

CHAPTER 1

Water & Food

New here? Ready, Set, Ready is a 10-minute starting point: an honest assessment, one gap closed for real, then a map for using the rest of this site.

Why This Category Comes First

Water and food have the shortest failure clocks of any preparedness category. A healthy adult can become severely, dangerously dehydrated in as little as three days without water; caloric and nutritional deficits begin degrading judgment, immune function, and physical capacity within the first week without food. Every other category in this manual (sanitation, security, communication) assumes the people executing those plans are hydrated, fed, and thinking clearly. This chapter is deliberately the most detailed in the manual for that reason.

The chapter is organized into four tiers of increasing duration and self-sufficiency. Each tier builds on the one before it: Tier 1 gear does not become obsolete in Tier 2, and Tier 2 skills remain essential in Tier 3. Read each tier as “what we add,” not “what replaces the last section.”

Two Phases: Stored vs. Produced

Underneath the four tiers is a simpler two-phase shift worth naming directly. Tier 1 is Phase 1: living entirely off what’s already stored, nothing new is produced or generated. Tier 3 is Phase 2: stored and purchased supplies are gone, and the household shifts to producing its own food and managing a renewable water source instead. Tier 2 sits between the two, a transition where filtration and bulk cooking extend what’s available, but propane, filter elements, and Mylar-stored grain are still finite; nothing in Tier 2 renews itself the way a garden or a well does. Tier 4 is Phase 2 at community scale. Knowing which phase a given piece of gear or a given skill belongs to is the difference between a plan that runs out and one that doesn’t.

Tier 1: Short-to-Medium Term (Hours – 14 Days)

Goal: Phase 1, using what’s already stored. Immediate survival using stored buffers. Aligns with the Be Ready Utah 2-week household recommendation.

Tier 1 assumes normal supply chains, utilities, or safe outside movement are disrupted, but help or recovery is coming within roughly two weeks. Nothing in this tier requires producing anything new: it is entirely about correctly using and rationing what is already stored in the home. The two-week target gives margin beyond most utility outages, regional storms, and short-notice evacuations, and matches the state of Utah's own household guidance.

Skills to Build

- **First-In, First-Out (FIFO) Rotation:** Expiration dates creep up faster than most households notice. Mark every case and container with its purchase date in permanent marker, store newest purchases behind older ones, and consume/replace stored food twice a year (tie it to daylight saving time changes so it's easy to remember). A stockpile you never rotate is a stockpile you can't trust in an actual emergency.
- **Rationing:** Plan around roughly 2,000 kcal and 1 gallon of water per person per day (more for children, nursing mothers, larger adults, and anyone doing physical labor in the response). Practice doing this math on paper before you need it. Under stress, simple arithmetic gets harder, not easier.
- **Safe Manual Opening:** Practice opening canned goods with a manual can opener before you need to do it one-handed in the dark. Keep a spare opener; they're cheap and they do fail.
- **Emergency Water Treatment:** If stored water is compromised or you're using a backup source, know the dosing: for 6% unscented household bleach, use 8 drops (about 1/8 tsp) per gallon of clear water; for 8.25% (the more common strength on shelves today), use 6 drops per gallon. Check the label every time; concentration varies by brand and changes over a bottle's shelf life. Stir and let stand 30 minutes; double the dose for cloudy water. Chlorine dioxide tablets are a simpler, more shelf-stable alternative; follow the package ratio.

