


[DOWNLOAD](#)


Survival Food Handbook (Paperback)

By Janet Groene

McGraw-Hill Education - Europe, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. BE PREPARED to cook without a kitchen and eat healthy foods for days, weeks, even months! Whether you re camping, boating, traveling, or staying home, make sure you have enough food in case of an emergency. This book is your survival guide. It s not just about stocking up on provisions. It s about planning and preparing nutritious, delicious, easy-to-make meals under any circumstances--even without fuel or electricity. Learn how to: * Plan, shop, and stock your pantry for the long term. * Buy the provisions you need inexpensively from your local supermarket. * Extend the life of fresh, canned, and packaged foods. * Create scrumptious, sustaining meals without a stove or fridge. * Find the best back-up gear for cooking, storage, and water. * Be prepared for anything--and eat healthy under any conditions. This practical guide is loaded with essential pantry must-haves, shopping checklists, food safety tips, and expert advice on alternative cooking methods. You ll find dozens of ready-to-go recipes for makeshift main dishes, back-up breads, substitute spreads, even desperation desserts. So, if your boat loses power, your RV breaks down, your...



[READ ONLINE](#)
[5.87 MB]

Reviews

Completely essential go through ebook. It can be written in basic phrases and never difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Jessy Collier**

Completely essential read through publication. It normally does not expense excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Morris Cruickshank**