

1. Print out this little booklet
2. Cut between the pages
3. Stack pages in order.

DIRECTIONS:

4. Staple together on left side.
5. Put it in your wallet, so you'll never leave home without it.
6. Forward this PDF to everyone!



Amaranth



This plant grows in areas of full sun during summer and fall. All above-ground parts are edible raw and it has no poisonous lookalikes. The green seed tops (pictured) can be collected in the fall to rub between the hands and collect the small black seed grain.

Recommended Daily Intake	50g Protein	300g Carb	3000IU Vit A	90mg Vit C	1300mg Calcium
Amaranth Leaf(100g)	3g	4g	2971IU	43mg	215mg
Amaranth Grain(100g)	14g	66g	-	-	159mg
Brown Rice(100g)	8g	77g	-	-	23mg

Chickweed

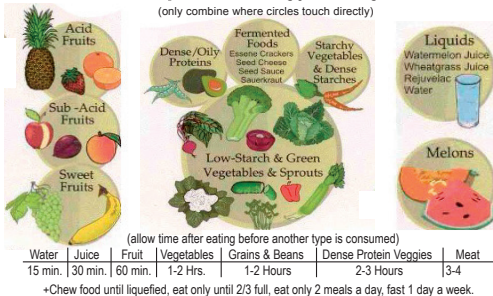


This plant grows in moist areas during spring, fall and winter. All above-ground parts are edible raw and it has no poisonous look-alikes. The stem is uniquely identifiable by the single line of fine hairs that grow up its side.

Recommended Daily Intake	90mg Vit C	1300mg Calcium	4700mg Potassium
Chickweed(100g)	375mg	1200mg	1840mg
Spinach(100g)	28mg	99mg	558mg

Optimal Energy Eating

(only combine where circles touch directly)



Survival Water Filter

- 1)Fold clean cloth and tie it over bottle neck.
- 2)Cut off bottom end of bottle and poke holes in it to collect and dip the sand/rocks in water until the water drains clear.
- 3)Pack layers in and pour water through.
- 4)Boil filtered water or set out in a clear container on a partly-sunny day for at least 6 hours before drinking.



- Sand
- Fine Sand
- Crushed Wood Charcoal
- Fine Sand
- Sand
- Grass
- T-shirt

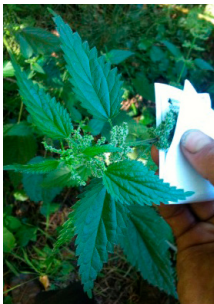
Chicory



This plant grows in areas of full sun all year round. All parts of it are edible raw and it has no poisonous lookalikes. The roots can be roasted and then boiled as a caffeine-free coffee substitute. Chicory cleans toxins from the blood and parasites from the digestive tract.

Recommended Daily Intake	3000IU Vitamin A	90mg Vitamin C	4700mg Potassium
Chicory (100g)	5717IU	24mg	420mg
Arugula (100g)	2373IU	15mg	369mg

Stinging Nettle



This plant grows in moist shaded areas all year round. All above-ground parts are edible raw and it has no poisonous lookalikes. The bottom-side of the leaves have stinging hairs that can be easily avoided by rolling the leaves under themselves into a tube that can then be eaten raw. Nettle leaves contain serotonin and melatonin which are helpful for relieving stress, fear, nervousness, depression, insomnia and chronic fatigue.

Recommended Daily Intake	50g Protein	3000IU Vit.A	90mg Vit.C	1300mg Calcium
Nettles(100g)	6g	2011IU	75mg	481mg
Spinach(100g)	3g	9377IU	28mg	99mg

Nature's Medicine Cabinet

ALL-PURPOSE CLEANER - Crushed wood charcoal and water can be used as an antibacterial wash, first-aid poultice, poison oak poultice, poison control elixir, mouthwash or emergency toothpaste/brush using your finger. Wood Ash can be used periodically as a natural tooth whitener, and typically to help stop a bleeding wound.

ANTIBIOTICS - Garlic can be eaten raw in large doses or applied directly as a quick poultice to treat any infection.

BAND-AID - Pine sap is antimicrobial and can help stop bleeding by sticking it directly on cuts as a natural band-aid.

FOOT ROT REMEDY - Quickly passing fire under a socked foot will help prevent and heal foot rot.