Go deeper: the Water & Food Addendum builds these into real, tested competency. For the hands-on how-to, see Water Purification, Storing Water Correctly, Auditing Your Food Supply, Calorie Planning for Your Food Supply, Sourcing & Hauling Water, Sealing Bulk Food for Long-Term Storage, Legal Rainwater Harvesting in Utah, Food Preservation: Canning, Dehydrating & Smoking, Building a Biosand Water Filter, What to Grow: Crop Selection & Seed Saving, Food Safety After a Power Outage, Solar Cooking: Box, Panel & Parabolic, Collecting Water From Snow, Dew & Condensation, Water Testing: Strips, Labs & Field Methods, Building a Walipini: The Underground Greenhouse, Building a Food Forest, Improvised Cold Storage: Root Cellars & Evaporative Cooling, Hunting, Trapping & Field Dressing Basics, Foraging Wild Edibles Basics, Backyard Poultry & Small Livestock Basics, Row Crop & Raised Bed Gardening, Growing in a Food Forest, Growing in a Walipini, Hydroponics & Aquaponics Basics, Perennial Vegetables, Regenerative Agriculture: Cover Crops, No-Till & Composting, and Microgreens.

Tech & Equipment

- **Manual Can Openers:** Heavy-duty, non-electric. Keep at least one per household kit plus a spare; this is a \$10 item that a whole 14-day food plan depends on.
- **Food Thermometer:** Used to check the safety of refrigerated/frozen perishables in the early hours of a power outage before deciding whether to eat, cook, or discard them (40°F/4°C is the safety line).
- **Water Containers:** Food-grade 55-gallon barrels for whole-household storage, or stackable 5–7 gallon jugs for portability and easier rotation. Mix formats: barrels for bulk, smaller jugs for grab-and-go.
- **Dispensing Hardware:** Barrel spigots or a siphon pump: a full 55-gallon barrel weighs over 450 lbs and cannot be tipped to pour.

Materials & Supplies

Item	Quantity / Spec	Notes
Drinking & sanitation water	14 gal / person	1 gal/person/day × 14 days. Store in food-grade containers only.
Water treatment	Bleach or ClO ₂ tablets	Unscented 6% bleach or chlorine dioxide tablets, for backup/compromised sources.
Non-perishable food	14-day supply / person	MREs, canned meats/vegetables, dry cereals, peanut butter; no cooking required.
Morale & comfort items	Small stock	Hard candy, chocolate, electrolyte mixes (cheap morale and sodium/electrolyte support).
Pet food	14-day supply	Store in waterproof containers alongside human food stores.

Northern Utah Note

Unheated garages and sheds along the Wasatch Front regularly drop below freezing in winter. Water expands roughly 9% when it freezes; rigid barrels stored outside the conditioned envelope of the house can crack. Store water in a heated space, or leave 10% headspace in every container and expect a freeze/thaw cycle.

Special Diets & Portability

The 2,000 kcal/day figure is a baseline, not a rule: infants need formula (not substitutable with adult food or water alone), and anyone managing diabetes, allergies, or another medical diet needs their own stored supply, since generic emergency food won't cover it. See the Access & Functional Needs chapter for detail. Separately, this tier is written for staying home: 55-gallon barrels and bulk cases aren't something you carry. If evacuation is plausible for your household, keep a dedicated, portable subset (the 5–7 gallon jugs and a few days of lightweight food) packed and ready to grab, distinct from the bulk stay-home stock. See the Go-Bags & 72-Hour Kits skill guide for what belongs in that portable kit beyond water and food.

What 1 Gallon/Day Actually Covers

This is a survival floor, not a comfort target, and it assumes no laundry and no toilet flushing (this manual's own sanitation approach uses a no-flush bucket system for exactly that reason). Humanitarian relief standards (WHO/Sphere) put the fuller operating figure at 7.5-15 liters/person/day, roughly 2-4 gallons, once drinking, hygiene, and cooking are all counted properly, up to four times this tier's number. Fourteen gallons/person is still the right Tier 1 floor; a household with anyone pregnant, nursing, sick, or doing hard physical work, or planning past the first couple weeks, should build Tier 2 bulk storage toward the higher figure rather than just multiplying this one by more days. See the Storing Water Correctly skill guide for the full breakdown.

