbs of Molasses
 lbs of Corn Syrup
 lbs of Jams
 lbs of Powdered Fruit

Drink

lbs of Flavored Gelatin

lbs Total Sugars

Cooking Essentials

lbs of Baking Powder
 lbs of Baking Soda
 lbs of Yeast
 lbs of Salt
 gal of Vinegar

Water *

gal of Water
 gal of Bleach

Fruits

lbs of Flavored
Apples
 lbs of Applesauce
 lbs of Banana Chips
 lbs of Fruit Mixture
 lbs of Fruit Juices

lbs Total Fruits

Vegetables

lbs of Corn
 lbs of Peas
 lbs of Green Beans
 lbs of Carrots
 lbs of Potatoes
 lbs of Onions
 lbs of Tomatoes

lbs Total Vegetables

Shelf Stable Foods

Shelf Stable Foods #1

Foods that last forever or a very long time OPENED or UNOPENED

Food	Why It Lasts Forever	Notes
Honey	Low moisture, antimicrobial	Crystallizes but never spoils
Salt	Mineral	Iodized salt lasts decades; pure salt lasts forever
Whole Peppercorns	Seeds, low moisture, antimicrobial	Forever
Sugar (white, brown, powdered)	No moisture	Hardens but safe indefinitely
Molasses (unopened or opened if uncontaminated)	High sugar, low water activity	Opened lasts years; contamination is the only risk
Corn syrup	High sugar	Very stable
Hard liquor (40%+ alcohol)	Alcohol preserves	Flavor may change slightly
Pure maple syrup (unopened)	High sugar	Opened must be refrigerated
White vinegar	Acidic	Indefinite shelf life
Cornstarch	No moisture	Keep dry

Shelf Stable Foods #2

Foods that last forever when UNOPENED

Food	Shelf Life (Unopened)	Notes
Pure maple syrup	Indefinite	Refrigerate after opening
Soy sauce	Indefinite	High salt
Bouillon cubes / powder	Indefinite	Salt + dehydration
Instant coffee	Indefinite	Freeze-dried
Hardtack	Indefinite	If kept dry
Ramen noodles	Indefinite (quality declines)	Oil packets may degrade
Canned sugar products (sweetened condensed milk)	Indefinite sealed	Quality declines but safe
Dried pasta (factory-sealed)	20–30 years	If stored cool and dry
White rice (factory-sealed)	25–30 years	Brown rice does NOT last long
Dried beans (factory-sealed)	20–30 years	Tougher with age but safe

Shelf Stable Foods #3

Foods with a Long Shelf Life (Not Forever)

Food	Shelf Life	Notes
Peanut butter (unopened)	1–2 years	Natural PB: 6–12 months
Canned meats (tuna, chicken, spam)	3–5 years	Safe longer but quality declines
Canned vegetables	2–5 years	Low-acid lasts longest
Canned fruits	1–2 years	High-acid foods degrade faster
Oats	1–2 years	Mylar + O ₂ absorbers: 10+ years
Flour	6–12 months	White flour lasts longer than whole wheat
Cooking oils	1–2 years	Rancidity is the limiting factor
Powdered milk	2–10 years	Depends on packaging
Jerky	1–2 years	Vacuum-sealed lasts longest
Shelf-stable milk (UHT-Ultra High Temp)	6–12 months	Must be used quickly after opening

Food Storage – Long Term

Long Term Food Storage – Home Canning

Method	Best For	Shelf Life
Water-bath canning	Jams, pickles, tomatoes, high-acid foods	1–5 years
Pressure canning	Meats, vegetables, soups, low-acid foods	2–5 years



