PREPAREDNESS: PROTEINS

Protein is an essential part of our diet. It is required for the cells in our bodies to repair themselves and to reproduce new cells. It is especially important for muscle development and growth in children and teens.

The average person needs approximately 50 grams of protein daily. Men need about 55 grams and women about 45. So how much is 50 grams of protein? A quarter pounder is good for about 25 grams, while a fried egg is good for about 8 grams.

When planning for emergency food storage, it is important to plan for some sources of protein. Meat is the most concentrated source of protein but may not be available during emergencies. In the event of power outages, meat on hand should be eaten first, since it will spoil if not used. But what about proteins for longterm storage?

Here are some non-meat sources of protein in usual order of value:

- nuts and seeds
- dairy
- beans
- oats

Another excellent source of protein is TVP (textured vegetable protein) which is a vegetarian meat substitute. It usually is sold as dry flakes which must be reconstituted with water and boiled. Like meat, it can be flavored with your favourite spice and used with rice, noodles, or vegetables in a variety of dishes.

In short, protein will be one of the most expensive parts of your preparedness foodstuffs, but is important to include as you are able. Some of the alternative sources of protein can also be stored longterm for up to 10 or 20 years, so view it as an investment.

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