Quick Checklist

- ☐ Water: 14 gal/person, food-grade containers, dated
- ☐ Backup water treatment (bleach or tablets) on hand and dosing known
- ☐ 14-day non-perishable food supply, no-cook options included
- ☐ Manual can opener (+1 spare) and food thermometer in kit
- ☐ 14-day pet food supply, waterproof container
- ☐ FIFO rotation schedule set (e.g., spring/fall clock changes)
- ☐ Water stored where it won't freeze, or headspace left for expansion
- ☐ Medical/special-diet needs (infant formula, allergies, diabetic supplies) stocked separately
- ☐ Portable grab-and-go water/food subset packed, separate from bulk stock
- ☐ Practiced: lived a full day on Tier 1 stores only, including manual can opener

Tier 2: Extended (2 Weeks – 3 Months)

***Goal:** Phase 1-to-2 transition, still finite but beginning to build renewable capability. Active resource management when municipal water and sewer service is offline.*

Tier 2 begins where the stored buffer runs out. The household shifts from consuming pre-packaged supplies to actively purifying water from outside sources and cooking from bulk, shelf-stable ingredients. This tier requires equipment that Tier 1 doesn't: filtration capable of processing untreated water indefinitely, and a cooking method independent of the electrical grid.

Skills to Build

- **Water Purification:** Learn to operate a gravity filter, run a rolling boil (1 minute at altitudes below 6,500 ft, 3 minutes above), and correctly dose chemical treatments for larger batches than a single gallon. Most gravity filters (including Berkey- and Sawyer-style) are rated for bacteria and protozoa but not all remove viruses; check the manufacturer's rating, and for any surface water with possible sewage contamination, follow filtering with a chemical or UV step rather than filtering alone. Practice all three methods before you need them. Filter cartridges and pump technique both have a learning curve. See the Water Purification skill guide for the full method breakdown.
- **Bulk Cooking:** Practice cooking dry grains and beans (which require long soak/simmer times) on a camp stove before an emergency. Fuel-efficient technique (soaking overnight, using a lid, simmering instead of boiling) stretches limited propane substantially.
- **Source Identification:** Know, in advance, where the nearest streams, irrigation canals, ponds, or rain-catchment points are relative to your home, and understand that all of them require treatment before use. See the Collecting Water From Snow, Dew & Condensation skill guide for real, honestly-rated options when none of those exist nearby.
- **Bulk Food Rotation:** Bulk stores in Mylar are stable for years but not indefinitely once opened. Check seals seasonally and watch for signs of pest intrusion (small holes, frass) in grain and bean stores.

Go deeper: the Water & Food Addendum builds these into real, tested competency. For the hands-on how-to, see Water Purification, Storing Water Correctly, Auditing Your Food Supply, Calorie Planning for Your Food Supply, Sourcing & Hauling Water, Sealing Bulk Food for Long-Term Storage, Legal Rainwater Harvesting in Utah, Food Preservation: Canning, Dehydrating & Smoking, Building a Biosand Water Filter, What to Grow: Crop Selection & Seed Saving, Food Safety After a Power Outage, Solar Cooking: Box, Panel & Parabolic, Collecting Water From Snow, Dew & Condensation, Water Testing: Strips, Labs & Field Methods, Building a Walipini: The Underground Greenhouse, Building a Food Forest, Improvised Cold Storage: Root Cellars & Evaporative Cooling, Hunting, Trapping & Field Dressing Basics, Foraging Wild Edibles Basics, Backyard Poultry & Small Livestock Basics, Row

