

Protecting Your Family

Sound Advice For Disaster Preparation

(NAPSA)—If you've ever thought about taking steps to prepare for a possible disaster, you're not alone. Nationally, some 8 million Americans are doing some "prepping" to protect their families in case something bad comes their way.

Whether motivated by recent natural disasters, popular reality shows or recommendations from FEMA and the Red Cross, people are looking for answers and information as they plan for their safety.

Food For "Preppers"

Water, energy and food are key preparation considerations, with food perhaps requiring the most thought. "Preppers" agree that variety, quality and shelf life are important factors in selecting what foods to store. Many experts recommend a rotating food inventory consisting of foods you like and would use in your daily meal preparation. That way, you won't spend a fortune for dehydrated food you may never need or use.

Good candidates in this category include grains, cereals, canned vegetables and fruits, canned tuna, soups and dry soup mixes. All of these are everyday foods that have long shelf lives and don't require lots of energy to prepare. All are good options for an "emergency supply."

Items historically lacking from preppers' pantries, however, are tasty, high-quality and long-lasting sources of protein. For example, most long-life beef is generally dried or in the form of jerky, not an item most families use in preparing meals. Now, a Minneapolis company has pioneered



Precooked, canned ground beef can be used for everyday recipes like tacos, pasta dishes and chili, but stays fresh for five years.

putting precooked, ground beef in cans.

The beef has a five-year shelf life without refrigeration and is sold under the brand name "Camp Traditions." It was originally designed for campers, hunters, RV owners and outdoor enthusiasts.

Since it only needs to be heated up, you can use it for everyday cooking, and, in the event of an emergency, it's ready to go. The canned ground beef is more versatile and more familiar to consumers than dehydrated meat, which makes it ideal for folks who use the rotation method of food storage.

Developed by North Aire Market, the beef is available by the case or in "Be Ready Packs," which include the canned ground beef and dried soups for more than 100 servings.

Learn More

Further facts are online at www.camptraditionsfoods.com or at (800) 662-3781.