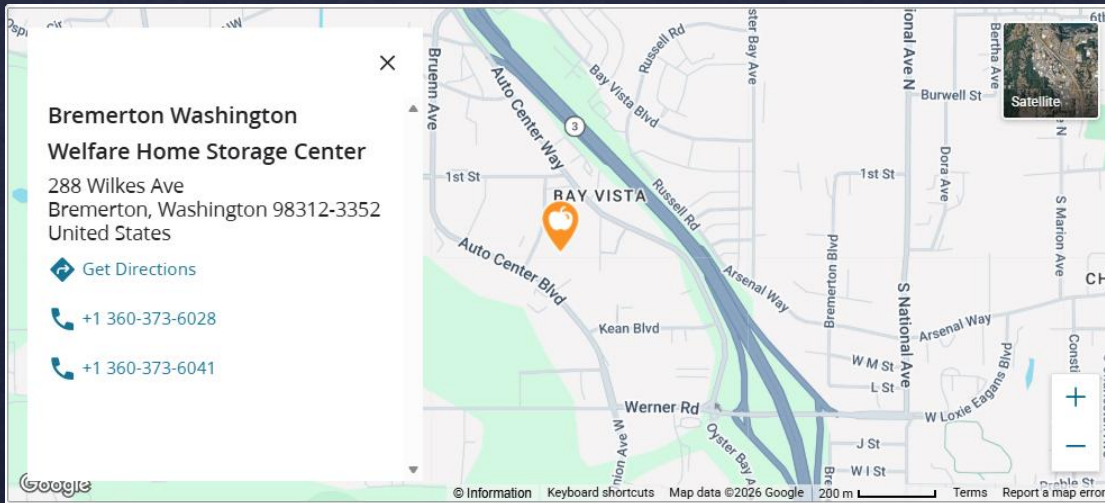
Long Term Food Storage



Category	#10 Cans (Approx 10x bigger than a soup can)	Buckets (Mylar + O ₂ Absorbers --Typically, 3.5 gal or 5 gal)
Typical Shelf Life	10–30+ years depending on food	20–30+ years for most staples
Best For	Freeze-dried foods, powdered items, grains, beans	Bulk staples: rice, wheat, oats, beans, pasta
Portion Size	Smaller, single-use or short-term portions	Large bulk quantities
Protection	Excellent barrier; metal blocks light & pests	Mylar + bucket protects from light, moisture, pests
Reusability	Not reusable once opened	Buckets reusable; Mylar is single-use
Ease of Use	Easy to open; good for rotation	Requires sealing equipment for DIY storage
Cost	Higher per pound	Lower per pound (DIY)
Ideal Use Case	Long-term storage + convenient rotation	Long-term bulk storage for decades

Long Term Food Storage – Local Resource

<https://www.churchofjesuschrist.org/dapr/life/home-storage-centers/>



Sustainability

Self-Sustainable Solutions

Homesteading & Off-The Grid Living

- **Food**

- Grow your own food & save seeds for each season
- Livestock (e.g., meat, dairy), Bees (honey)
- Fish farming, Aqua culture – fish, shellfish, shrimp, seaweed
- Preserve your food (e.g., canning, freeze-dried, dehydration, fermentation, curing meats, smoking meats, root cellars)

- **Water**

- Hand-pump well
- Live near a water source
- Rainwater harvesting (if allowed)
- Learn about water purification!

- **Energy/Heat**

- Solar, Wood, etc.



Additional Considerations

Additional Considerations

Long vs Short Term Food Storage

- Short-term:
 - balanced meals matter less.
- Long Term :
 - Ready to eat meals are more expensive but convenient
 - 30 Days Buckets are expensive & mostly loaded with inexpensive items (e.g, pasta)
 - Nutrition is important!

Other Food Tips

- Buy foods you regularly eat
- Canned foods can be eaten without cooking.
- Dehydrated foods need water & cooking.
- Store food in a cool, dry place.
- Spices, hard candy, instant coffee, tea & cocoa.
- Need fats & oils for cooking & baking

Don't Forget

- Vitamins, medications & any special-diet items.
- Pet food!

How will you communicate with the outside world?

What other items will you need?

- Personal hygiene & sanitation supplies.
- First-aid
- Batteries
- Candles
- Matches
- ...and more!

PRINT any resources or manuals you will need!

Kitsap County Resources

Kitsap County Cert Program

<https://www.kitsapdem.com/programs/cert/>



Disaster Preparedness	How to prepare your home, family, and neighborhood for local hazards and safely shut off utilities.
Fire Safety & Suppression	How fires start, how to use an extinguisher, and when it's safe — or unsafe — to fight a fire.
Disaster Medical Operations	Basic lifesaving skills: open airways, stop bleeding, treat shock, and triage when 911 is overwhelmed.
Light Search & Rescue	How to assess damage, lift safely, locate victims, and avoid unsafe structures.
CERT Organization & ICS	How CERT teams communicate, document, and operate under the Incident Command System.
Disaster Psychology	How disasters affect people emotionally and how to support survivors and teammates.
Terrorism & Hazmat Awareness	How to recognize suspicious or hazardous situations and make safe decisions about evacuation or sheltering.

Kitsap County Emergency-Preparedness Groups



Group	What They Do
Kitsap ARES (Amateur Radio Emergency Service)	Provides backup radio communications during disasters; supports KCDEM, Red Cross, hospitals
Kitsap RACES (Radio Amateur Civil Emergency Service)	Government-activated emergency radio communications during declared disasters
Kitsap County CERT	Trains residents in fire suppression, medical basics, search & rescue, ICS, disaster psychology
KCDEM Emergency Worker Volunteers	General disaster support: shelters, logistics, damage assessment, outreach
American Red Cross – NW Region	Sheltering, feeding, reunification, disaster assessment, mass care

Kitsap County Emergency-Preparedness Groups – cont'd



Group	What They Do
Medical Reserve Corps (Region 2)	Medical surge, clinics, behavioral health, shelter medical support
Local Fire Department Auxiliaries	Rehab support, community outreach, evacuation centers
VOAD Organizations (Salvation Army, Team Rubicon, etc.)	Debris removal, feeding, donations management, spiritual care
Neighborhood Groups (Map Your Neighborhood, GMRS (General Mobile Radio) nets, HOAs)	Hyper-local preparedness, communication, and neighbor check-ins

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GETTING READY FOR WINTER



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Questions?