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Tech & Equipment

- **Gravity Water Filters:** High-volume systems (e.g., Berkey-, Sawyer-style) with spare filter elements. These are the workhorse of Tier 2: buy the largest capacity your budget allows and keep at least one full spare element set. The cartridge itself is a finite, stored resource, though; Tier 3 covers a sand-and-gravel alternative that doesn't wear out the same way.
- **Propane Stoves:** Two-burner camp stoves with a stable stand. As a rough planning number, a single 20-lb propane tank runs a two-burner stove for roughly 15–20 hours of actual burner time; for 3 months of daily cooking, plan on multiple tanks, not one. Store more than you think you'll need; cooking dry beans from scratch uses far more fuel than reheating.
- **Backup Cooking Fuel:** Propane can run out or become unavailable to purchase. Keep a second, independent fuel source (a wood-burning rocket stove or camp fire ring) so a single fuel type isn't a single point of failure for every meal in this tier. See the Solar Cooking skill guide for a method that needs no fuel at all, just direct sun.
- **Pressure Cooker:** Cuts cooking time (and therefore fuel use) for beans and grains dramatically: often the difference between a meal in 30 minutes versus 2+ hours.
- **Water Testing Kits:** Test strips for pH, chlorine residual, and bacteria presence, to confirm treated water is actually safe before drinking it at scale. See the Water Testing skill guide: strip tests, lab panels, and field bacteria tests don't work the same way or tell you the same thing.
- **Battery Carbon Monoxide Detector:** Required if any propane or wood cooking happens indoors, even briefly or with a window cracked. CO is odorless; ventilation alone isn't a reliable safeguard, and this is a life-safety item, not an optional one.

Materials & Supplies

Item	Quantity / Spec	Notes
Bulk water storage	55-gal food-grade drums	Filled, or clean and ready to fill from a treated source.
Treatment chemicals (bulk)	ClO ₂ tablets / calcium hypochlorite / bleach	Calcium hypochlorite (“pool shock”) is a compact way to store large-volume treatment capacity; store separately from food, well-labeled.
Bulk food	Grains, beans, powdered milk, salt, sugar	Store in Mylar bags with oxygen absorbers inside sealed buckets.
Vitamins	Household multivitamin supply	Guards against nutritional deficiency on a limited, repetitive diet.
Pet supplies	3-month bulk food + flea/tick prevention	Bulk-bag and reseal to keep food fresh over the full window.

Northern Utah Note

Spring snowmelt (roughly March–May) makes Wasatch Front streams and canals highly turbid: cloudy water clogs gravity filter elements fast. Let turbid water settle overnight or pre-filter through cloth before running it through your primary filter.

Quick Checklist

- ☐ Gravity filter (virus rating checked) + full spare element set
- ☐ Propane stove, pressure cooker, and adequate multi-tank fuel reserve
- ☐ Backup non-propane cooking method available
- ☐ Battery CO detector in use anywhere indoor cooking happens
- ☐ Water testing strips on hand
- ☐ Local untreated water sources identified in advance
- ☐ Bulk grains/beans/staples stored in Mylar + oxygen absorbers
- ☐ Bulk water treatment chemical on hand, stored away from food
- ☐ 3-month pet food supply bagged and sealed
- ☐ Practiced: cooked a full day’s meals on Tier 2 gear only

Tier 3: Permanent (Indefinite)

Goal: Phase 2, producing rather than consuming. Transition to production-based self-sufficiency.

Tier 3 assumes stored and purchased supplies are exhausted or unavailable for the foreseeable future. The household shifts from consuming reserves to producing food and managing a renewable water source on an ongoing basis. This is the most skill-intensive tier in the chapter: the equipment matters far less than whether the skills were practiced before they were needed.

