

*"The seagull, having sung all summer, found itself without when the cold winds came, and went crying for food to its neighbour the ant."* - La Fontaine.

# Don't count too much on others.

YOU RUN THE RISK OF NOT HAVING ENOUGH FOR YOURSELF.



Well ordered charity starts with yourself. This is an ancient precept of selfish wisdom. But it is only valid to the extent that others have enough and do not suffer.

This is why the Swiss Confederation is ready to insure the equal distribution of vital foodstuffs in case there is difficulty

in obtaining supplies. However, the authorities cannot take care of each individual and foresee each individual need of each person. It is thus essential that each person, each household, create its own reserve according to its own diet.

*"The roof that protects us from the rain was built during good weather."* - Chinese proverb.

# To make up your household provisions, only one secret:

A GOOD BASIC FOOD RESERVE.



The best basic food reserve consists of a certain number of advantageous foodstuffs with a high nutritive value, such as raw sugar or honey, rice, oil, pasta and fat. - Products easy to store & that will keep a

long time. Minimal quantities per person: 2 kg. of honey or raw sugar, 2 kg. of rice &/or pasta, 2 kg. of oil &/or fat.

# A hungry stomach has no ears.

SO YOU ARE BETTER ADVISED TO LISTEN NOW.



When the crocodile is hungry, it doesn't choose its prey. This is an old proverb from Malaga. In other words, when necessary you will eat whatever you can find. So that you will not be reduced to eating just anything, complement your provisions of rice, raw sugar or honey, pasta, oil and fat with other foods that are a part of your personal diet. Choose foods that will keep at least 3-4 months without refrigeration, and that you are currently using. On page 11 you will find a list of foods that are very practical to have as part of a reserve.

One thing to remember concerning quantity: To insure that you can survive completely independently for at least 2 weeks, you must have at least 14 kg. of food per person. In families that have a baby, special baby foods that are necessary must

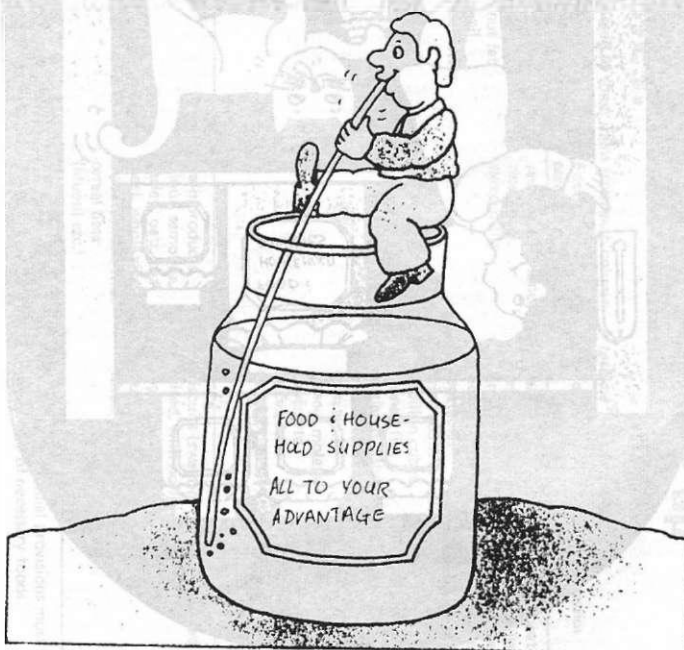
be put aside as well.

Frozen foods are not highly recommended in making your reserve. They can only keep for a certain amount of time, and they must be renewed or rotated regularly. Also, the temperature must be kept constantly controlled to at least -18 degrees. After an electrical breakdown things that have thawed cannot be re-frozen. Things that then cannot be kept in jars or cans must be eaten immediately.

Keeping fruits and vegetables in your cellar can only be considered if the conditions are very good, that is to say, in a cool cellar with temperature cool and constant. In such a case, you must be very careful to keep this area very clean, air your cellar out regularly and regularly check the condition of your foods.

*"The shortsighted person waits until he is thirsty before he digs a well."* - Chinese proverb.

# You die of thirst long before you die of hunger!



As incredible as it sounds, you can live 3 weeks without eating, but without drinking you can barely last 3 days. Thus, the most complete household reserves will be useless without any liquids.

In a crisis situation, you cannot be assured

of drinking water. There could be a shortage, or it could be contaminated. Therefore, you should always have some mineral water, vegetable & fruit juice in reserve. On the average the body needs about 2 liters of liquid a day.