

THE QUIET FOOD EQUATION - FISHING



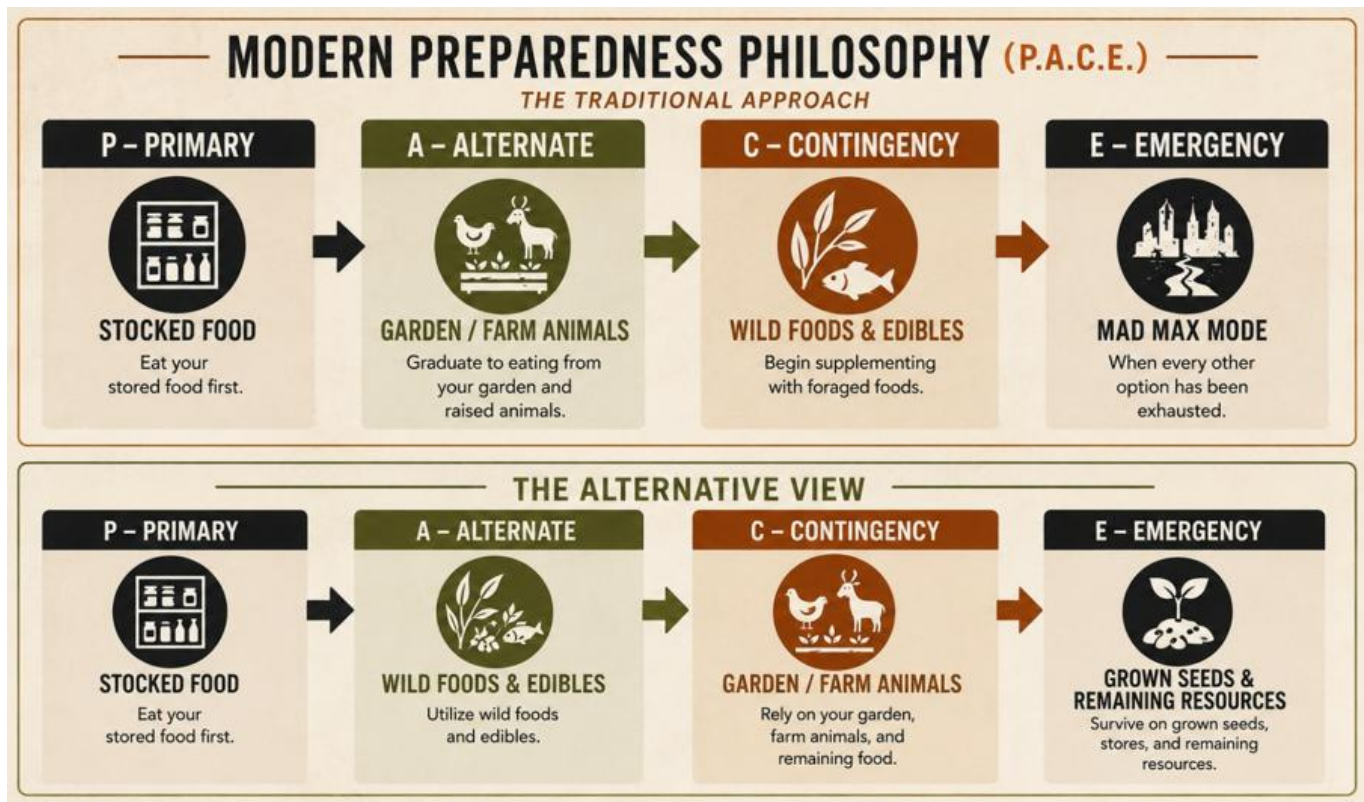
I once did the math on how much protein an average man my size and age with a steady workout regimen would need to survive annually, and it worked out to about 80 pounds of PURE protein a year. For a family of 5, it was around 300 pounds (Ish). I did not do the math because I was wondering how much I ate; I did it because I was contemplating purchasing a quarter cow to fill my freezer in the garage. And at the time, the math (which was 3 years ago), was too high for me. Looking back now, I probably should have just done it.