Skills to Build

- **Agriculture:** Planting, irrigating, and harvesting within Northern Utah's short growing season (roughly 120–140 frost-free days along the Wasatch Front). Know your local average last-frost (mid-to-late May) and first-frost (late September–early October) dates and plan varieties accordingly. See the What to Grow skill guide for which crops actually close the nutrition gap stored staples leave behind, not just which ones fit the season.
- **Non-Commercial Water Filtration:** A biosand filter, built from sand, gravel, and a durable housing to a specific tested design, treats water indefinitely without a replaceable cartridge, the Tier 2 gravity filter's real limitation. It only works if built to spec: correct sand grain size, a slow enough flow rate, and 2–4 weeks for a biological layer to mature before it's actually effective. See the Building a Biosand Water Filter skill guide for the full design and why the fast-flow bucket version common online isn't the same, tested thing.
- **Seed Saving:** Extracting, drying, and storing viable seed from open-pollinated (non-hybrid) crops so each harvest can seed the next season without outside resupply. See the What to Grow skill guide for real isolation distances by crop and how long saved seed actually stays viable, corn and onion seed included, which don't last nearly as long as beans or squash do.
- **Hunting & Trapping:** Ethical harvesting, field dressing, and meat preservation. Build this skill and the relevant licensing/legal knowledge now, while the framework of normal law and season still applies; competence takes years, not a single emergency. In a sustained, widespread disruption, wild game and fish near any population center get scarcer and more contested the longer things go on, a well-documented pattern from real famines and wartime shortages, not a hypothetical; scout and hunt quietly rather than advertising a productive spot, avoid overharvesting a visibly stressed local population, and coordinate shared hunting or fishing grounds through the same community governance this manual's Security & Self-Defense chapter covers for other shared resources. See the Hunting, Trapping & Field Dressing Basics skill guide for licensing steps and the real field-dressing timeline.
- **Food Preservation:** Canning (water-bath and pressure), dehydrating, smoking, and root cellaring, all without relying on grid electricity. Acid decides the canning method: water-bath canning is only safe for high-acid

foods (fruit, properly acidified pickles); low-acid foods (vegetables, meat, poultry, soups) require pressure canning, since boiling alone doesn't destroy the botulism bacteria's spores. This distinction isn't a technicality, a real 2015 outbreak sickened 29 people from potato salad made with water-bath-canned, low-acid potatoes. See the Improvised Cold Storage skill guide for the actual root-cellar and evaporative-cooling designs behind that root-cellar mention.

Go deeper: the Water & Food Addendum builds these into real, tested competency. For the hands-on how-to, see Water Purification, Storing Water Correctly, Auditing Your Food Supply, Calorie Planning for Your Food Supply, Sourcing & Hauling Water, Sealing Bulk Food for Long-Term Storage, Legal Rainwater Harvesting in Utah, Food Preservation: Canning, Dehydrating & Smoking, Building a Biosand Water Filter, What to Grow: Crop Selection & Seed Saving, Food Safety After a Power Outage, Solar Cooking: Box, Panel & Parabolic, Collecting Water From Snow, Dew & Condensation, Water Testing: Strips, Labs & Field Methods, Building a Walipini: The Underground Greenhouse, Building a Food Forest, Improvised Cold Storage: Root Cellars & Evaporative Cooling, Hunting, Trapping & Field Dressing Basics, Foraging Wild Edibles Basics, Backyard Poultry & Small Livestock Basics, Row Crop & Raised Bed Gardening, Growing in a Food Forest, Growing in a Walipini, Hydroponics & Aquaponics Basics, Perennial Vegetables, Regenerative Agriculture: Cover Crops, No-Till & Composting, and Microgreens.

Tech & Equipment

- **Irrigation Systems:** Drip lines, a solar-powered pump, and rain-catchment diverters. As of this writing, Utah permits collecting rooftop rainwater without a water right up to 200 gallons (two containers, 100 gal max each) with no registration required, or up to 2,500 gallons in an above-ground container or cistern with free registration through the Utah Division of Water Rights. Register before exceeding 200 gallons, and verify current limits with the Division before installing. This is state law, not local practice, and it does change.
- **Processing Tools:** A hand-crank grain mill, dehydrator (solar or electric), and full canning supply set (jars, lids, pressure canner).
- **Hunting Gear:** Rifle or bow appropriate to local game, plus traps and a field dressing kit. See the Hunting, Trapping & Field Dressing Basics skill guide for trap types and what a field dressing kit actually needs.
- **Greenhouse / Season Extension:** Cold frames or a greenhouse meaningfully extend Utah's short growing season on both ends. A walipini, a sunken pit greenhouse using the earth's own stable temperature, is a real, specific design for this; a Jean Pain compost heat mound is a real way to add sustained heat on top of it through winter without burning any fuel. A food forest is a different approach entirely: a multi-layer perennial planting that needs years to establish but far less ongoing labor once it does.

