

Why You Need To Be Rationing Your Food

On a regular day, you should eat around 2000 calories.

But what if you don't have enough food? Desperate times call for desperate measures. And when disaster strikes you should be prepared for the worst. That's when knowing how to ration your food stockpile pays its weight...

First of all, you should know that the current "US diet" consists of approximately 2500 calories per day, give or take, which is a lot compared to the rest of the world. By the way, that's why Americans are among the fattest people on Earth: we eat way too much and often the wrong things. However, in an emergency, one's nutritional intake may very well be cut in half, or even worse, and that's on top of the increased psychological stress and physical workload.

[What does that mean? Read more to discover...](#)



Start with Budget-Friendly Meals

Intentionally adding some budget friendly meals to your meal plan can help you do that. And contrary to popular belief, you don't have to eat ramen like a broke college student to cut your grocery bill. You can eat real food that tastes good on a small budget.

You can save money by eating at home, planning simple meals,

cooking from scratch, and using recipes that share ingredients. The meals in this post all fit that bill...

[Read more to discover “7 Budget Friendly Meals Your Family Will Love”](#)

Raise Your Own Farm Animals

If you're serious about survival, and ready to move beyond stockpiling dehydrated and canned goods, you may want to consider acquiring livestock that will work even in the tiniest of survival farms. You'll be amazed at the possibilities that work for a large range of backyard farms, even those in suburban neighborhoods with HOA's.

I personally grew up on a small backyard farm in a very low income family. The livestock we raised not only provided our family with food and companionship in our time of need, but also taught me the value of hard work, sacrifice, and the circle of life from a very young age.

[Read more to discover “The backyard livestock that anyone, anywhere can breed and raise”](#)



**Do you recognize this Tree?
(All Parts are edible)**

[Find Out More](#)