And it was here that the math hit me: In an austere conditions, how in the heck can you get “X” amount of protein and survive long-term? If the grocery store closes, it is not like I have 10 deer in my backyard daily that I could go harvest. Or fifty wild rabbits. And anyone thinking, “Just fill your freezer now!” Well, that is a great idea... and THEN what? Once you eat through your stored protein sources, there needs to be something else. Sure, I can hunt. But after two weeks after a cataclysmic event, blasting #8 bird shot into my field while I hunt quail because I am slowly starving is not exactly the stealth tactic I would like to adopt. Snares? We all know that is not reliable. A .22 air-rifle? Perhaps. And yes, squirrels, doves and rabbits would probably be the most sought-after food source, until those become slowly thinned out. I have pondered this very scenario for years, and then I realized while bass fishing one day, the real stealth-protein-sustaining-answer was right at my fingertips. Fish.

THE PERCEIVED POST-DISASTER FOOD PHILOSOPHY:

This graph is more of a continuation of another article I recently published concerning elongating your food supply by [“thinking tertiary -grow seeds not meals”](#). The quiet food is just that. Food that is predominately OPSEC and focused on one component of a progression-based preparedness framework, where today's decisions shape tomorrow's options. Below is a quick overview of what I feel is the current preparedness narrative when it comes to food sources. Now, it does not mean that said thinking is wrong or flawed, it just means each situation may be different during a certain disaster. A person may need (or

want) to prolong sowing their garden crops and butchering their farm animals if whatever situation unfolds seems that it will go on indefinitely.



FISHING – THE QUIET FOOD:

Every person needs protein, carbohydrates, and fat to remain healthy. While the exact amounts vary by age, size, activity level, and gender, everyone shares the same basic nutritional requirements. I've spent years thinking about how to stretch my own food stores while also asking myself what I could realistically acquire if everyone around me was hungry—or worse, starving. That is where I have concluded that fishing is one of the most overlooked options (assuming you live near a suitable body of water) for meeting your daily protein needs.

Here is a non-exhaustive list of why fishing has a tremendous upside over many other protein sources. Fishing is:

- One of the **quietest** ways to obtain protein.
- Requires **far less caloric expenditure** than hunting.
- Attracts **less attention** than firearms.
- Preserves **operational security (OPSEC)**.
- Scales well for **long-term sustainability**.
- Works while you're doing something else (passive lines, trotlines where legal).
- Doesn't reveal your location through noise.
- Creates almost no smell compared to cooking large game.
- Is ideal for people without firearms or trapping skills, older preppers, or individuals in poor health who may no longer be able to go after larger game.

To expand upon this philosophy, I have created the bottom graph via AI to show just how beneficial fishing could be if you are in a post-disaster situation.