Materials & Supplies

Item	Quantity / Spec	Notes
Seed bank	Heirloom / open-pollinated, viability varies by crop	Wheat and beans genuinely store 5+ years; corn and onion seed don't and need replanting more often. Potatoes are saved as tubers, not true seed. See the What to Grow skill guide.
Livestock	Breeding stock + feed reserve	Chickens, rabbits, and/or goats are the most common small-footprint choices.
Soil amendments	Compost, lime, manure, wood ash	Wasatch Front soils often run alkaline; test before amending heavily.
Barter goods	Surplus salt, sugar, coffee, alcohol	High shelf-stability, high trade value, low storage footprint.

Northern Utah Note

Local resource: USU (Utah State University) Extension offices publish region-specific planting calendars, soil testing services, and canning/preservation classes, worth using well before Tier 3 is actually needed. Mule deer and elk are the primary big-game options along the Wasatch Front; scouting and skill-building now are far more valuable than gear alone.

WARNING

Food Preservation: What Actually Works, and What to Avoid Entirely

Preservation carries more folklore than almost any other skill in this manual, and an unsafe method can seem to work for years before it doesn't; surviving isn't the same as safe. Real, backed-by-research methods: water-bath canning for genuinely high-acid foods, pressure canning for low-acid foods, both following a tested recipe's exact time (and pressure/time adjusted for elevation, see the skill guide below), dehydrating with meat preheated to 160-165°F before drying, and cold-smoking or curing with a precisely measured nitrite dose, not a family tradition without a known dose. Avoid entirely: open-kettle canning, oven canning, "dry canning" of dry goods (flour, rice) in jars, wax/paraffin sealing, inversion (upside-down) cooling as a substitute for real processing, reusing single-use canning lids, and an untested family recipe or unlisted substitution, extra low-acid ingredients can silently invalidate a safe processing time. See the Food Preservation skill guide below for the full breakdown and real dosing/timing tables.

Quick Checklist

- ☐ Local frost dates known; planting calendar built

- ☐ Biosand filter built, ripened for 2+ weeks, and flow rate tested against expected output
- ☐ 5+ year heirloom seed bank stored cool/dry/dark
- ☐ Canning, dehydrating, and root-cellaring skills practiced (not just equipment owned), using tested recipes and altitude-adjusted times/pressure
- ☐ Irrigation/rain-catchment system installed within legal storage limits
- ☐ Hunting/trapping skills and legal framework understood
- ☐ Livestock (if applicable) housed, fed, and bred sustainably
- ☐ Barter goods stockpiled separately from personal-use stores
- ☐ Rain-catchment system registered with Utah Division of Water Rights if over 200 gal
- ☐ Practiced: harvested and preserved at least one crop from saved seed, using only non-electric methods

Tier 4: Thriving (Sustainable Community)

***Goal:** Phase 2 at community scale. Move from single-household survival to a resilient local food and water system: one with surplus, shared infrastructure, and knowledge transfer that outlast any one household.*

A single household, however well prepared, is a single point of failure: one illness, injury, or bad harvest can undo months of Tier 3 self-sufficiency. Tier 4 is about turning individual capability into a networked, redundant local system: the difference between surviving and actually thriving long-term.

Skills to Build

- **Community Coordination:** Organizing a neighborhood food co-op, tool-share, or seed library requires the same planning skills as running a small volunteer organization: scheduling, record-keeping, and fair-division rules for shared harvests or resources.
- **Teaching & Mentorship:** Deliberately teach canning, gardening, water treatment, and preservation skills to neighbors and the next generation. A skill known by only one household is a skill one bad season away from being lost.
- **Surplus & Trade Management:** Converting a good harvest into stored community reserve, barter, or charity rather than letting it spoil unused; requires basic preservation-at-scale and simple record-keeping of what's owed/traded.

- **Shared Infrastructure Stewardship:** Maintaining a shared well, spring, or filtration system that serves more than one household means agreeing on and following a maintenance schedule and usage rules before there's a crisis to argue about.

