

## 20 Survival Foods That Will Last 20 Years

Humans can live for up to three weeks without food, but the effects of hunger and starvation begin to affect us within days after we cease consuming calories. Therefore, food storage is critical when preparing for any emergency, be it short or long term.

**Rotation, rotation, rotation!** When planning a food storage system it is advisable to select foods that you will not have to rotate on a regular basis, such as this list of foods that will last at least two decades.

**Storage** When storing food, the key is to keep your stores in a cool, dry, and dark place. This will mitigate the enemies of food stores that are heat, moisture, and sunlight.

**Best practice:** The other enemy to food preps is oxygen, so using vacuum sealers or an oxygen absorber in Mylar bags or buckets, will extend the shelf life of your precious food supply by many years.

**Before storing any foods long term,** it is critical that you not only invest in the right equipment and storage space.

Do all of your research and due diligence to make the right and most informed decisions possible.

**Storage life** can be significantly impacted by the following conditions:

- Temperature: Store products at a temperature of 24°C or lower whenever possible. If storage temperatures are higher, rotate products as needed to maintain quality.
- Moisture: Keep storage areas dry. It is best to keep containers off the floor to allow for air circulation.
- Light: Protect cooking oil and products stored in PETE bottles from light.
- Insects and rodents: Protect products stored in foil pouches and PETE bottles from rodent and insect damage.

### 1. Pemmican [\(Resep gebere onder ons File Afdeling\)](#)

Pemmican is the ultimate survival food and it is something that you can absolutely make yourself in your own kitchen.

Pemmican is pulverized lean meat mixed with equal parts of rendered fat and dried crushed berries.

It is said to be able to last for multiple decades, but as with any other food on this list, you must store it appropriately in order to achieve the full shelf life of this near perfect survival food.

### 2. Dehydrated Fruit and Vegetables [-ook beskikbaar by van ons lede](#)

Dehydrating fruits and veggies is not enough to get decades of storage life out of them, you must store them in a moisture and oxygen free environment.

This is where vacuum sealing or Mylar and oxygen absorbers come into play again. If stored correctly and great care is taken to keep them free of moisture, there is little reason that dehydrated fruit and veg will not last decades.

### 3. Raw Honey - koop by 'n heuning boer!

Here we are talking about raw honey not the stuff in the cute beehive bottles at the supermarkets.

Raw honey's shelf life is generally considered to be indefinite so twenty years is a walk in the park for this food.

Archaeologists have found jars of honey in Egyptian tombs that was thousands of years old and was still good.

### 4. Rolled Oats

Not all oats are created equal, you need to look for are old fashioned rolled oats, and you are not going to want to be using the packaging that the oats come in.

Instead seal the oats in airtight containers using a vacuum sealer or oxygen absorbers, and store in a cool dry dark place. If handled properly rolled oats will last up to 30 years.

### 5. Dry Pasta

Dry pasta can last beyond 20 years, but you cannot expect that to happen if you store it in the store bought packaging. Sealing in a vacuum sealer or Mylar with oxygen absorbers, and keeping in the usual cool, dry, and dark places is the key here.

Dried pastas such as Macaroni, Penne, Fusilli, etc are better for vacuum sealing because they are less likely to break during the process.

### 6. Freeze Dried Foods

Freeze drying food is not something that the average homeowner can accomplish without specialized equipment. Fortunately, there are a multitude of companies that offer freeze dried foods both in bulk and in meal sized packages.

These foods are a staple of the **backpacking community** and usually do not taste half bad. Every company is different but most state that their freeze-dried food will last over 20 years.

### 7. Jelly Powders

Jelly mix is not much of a food per say but is worth a mention here anyways because the collapse shouldn't stop us from having a sweet treat. Can also be used for rehydration purposes

Jelly's shelf life in an unopened box is considered to be indefinite.

### 7. Non-fat Powdered milk

Milk is a basic ingredient for so many recipes as well as a favorite beverage. But if you're not able to run to the store for a gallon, powdered milk is handy and easy to use and is intended for cooking and baking. It doesn't need to be rehydrated before being added to your recipes.

Because of the high nutrient levels in powdered milk, if you had no other food, you could actually sustain life by ONLY drinking powdered milk for quite some time. Lees meer op hierdie uitstekende webwerf: <https://www.backdoorsurvival.com/prepping-with-powdered-milk/>

### 9. White Rice (Henk het al verskeie opstelle hieroor geskryf)

No survival food list would be complete without the staple food for billions of people around the world.

