

# 6 FOOD RESILIENCE & SUSTAINABLE NUTRITION

## CLIMATE-RESILIENT AGRICULTURE & URBAN GARDENING

- ⑧ Growing your own food improves resilience and reduces reliance on fragile global supply chains.
- ⑧ Focus on crops adapted to your climate, with short growing seasons and high yield per square meter: potatoes, kale, carrots, and beans are good starters.
- ⑧ In urban areas, use containers, vertical gardens, windowsills, or community plots; even herbs and leafy greens can make a difference.
- ⑧ Collect rainwater for irrigation, and use compost to build soil fertility from kitchen scraps.
- ⑧ Start learning and practicing before a crisis: gardening is a skill that improves with experience and seasonal knowledge.
- ⑧ Learn to save seeds so you can grow the same crops again the next year.
- ⑧ Choose heirloom crops over hybrids when possible. Hybrids are crosses between two different species and will often not grow successful crops from seed.

## FORAGING & ALTERNATIVE FOOD SOURCES

Wild plants, mushrooms, seaweed, and insects can supplement your diet when conventional food is scarce. Only eat what you can identify with 100% certainty.

Learn 5–10 safe, local edible plants and fungi that grow in your region across the seasons.

Traditional knowledge and local biodiversity is part of food security; connect with foraging or outdoor survival groups if possible.

Coastal communities can harvest mussels, fish, or algae. Again, learn which are safe and in what conditions.

Avoid foraging near roads, cities, or polluted areas, and purify wild foods before consumption when appropriate.

## COOKING WITH LIMITED RESOURCES

In a power outage, you'll need off-grid cooking methods: portable gas stoves, fire pits, solar ovens, or simple rocket stoves. Ventilate well if cooking indoors, and have fire extinguishing materials (sand, baking soda, water) nearby. Stick to simple meals with minimal water and ingredients; practice them beforehand to build confidence. Keep a supply of fuel: gas canisters, dry wood, alcohol gel, or even wax-based fire starters. Having some precooked or no-cook options on your Stay Shelf (see page 8) ensures flexibility when cooking isn't possible.

## NUTRITION IN RESOURCE-SCARCE ENVIRONMENTS

Malnutrition can set in fast when meals become repetitive or deficient in key nutrients. Children and pregnant women have higher nutritional needs and should be prioritized. Balance carbs (rice, oats, bread) with proteins (lentils, canned fish, seeds) and fats (oil, nuts, peanut butter) to maintain energy and strength. Add vitamins and minerals through dried fruits, seaweed, sprouted seeds and grains, or supplements; especially if fresh produce is unavailable.

In long-term crises, consider supplementing with wild greens, small game, or eggs if you have backyard hens or community support.