INSECT REPELLENTS - Mosquitos are most attracted to us when we sweat and after we eat salt, potassium or dairy products. Tansy, Marigold, Geranium, Chrysanthemum, Lavender, Mint, Mullein, Bay leaf, Rosemary, Cayenne or Basil can be mashed for their juice and applied on the skin as a mosquito repellent. Salt water repels fleas, black pepper repels ants, and the juice from mashed red ants will repel both ticks and lice. The smoke from Sage, Mint, Rosemary, Catnip, Yarrow, Juniper, Cedar, Pine or Willow will repel all insects.

MEDICINAL TEAS - Alder leaf tea for poison ivy, poison oak, slings and burns | Birch leaf tea for insomnia | Calendula flower tea for cavity wash, douch | Dandelion flower tea for pain, depression and leafroot tea for fatigue, arthritis, hepatitis, erectile dysfunction, kidney stones, cancer, | Hawthorne Tree flowers/fruit tea for insomnia, sedative | Lemon Balm leaf tea for viruses | Lavender leaf/flower tea for sedative, headaches, stomach aches, kills bad bacteria in intestines | Red Rose flower/hip tea for headaches, mouthwash, douch | Rosemary leaf tea for mouthwash | Sage leaf tea for mouthwash and dried/crushed for toothpowder | Violet leaf tea for headaches, pain and flower/foot tea for insomnia | Willow leaf tea for pain.

TETANUS PREVENTION - Wood charcoal poultices can be applied to the puncture and large amounts of vitamin C consumed to easily prevent tetanus.

TOOTHBRUSH - Birch, Cedar, Elm, Juniper, Maple or Oak twigs can be used as an improvised toothbrush by chewing the end until frayed then rubbing it on the teeth and gums.

Wild Broccoli



This plant grows in areas of full sun all year round. All above-ground parts of it are edible raw and it has no poisonous lookalikes. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	3000IU Vit. A
Wild Broccoli(100g)	7000IU
Broccoli(100g)	2500IU

Plantain



This plant grows in areas of full sun year round. All above-ground parts are edible raw and it has no poisonous lookalikes. The leaves can be mashed for their juices and directly applied on wounds to soothe pain, stop bleeding, prevent infection and heal the skin. Soak the dried leaves in cool water to make a first-aid drink for sore throats, congestion, stomach ulcers or internal bleeding.

Recommended Daily Intake	3000IU Vit. A	90mg Vit. C
Plantain (100g)	11000IU	19mg
Greenleaf Lettuce(100g)	7404IU	18mg

American Brooklime



This plant grows near moving water all year round. All above-ground parts are edible raw and it has no poisonous lookalikes. The leaves can be used to make a medicinal tea that helps alleviate lung congestion. Women can eat large amounts of brooklime to lessen the chance of pregnancy or to induce miscarriage.

Recommended Daily Intake	90mg Vitamin C
Brooklime(100g)	46mg
Oranges(100g)	50mg

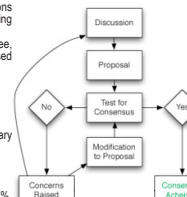
Group Decision-Making

Consensus is a way of making decisions that combines the input of everyone in a group. A problem is discussed, solutions are proposed and the withstanding solution is voted on for consensus. Participants can vote by hand (agree, disagree, or abstain) for each proposed decision.



Possible levels of agreement necessary to finalize a proposal:
• All participants need to agree
• All participants agree minus one
• All participants agree minus two
• Super majority thresholds (90%, 80%, 75%, two-thirds, and 60% are common).

Participants in a decision-making process often share positions which are designed to make the process run more effectively. Although the name and nature of these roles varies from group to group, the most common are;



Facilitator - Helps make the process of reaching a consensus decision easier by calling on people to speak, keeping track of the order of hands that are raised to speak, clarifying the proposals of speakers, checking for consensus, etc. Shared facilitation is often adopted to diffuse the perceived power of the facilitator.

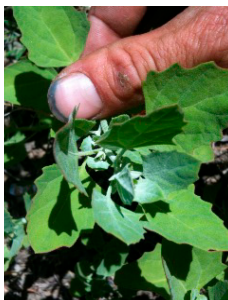
Time Keeper - Notifies the facilitator or speaker they are taking an excessive amount of time.

Note Taker - Documents the discussions, decisions and action points of the decision-making body.

Vibes Checker - Takes an upset or unruly person aside, works with them one-on-one to find out why the person feels upset, and tries to find a compromise that can be presented to the group.

Human Mic - If participants are having trouble hearing a speaker, they can call out 'mic check' and the speaker will begin speaking in sentence fragments that are repeated immediately by the participants.

