

Eggs: One of the Perfect Survival Foods

One of the basic criteria for perfection in the prepping world is multipurpose utility. For foodstuff, the product also needs to keep well, be nutritious and be easy to acquire or stockpile.

Very few fresh items meet these criteria, but one most certainly does: the egg. Having a source of eggs for survival is just an example of good preparation if you can manage it. In addition to being extremely nutritious, eggs purportedly have more than 100 uses. We tend to think that's a lowball estimate.

In addition to being delicious to eat in its natural form, it's used for various purposes in cooking. The shells also have several uses, as do the membranes. The entire egg is completely functional; it's perfect.

We understand that not everybody can [keep chickens](#) but if you can, you really should consider it. Here are just a few reasons why eggs should make your list of foods to keep on hand.

They're Nutritious

In order to survive and thrive, you need to eat a balanced portion of protein, carbs and fat. Carbs and fat aren't likely going to be as hard to come by as protein. You also need vitamins and minerals in order for your body to continue to function properly.

Eggs are a great source of several vitamins and minerals as well as healthy omega-3 and omega-6 fats and protein. Here's a rundown of what you can get from 1 medium egg:

- 63 calories
- 5.5g of protein (11% of your RDA, though most sources active people need more)
- Vitamins A and D – 4% of your RDA
- Vitamin E and thiamin – 2% of your RDA
- Riboflavin (a B-vitamin) – 12% of your RDA
- Vitamin B6 – 3% RDA
- Folate – 5% RDA
- Vitamin B12 – 9% RDA
- Pantothenic Acid – 6% RDA

A medium egg yolk also has several minerals including 20% of your RDA of selenium along with trace amounts of calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper and manganese. Finally, you get 32.6mg of omega-3's and 505mg of omega-6's that your body needs for numerous functions, including keeping your central nervous system functioning properly.

Eggs do have high amounts of cholesterol (62% of your RDA, to be exact) though that's in the yolk. You can always skip the yolk and eat the white. You lose nearly all of the nutrients except for the protein at that point, though. Still, protein is necessary and egg white protein is fairly easy for your body to use.

Food Fatigue Isn't Such an Issue

Food fatigue is a problem that arises when you eat too much of the same food repeatedly. Your body actually refuses to allow you to eat it anymore and you'll become sick just looking at it. There are cases of entire villages starving to death when they had a plentiful supply of food (namely potatoes or rice) but food fatigue kept them from being able to consume it. This is a very real concern in a survival situation.

Fortunately, because eggs can be prepared in so many ways, food fatigue isn't as likely to occur. Since you can also use

them in recipes, you can get the nutritional benefits without thinking about eating an egg.

They're Useful in Different Recipes

Eggs are used to leaven, thicken, bind and emulsify different foods. For instance, in cakes and biscuits, the yellows act as a binding agent and the whites help add lightness and cohesion. You put eggs in meatloaf to hold it together and you use it in custards to emulsify and thicken the final product.

We don't even need to mention the value of white, fluffy meringue! Don't think that just because you're in a survival situation that you won't be eating pies; sometimes you need to do things like that just to keep morale up if you can. Having a ready supply of eggs will help bring just a little extra happiness to your plight.

Video first seen on [Handimania](#).

They Keep Well Without Spoiling

OK, here's the thing – eggs that have never been washed or refrigerated will keep for up to 3 weeks without refrigeration.

As a matter of fact, the US is one of the few countries that actually refrigerate eggs. This is because we have a higher risk of salmonella from commercial products because the chickens may be infected and because manufacturers wash and oil the eggs during packaging. If the eggs have been refrigerated, they need to stay that way.

However, if you have your own disease-free chickens, you don't need to ever refrigerate them. They're freshest in the first week but may last as long as 21 days. This makes an egg an excellent survival food because chances are good that refrigeration is going to be an issue. To test to see if an egg is bad, put it in water. If it floats, toss it. If one end

is starting to float, it's going bad. Of course, if you have refrigeration, eggs will last for a couple of months or longer!

Egg Shells Have Several Uses

Egg shells are an excellent source of calcium, which makes them good for fertilizer. Many plant diseases occur because of a lack of calcium in the soil. Toss your [egg shells onto your compost pile](#) to add that extra mineral.

If you have a slug or snail problem in your garden, putting some crushed egg shells around the perimeter of your plants will help keep them off. They don't like crawling across the jagged pieces of shell.

You can also use egg shells to start seeds in. Just break your egg in half like you usually do and set the halves aside to put some dirt and seeds in. Don't clean them out.

Finally, you can crush egg shells up and feed them to your chickens as a source of calcium so that the chickens can produce more eggs.

The Membrane Is Rich in Protein and Antimicrobials

The membrane of an egg can be used as a bandage or a poultice on wounds. It will help it heal faster. It's also good to help stop bleeding. Just remove it from the inside of the egg and apply it straight to the wound. It works well as a drawing agent for splinters or blackheads, too.

They'd Make Excellent Barter

In a situation where protein and just food in general are scarce, eggs will make excellent barter. Though some say that bartering will just show people what you have so that they can steal it, there is also the argument that communities are going to re-form quickly.

If so, then eggs will be an excellent barter tool. Since you'll have a regular supply of them, they'll be a renewable resource that you won't have to worry about running out of as long as you keep your chickens healthy and happy.

You'll be able to trade without worrying that you're giving up something that you or your family may eventually need.

Eggs are a versatile product that can be used completely with no waste whatsoever. They're also sustainable so that in an emergency situation, you'll have a reliable source of nutrition as long as you keep your chickens healthy.

Though we do realize that many people can't [keep chickens](#), please consider adding a few if you're able to do so. That way, if SHTF, you'll have eggs: a perfect survivor food. If you'd like to learn more, we have an article right here on the site about [how to choose good chickens](#).

If you can think of other ways that eggs make a great survival food or if you can think of other foods as awesome as the egg, please share your thoughts with us in the comments section below.

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