White rice should be stored in the usual cool, dry, and dark locations in airtight containers with oxygen absorbers to get the maximum shelf life out of it. Stored correctly it will last indefinitely.

### 10. Ghee

Ghee is clarified butter which has been processed to remove all the milk solids from it. If it is stored appropriately like most of the items on this list it could last indefinitely but realistically will remain edible for a few decades.

### 11. Whole Wheat Grains (Mielies, koring, boontjies en dies meer)

Whole wheat grains if stored in sealed food grade buckets with oxygen absorbers or vacuum sealed, can last for over 20 years. Not all whole grains are created equal, and you need to do your research to find the right ones for your diet and for the longevity of the food storage that you are wanting.

While there is a decline in nutritional quality and taste over time, depending on the original quality of food and how it was processed, packaged, and stored, the studies show that even after being stored long-term, the food will help sustain life in an emergency.

Food	New "Life-Sustaining" Shelf-Life Estimates (in Years)
Wheat	30+
White rice	30+
Corn	30+
Sugar	30+
Pinto beans	30
Rolled oats	30
Pasta	30
Potato flakes	30
Apple slices	30
Non-fat powdered milk	20
Dehydrated carrots	20

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### Product Recommendations

The following suggested amounts are for one adult.

Quantity for One Month	Recommended Products	Long-Term Storage Life
11.5 kg./ 25 lbs	Wheat, white rice, corn, and other grains	30+ years
2.5 kg. / 5 lbs	Dry beans	30+ years

## 12. Sugar and Salt - Onthou hier ook Xylitol (Ongelukkig nie so 'n lang rak leeftyd nie)

No kitchen is complete without either of these staples. Both of them have a shelf life that is indefinite.

Xylitol is a type of sugar substitute derived from berries, fruits, and vegetables. Technically it's not sugar but a sugar alcohol. As a medicine, xylitol is used to prevent middle ear infections (otitis media) in young children, and as a sugar substitute for people with diabetes. Xylitol is added to some chewing gums and other oral care products to prevent tooth decay and dry mouth

You must still store them appropriately. It is imperative that these dry goods remain cool and dry.

## 13. Cocoa Powder

Cocoa powder does not spoil but will lose its flavor potency over time. Even with a shelf life that is indefinite you will find that after two or three decades, you'll need more of it to get that same amount of chocolate flavor that you would have gotten on day one.

## 14. Potato Flakes - skaars maar verkrygbaar

Depending on the method of storage, potato flakes can last 25 to 30 years; but like everything else, needs to be stored properly.

## 15. Sourdough Starter - Leer om dit self te maak - Metode in die Leer Afdeling

This takes some time and effort, but a sour dough starter when maintained and fed will last a lifetime and is something that all of us should have on hand.

A sourdough starter can also be stored in the refrigerator to reduce the frequencies of feedings. This is a great source of long term yeast, but requires a consistent supply of flour to maintain.

## 16. Soy Sauce

When stored in unopened bottles in the appropriate conditions, soy sauce will last indefinitely.

## 17. Worcester Sauce

Just like soy sauce, if left unopened this condiment will last forever.

## 18. Maple Syrup - beskikbaar maar skaars en duur

You'll only want to store 100% pure maple syrup in glass bottles for your food preps. If stored correctly and unopened, it will last for decades if not indefinitely.

Once opened though it will need to be refrigerated or kept somewhere that is very cool like a root cellar.

#### 19. Green Coffee Beans – leer meer oor Koffie alternatiewe soos dandelion, maroela pitte

Instant coffee has a long shelf life, but I hate instant coffee and if the zombies are upon us, then I'm going to need a good stiff cup of joe in the morning.

Turns out the best way to store coffee for the long haul is green coffee beans. Stored in Mylar with oxygen absorbers it should last 20 years, you will need to secure a way to roast and grind them in order to get that cup of wake up juice.

#### 20. Vinegar, Hiermee saam Appel asyn of te wel Apple Cider Vinager

Vinegar is considered to have a pretty much indefinite shelf life.

Vinegar is also an item you should have on hand because of its multiple uses from food preparation, cleaning, food preservation, and even medicinal uses.