Lamb's Quarter



This plant grows in areas of full sun during summer and fall. All above-ground parts are edible raw and it has no poisonous lookalikes. The leaves can be identified by the white shimmery "dust" that grows on them (cultivated variety is magenta).

Recommended Daily Intake	50g Protein	3000IU Vit.A	90mg Vit.C	1300mg Calcium
Lamb's Quarter(100g)	4.2g	11,600IU	80mg	309mg
Spinach(100g)	3g	9377IU	28mg	99mg

Salsify



This plant also comes in yellow and grows in areas of full sun during summer and fall. All parts of them are edible raw and they have no poisonous lookalikes. The flowers change into large seed globes like the flowers of dandelion. Seeds may be easily harvested for consumption by pulling them out before the seed globe opens.

Recommended Daily Intake	50g Protein	300g Carbs	90mg Vit.C	1300mg Calcium
Salsify Root(100g)	4.4g	35g	11mg	80mg
Sweet Potato(100g)	2.1g	27g	3mg	40mg

Duckweed



This plant grows on still water during spring, summer and fall. All parts of it are edible after boiling and it has no poisonous lookalikes. Duckweed can reproduce itself every other day and provide protein all winter long by simply setting a bucket of it indoors at a sunny window. Diluted urine (1part per 20parts water) can be used to feed the plants in a pinch.

Recommended Daily Intake	50g Protein
Duckweed(100g dried)	15-25g
Tofu(100g extra firm)	10g

Survival Log

Keep a record of all discoveries such as edible plants and other resources. It becomes a valuable reference and making it helps keep up morale.

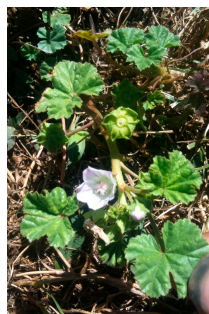
HOMELESSSHEPHERDS.ORG

Familiar Survival Food

Recommended Daily Macronutrients	2500 Calories	55g Fat	50g Protein	300g Carbs	2300mg Sodium	4700mg Potassium	1300mg Calcium
100g Dried Servings							
Black Ants*	—	9g	57g	—	1188mg	3635mg	1211mg
Red Ants*	104	4g	14g	3g	—	—	48mg
Crickets*	121	6g	13g	5g	—	—	76mg
Grasshoppers*	153	6g	21g	4g	—	—	35mg
Earth Worms*	352	10g	69g	—	—	—	—
June Bugs*	73	1g	13g	3g	—	—	23mg
Snails (escargot)*	81	1g	16g	2g	70mg	382mg	170mg
Termites*	613	—	14g	—	—	—	—
Acorns*	509	31g	8g	54g	—	709mg	54mg
Dandelion Leaves (raw)	45	1g	3g	9g	76mg	397mg	187mg
Dandelion Roots	407	21g	2g	32g	—	120mg	47mg
Rose Hips (pitted)	162	0g	2g	38g	1mg	523mg	61mg
Walnuts	618	59g	24g	10g	2mg	—	—

Flower Petals of Calendula, Carnation, Chrysanthemum, Daisies, Dandelion, Gardenia, Impatiens, Lilac, Magnolia, Marigold, Nasturtium, Orange Day Lily, Pansy, Rose, Tulip, Violet, Woodruff and Yucca are all edible raw. **Grasses** can all be chewed for their juices and then spit out. **Clovers** and all "Shamrocks" are edible raw. **Cactus** fruits are all edible raw. **Cattail** roots, stems, leaves, green heads and pollen are all edible raw. **Compound berries** are all edible raw if the taste is good (ripe). Pine needle tea has 22% DV Vit. C. The pollen anthers, nuts and cambium (inner white bark) are all edible raw. Birch tree young leaves, sap, catkin flowers and cambium are all edible raw. Hawthorn tree leaves, berries and flowers are all edible raw. Maple tree leaves, sap, seeds, blossoms and cambium are all edible raw. Oak* tree leaves are all edible. *Boil before consuming.

Common Mallow



This plant grows in areas of full sun year round. All parts of it are edible raw and it has no poisonous lookalikes. All parts of mallow can be diced and added to soups as a thickening ingredient. The mashed leaves can be applied directly on external or internal wounds as an anti-microbial and anti-inflammatory poultice. Mallow seeds are as much as 21% protein and 15% fat.

