I love oatmeal and I like it cold with milk and honey (my wife thinks it is disgusting to eat it uncooked!) Anyway I have said previously that people into emergency preparedness and storing food should store as much oatmeal as possible as it is so healthy, versatile, cheap and easy to store.

My recommendation for stockpiling oatmeal was based solely on consuming it in one way or another. I have just found 19 other reasons to consider adding oatmeal to your emergency food storage supplies. I like the idea of adding it to recipes that require ground beef to make the beef go further. My wife actually does that with lentils. Oatmeal also seems to have many first aid uses too. Check out the 19 unusual uses for oatmeal below.

19 Unusual Uses For Oatmeal

(Photo from: ktmadeblog)