★ WILD PROTEIN SERIES ★								
THE QUIET FOOD EQUATION								
WHY FISHING MAY BE THE MOST OVERLOOKED SURVIVAL PROTEIN SOURCE.								
FACTORS (WHAT MATTERS)	LARGE GAME (DEER, ELK, BEAR)	SMALL GAME (RABBITS, SQUIRRELS)	BIRDS (DUCKS, TURKEY, GEESE)	SNARES & TRAPS (TRAPS, CAGES)	SNARES (WIRE, DEADFALLS)	FISHING (FRESHWATER)	REPTILES (SNAKES, TURTLES)	AMPHIBIANS (FROGS, TOADS)
 NOISE SIGNATURE How much noise you make.	 HIGH Easily detected	 MEDIUM-HIGH Noticeable	 HIGH Easily detected	 LOW Quiet	 LOW Quiet	 LOW Quiet	 LOW Quiet	 LOW Quiet
 CALORIE COST Energy spent to obtain protein.	VERY HIGH High exertion	HIGH High exertion	HIGH High exertion	LOW Minimal exertion	LOW Minimal exertion	LOW Minimal exertion	LOW-MEDIUM Minimal to moderate exertion	LOW Minimal exertion
 SUCCESS RELIABILITY How consistent is your success.	FAIR Unpredictable	FAIR Unpredictable	FAIR Unpredictable	GOOD Consistent over time	GOOD Consistent over time	GOOD Consistent with knowledge	GOOD Consistent with knowledge	FAIR-GOOD Varies by location and season
 PROTEIN YIELD Amount of usable protein per effort.	VERY HIGH Large amounts of meat	LOW-MODERATE Small amounts of meat	MODERATE Moderate amounts	MODERATE Varies by animal size	LOW-MODERATE Varies by animal size	MODERATE Steady supply over time	LOW-MODERATE Varies by species	LOW Small amounts
 REPEATABILITY How often you can do it again.	LOW Long recovery time	MEDIUM Limited by population	MEDIUM Seasonal and legal limits	HIGH Multiple sets, continuous	HIGH Multiple sets, continuous	VERY HIGH Daily / Frequent opportunities	MEDIUM Seasonal and habitat dependent	MEDIUM Seasonal and habitat dependent
 COOKING REQUIRED Is cooking needed before eating?	YES Always	YES Always	YES Always	YES Always	YES Always	SOMETIMES Some can be eaten raw	YES Always	YES Always
 PROCESSING ODOR Smell produced while cleaning / cooking.	HIGH Strong odor	MEDIUM Moderate odor	HIGH Strong odor	LOW Minimal odor	LOW Minimal odor	LOW-MEDIUM Low odor (fish clean fast)	MEDIUM Moderate odor	LOW-MEDIUM Low to moderate odor
 DETECTION RISK Chance of drawing unwanted attention.	HIGH Very likely	MEDIUM Possible	HIGH Very likely	LOW Unlikely	LOW Unlikely	LOW Unlikely	LOW Unlikely	LOW-MEDIUM Unlikely to possible
FIELD NOTES	 Ratings are generalized. Local conditions, seasons and regulations vary.		 Practice legally. Know your local laws before you need it.		 Skill > Gear. Knowledge and practice increase success.		 Environment matters. Water, terrain and seasons affect everything.	
	KNOW YOUR ENVIRONMENT. KNOW YOUR LAWS. PRACTICE BEFORE YOU NEED TO.							

WHAT I WOULD DO IF I WAS NEW TO ALL OF THIS INFORMATION:

1. Before doing anything, find bodies of water near your location, or on the way to your bug-out location such as lakes, rivers, ponds, streams, and even the ocean. Using Google Earth may make the search much quicker.
2. After identifying nearby bodies of water, determine what types of fish they contain. For example, a river or deep stream may hold trout, while a pond in your area may only have crappie and catfish.
3. Learn your state laws and regulations on purchasing a fishing license. This might sound silly if you are preparing for an apocalypse, but it will make more sense as I go along.
4. Although fishing is not rocket science, if you have never done it before, I would highly recommend you start. Whether it is watching videos, asking a friend or relative to teach you, it is crucial you get the basics under your belt before having to do it in a life-or-death situation.
5. Gear. I could write a book about this subject, but for the sake of brevity, you need to have at least one fishing rod, with the proper pound strength line, and hooks, lures, maybe weights. The basics.

6. A boat. This will be up to you, the reader, if you think paddling out in your john boat after a comet impact is the smart way to catch fish. Each situation will vary, but a boat is not necessary to catch fish. (See picture below)
7. Once you think you have the basics down, purchasing gear does not need to be expensive. You can find some great deals at yard sales, estate sales, and pawn shops. You do not always have to purchase new equipment.
8. Practice. Practice. Practice. This is where your fishing license will come into play. You will want to follow all laws and regulations for your state when it comes to freshwater / saltwater fishing.
9. Learn how to gut and clean a fish. Each fish is a little different, this is why it helps you to know the type of fish you are looking to catch.
10. Eat what you catch. I can honestly say that as the writing of this article, I HATE eating fish. But I have. And I will if need be. So, if you do not like the smell or the taste, I would recommend carrying some spices in your kit, or sauces if you cannot get beyond the smell and taste. Protein is protein and beggars can't be choosers.