Go deeper: the Water & Food Addendum builds these into real, tested competency. For the hands-on how-to, see Water Purification, Storing Water Correctly, Auditing Your Food Supply, Calorie Planning for Your Food Supply, Sourcing & Hauling Water, Sealing Bulk Food for Long-Term Storage, Legal Rainwater Harvesting in Utah, Food Preservation: Canning, Dehydrating & Smoking, Building a Biosand Water Filter, What to Grow: Crop Selection & Seed Saving, Food Safety After a Power Outage, Solar Cooking: Box, Panel & Parabolic, Collecting Water From Snow, Dew & Condensation, Water Testing: Strips, Labs & Field Methods, Building a Walipini: The Underground Greenhouse, Building a Food Forest, Improvised Cold Storage: Root Cellars & Evaporative Cooling, Hunting, Trapping & Field Dressing Basics, Foraging Wild Edibles Basics, Backyard Poultry & Small Livestock Basics, Row Crop & Raised Bed Gardening, Growing in a Food Forest, Growing in a Walipini, Hydroponics & Aquaponics Basics, Perennial Vegetables, Regenerative Agriculture: Cover Crops, No-Till & Composting, and Microgreens.

Tech & Equipment

- **Community-Scale Processing:** A shared grain mill, community canning kitchen, or root-cellar co-op spreads the cost of expensive equipment across several households and keeps it in use (and maintained) year-round. The Improvised Cold Storage skill guide covers the actual designs a shared root cellar would be built from.
- **Expanded Water Infrastructure:** A shared well, developed spring, or larger-capacity filtration system sized for a cluster of households, with an agreed maintenance and access plan.
- **Seed Library Infrastructure:** Labeled, cataloged seed storage with germination-testing tools, so viable seed stock is distributed across multiple households instead of concentrated in one root cellar.
- **Communication for Coordination:** Simple, low-tech signage or a scheduled meeting cadence so a multi-household system can coordinate without depending on cell service (see the Communication chapter).

Materials & Supplies

Item	Quantity / Spec	Notes
Community seed bank	Redundant across households	Multiple households each hold a duplicate set; no single point of failure.
Shared reserve stock	Community-agreed buffer	A pooled reserve for households that have a bad season, replenished from surplus.
Teaching materials	Simple printed how-to guides	Low-tech, no-power-required instructions neighbors can use without you present.
Trade/charity surplus	Ongoing, from good harvests	Explicit surplus set aside for barter or mutual aid, tracked simply.

Northern Utah Note

Utah already has a working template for this: LDS community cannery and bishop’s storehouse programs demonstrate shared preservation infrastructure and mutual-aid distribution at real scale. A neighborhood-level version, regardless of household affiliation, can borrow the same basic model: shared equipment, agreed contribution rules, and a simple record of what’s been put in and taken out.

Quick Checklist

- ☐ At least one shared/community food-preservation resource identified or organized
- ☐ Skills taught to at least one household beyond your own
- ☐ Seed stock duplicated across more than one household
- ☐ Shared water infrastructure (if any) has an agreed maintenance plan
- ☐ Community reserve or mutual-aid buffer established
- ☐ Simple record-keeping in place for shared/traded resources
- ☐ Practiced: run at least one shared event (canning day, seed swap, skill-share) with neighbors

At a Glance: Water & Food Across All Tiers

A single-page reference for planning purposes. This does not replace the detailed guidance above; use it to see how the plan scales, not as a standalone checklist.

Tier	Phase	Duration	Water Plan	Food Plan
Tier 1	Phase 1	Hours – 14 days	Stored water, 14 gal/person	Stored non-perishables, no cooking required
Tier 2	Transition	2 weeks – 3 months	Filtered/treated outside sources	Bulk staples, camp-stove cooking
Tier 3	Phase 2	Indefinite	Managed irrigation/catchment	Grown, hunted, and preserved food
Tier 4	Phase 2	Sustainable community	Shared/community infrastructure	Community surplus, trade, and reserves