Recommended Daily Intake	2500 Calories	300g Carbs	50g Protein
Common Mallow(100g dried leaf)	360	71g	12g
Okra(100g dried)	374	71g	17g

Watercress



This plant grows in moist areas all year round. All above-ground parts are edible raw and it has no poisonous lookalikes. Watercress contains high amounts of the rare mineral iodine that is needed for normal thyroid function and the prevention of goiter.

Recommended Daily Intake	90mg Vit. C	1300mg Calcium
Watercress(100g)	43mg	120mg
Spinach(100g)	28mg	99mg

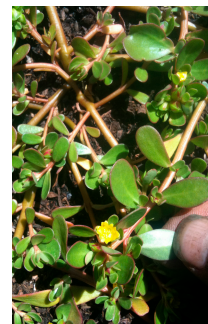
Survival Spanish

PRONUNCIATIONS	SUBJECTS	DESCRIPTIONS	DIRECTIONS	QUESTIONS
a = "ah"	I	Free	Stop	Who? -quien
e = "eh"	You	Cheap	Go	What? -que
i = "ee"	Them	Expensive	Left	When? -cuando
o = "oh"	Us	Trade	Right	Where? -donde
u = "oo"	It	Buy	North	Why? -por que
j = "h"	This	Price	East	How? -como
ll = "ye"	All	Small	South	How to say? -se dice?
n = "nye"		Between	West	Your name? -Como se llama?
qu = "k"		Large	Over there	Excuse me? -perdon
	Water	Good	Lost	Hello? -hola
	Food	Bad	Exit	Please? -por favor
	Restroom	Safe	Entrance	
	Shelter	Dangerous	Nothing	
	Fire(lighter)	Cold	End	
	Telephone	Hot	Road	
	Police	Pain	Intersection	
	Hospital	I Want/Love	Downtown	
	Work	Dislike		
	Teach	Before		
	Fix	Need		
	Time	After		
	Hour	Days		
		Tomorrow		
		Yesterday		
		Full moon		

Simplified Constitutional Rights

- 1) Protects the people's right to practice religion, to speak freely, to assemble (meet), to address the government and of the press to publish.
- 2) Protects the right to own guns.
- 3) Guarantees that the army cannot force homeowners to give them room and board.
- 4) Protects the people from the government improperly taking property, papers, or people, without a valid warrant based on probably cause (good reason).
- 5) Protects people from being held for committing a crime unless they are properly indicted, that they may not be tried twice for the same crime, and that you need not be forced to testify against yourself. It also contains due process guarantees.
- 6) Guarantees a speedy trial, an impartial jury, and that the accused can confront witnesses against them, and that the accused must be allowed to have a lawyer.
- 7) Guarantees a jury trial in federal civil court cases. This type of case is normally no longer heard in federal court.
- 8) Guarantees that punishments will be fair, and not cruel, and that extraordinarily large fines will not be set.
- 9) Simply a statement that other rights aside from those listed may exist, and just because they are not listed doesn't mean they can be violated.
- 10) Says that any power not granted to the federal government belongs to the states.

Purslane



This plant grows in areas of full sun, during summer and fall. All above-ground parts are edible raw and it has no poisonous lookalikes. The leaves are uniquely identifiable by their lack of veins and shimmery bottomsides. Purslane contains more omega-3 fatty acids than any other leafy vegetable plant.

Recommended Daily Intake	90mg Vit.C	1300mg Calcium	4700mg Potassium	18mg Iron
Purslane(100g)	21mg	65mg	494mg	2mg
Spinach(100g)	28mg	30mg	167mg	1mg

Miners Lettuce



This plant grows in moist areas during spring, fall and winter. All above-ground parts are edible raw and it has no poisonous lookalikes. Miner's lettuce contains more vitamin C than oranges!

Recommended Daily Intake	3000IU Vitamin A	90mg Vitamin C
Miner's Lettuce(100g)	660IU	120-860mg
Orange(100g)	225IU	50mg

Vegetable Kraut Preserving



1. Fill large jar 3/4 full with finely chopped vegetables, add salt and work it into the vegetables with a fork which will draw the juices out. It should be noticeably salty but not unpleasantly salty.
2. Then place the smaller jar in and pour enough water into the smaller jar to give it enough weight to hold the veggies below the level of their own juice.
3. Put in a dark place at above 70°F for at least 3 days, then remove anything discolored off of the kraut surface.

Store closed jar in a cool place (below 60°F) and eat it for as long as it tastes good. (several months)

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