*Author Sgt. Silverman shore fishing at a private pond (with permission) for bass in the Carolinas
May 2026 - **John 21:11***

THE QUIET PROTEIN STRATEGY



TERTIARY
PREPPER™

A DIFFERENT PERSPECTIVE ON LONG-TERM FOOD PRESERVATION

1

PANTRY (Stored Food)



Use what you
have stored first.
It cannot be
replenished.

2

WILD FOODS & QUIET PROTEIN



Nature is abundant
and under the least
harvesting pressure
early on.

3

SURVIVAL GARDEN



Use your garden
only when
necessary.

4

GROW TOMORROW'S FOOD



Delay harvest to
allow crops to flower,
set seed and
multiply.

★ WHY IT WORKS ★



NATURE UNDER THE LEAST PRESSURE EARLY.

Most people are still eating
their stored food.



EVERY MEAL FROM NATURE BUYS YOUR GARDEN ANOTHER DAY.

Wild protein and foods
supplement your calories.



DELAYING HARVEST ALLOWS CROPS TO MATURE.

More time to flower,
pollinate and produce seed.



MORE SEEDS = MORE FUTURE FOOD.

Seeds today create
options tomorrow.

» THINK TERTIARY «

What can I eat today... | ...that protects tomorrow?



This infographic was created at Sgt. Silverman's request per his design instructions.
All information is for educational purposes only and is intended to encourage
alternative solutions to potential food scarcity.



Always verify wild foods for edibility and safety, or take a course from a qualified instructor before consuming.

FINAL THOUGHTS:

This article is not intended to work for everyone. There are so many variables such as geographic location, (inner city, suburbs, rural), type of event and its duration, population density, age of the individual, how many family members, and so on. There could be some people reading this that do not have more than three days of food on hand, nor have a garden, which would then force them to search for wild foods and proteins immediately. My goal wasn't to tell you this is the only solution. It was to challenge a preparedness mindset that has always seemed a little too cut-and-dried to me. As the graphics above illustrate, different situations may call for different approaches.

Do your best with what you have, always strive to improve your situation, stay strong in your faith, and I wish you the very best in catching as many fish to sustain yourself and your family as possible!

Sgt. Silverman

DISCLAIMER:

I am not a licensed nutritionist, financial advisor, or medical doctor. The information in this article is for information purposes only and does not replace professional treatment, diagnosis, or advice. Always check with your physician or qualified healthcare provider with any medical questions, and never disregard professional medical advice based on something you read here.

COPYRIGHT NOTICE

© 2022 Sgt. Silverman / Tertiary Prepper. All Rights Reserved.

This article and all original works published under the pseudonym **Sgt. Silverman** are the exclusive intellectual property of the author. No portion of this publication may be reproduced, distributed, transmitted, republished, copied, or adapted in any form or by any means without the prior written permission of the author or publisher.

Proper attribution and written permission are required for any use beyond applicable fair use. Unauthorized reproduction, plagiarism, or commercial use may be subject to enforcement under applicable United States copyright laws.

AI-Assisted Visuals & Examples

If you've been reading Tertiary Prepper for any length of time, you've probably noticed charts, graphs, calculations, and visuals that explain preparedness concepts in ways you don't normally see discussed. Many of those examples were created with the assistance of artificial intelligence—but only after I gave it very specific instructions on what I wanted to teach.

I don't use AI to create my preparedness philosophy. I use it to help visualize it.

Many of the tertiary concepts discussed throughout this magazine—such as **Sustainment Foraging**, **Pressure Testing**, **The Autonomous Recovery Kit (ARK)**, **Quiet Protein**, and other original frameworks—are my own ideas and observations. AI simply helps me build charts, graphics, and examples that make those concepts easier to understand as I am a very visual person, and I am sure many who read these concepts will be as well.

Preparedness is rarely black and white. There are very few absolute right or wrong answers—only different experiences, different priorities, and different ways of solving the same problem. My hope is that these articles simply give us another reason to sit around the campfire, challenge conventional thinking, and ponder practical solutions together.