

Food Storage Newsletter #0001 - FREE monthly Email newsletter - January, 2000:
Food Storage for a New Millennium

This Month's LDS Monthly Plan to Acquire Food Storage and 72-Hour Kit in One Year
(with Monthly Goals)

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"Let every head of household see to it that he has on hand enough food and clothing and, where possible, fuel also for at least a year." J. Rueben Clark 1937

Spiritual Goal---Hold FHE every Monday for one month

Provident Living Goal---review your retirement goals. Are you putting enough aside to be able to support yourselves and to do the things you want to do when you retire? Also change the batteries in your smoke alarms.

Storage Goal:

24 cans of meat or fish per person
1 gallon bleach per person
can opener
garbage bags
laundry detergent

72 hour kit:

Gather a change of clothing including underwear and shoes for each family member--include warm coats and boots, or have them immediately accessible.

ax, shovel and bucket

utility knife

\$20.00 cash

\$5.00 in change for phone

(- <http://www.nursehealer.com/FS10.htm>)

Shelf Life & Date Codes for This Month's storage items:

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Chicken Brest (can) 36mo. Tyson

Chili w/beans Indefinite Hormel 1-800-523-4635

Spam Indefinite Hormel 1-800-523-4635

Tuna 4-6yr Starkist 1-800-252-1587

Vienna Sausage 24mo. Libby's 1-888-884-7269

(- More shelf life information: <http://www.nursehealer.com/ShelfLife.htm>)

This Month's Cooking with Food Storage Ideas:

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Baked Tuna Sandwiches

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- 1 tsp. dry minced onion (or 1/2 tsp. onion flakes)
 - 1 tsp. lemon juice (optional)
 - 1 can(s) tuna fish (7 ounces)
 - 1 can(s) condensed cream of mushroom soup

Mix all ingredients together in a mixing bowl. Spoon 1 to 2 tablespoons of mixture onto slices of bread. (NOTE: Bread may be brushed with melted butter for added flavor.) Top with another slice of bread. Bake at 400 degrees F. for 10 to 15 minutes. Serve hot. Tips: Use any sliced bread, packaged or homemade.

- Old family recipe <http://www.nursehealer.com/Recipes2.htm>

Chicken Spaghetti

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- 1 pound spaghetti
 - 1 can cream of chicken soup
 - 1 can nacho cheese soup (or cheddar cheese soup)
 - 1 can tomato soup
 - 1 can white chicken (like in a tuna can)

Cook and drain spaghetti and return to large pot. If water is scarce, save the water. Add canned ingredients, warm and serve.

Variations include:

Picante sauce or ro-tel tomatoes instead of tomato soup

Leave out chicken

Use canned chicken broth for moisture in large servings

Add peppers, onions, olives

- Y2K Kitchen <http://www.y2kKitchen.com/>

Frito Pie

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- Individual bags of Fritos, one for each person
 - Wolf Brand chili without beans
 - Cheddar and Monterey Jack cheeses, grated and mixed together
 - Onions, finely grated
 - Fresh tomatoes, finely chopped
 - Picante sauce
 - Assorted olives, chopped
 - Avocado, cubed

Set out a big pot of chili surrounded by decorative bowls of condiments. Split open bags of Fritos down one side. Open. This is your "bowl." Top Fritos with chili and condiments of your choice. Eat with a spoon.

- Texas Online <http://www.texas-on-line.com/graphic/entres.htm>

(More Food Storage Recipes: <http://www.nursehealer.com/Recipes.htm>)

This Month's Suggested Books:

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"Square Foot Gardening" by Mel Bartholomew
ISBN: 0878573410

Preserving your own home-grown fruits and vegetables can add zest to your food storage. From The Publisher: "Mel Bartholomew, a retired engineer, found the answer to the frustrations of most gardeners. 'I found a better way to garden,' says Mel, 'one that's more efficient, more manageable and less work.' This result is Square Foot Gardening. His method has received world-wide recognition for its simplicity and uniqueness and has been written up in every major newspaper and gardening magazine."

(More Food Storage books & ideas are at <http://www.nursehealer.com/Storage.htm>)

This Month's Date Code Info:

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Starkist Tuna - YJJJ or JJJY (Year code: F=1997, G=1998, H=1999, ...)

Hormel canned meats - XMMDDY

Tyson canned chicken - JJJY?

NOTE: X=letter or number not significant to product shelf life, Y=Year Packaged, MM or M=Month Packaged (if only one M then 1-9=Jan-Sep, A=Oct, B=Nov, C=Dec unless otherwise noted.), DD=Day Packaged, JJJ=Julian Day Packaged (Jan 1=001, Dec 31=365 or 366 depending on presence of leap year).

(- More date codes: <http://www.waltonfeed.com/sett/lid.html>)

This Month's Frugal Living Tips:

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Garden, can & preserve your home-grown foods. Learn tips from organic gardening books & periodicals. Even if you have to grow your tomatoes in flower pot and your squash in a hanging basket, get in touch with Mother Nature. You'll feel better for playing in the soil, and you'll have fresh vegetables at a fraction of the cost of supermarket vegetables.

(More Frugal Living resources: <http://www.nursehealer.com/Frugal.htm>)

Newsletter & Email List Information:

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This FREE Monthly Email Food Storage Newsletter is made available by joining any ONE of THREE Email lists (below). If you are on one of these lists; but would prefer the benefits of another list, simply unsubscribe from the list you are on, and subscribe to the one you prefer. If you are on more than one of these email lists, some posts will be duplicated (such as the newsletter), resulting in you receiving the same email more than once.

FREE Food Storage Newsletter Announce-Only Email List - This list provides ONLY the once-a-month newsletter without any discussion.

To SUBSCRIBE, write to FreeFSN-subscribe@listbot.com

To UNSUBSCRIBE, write to FreeFSN-unsubscribe@listbot.com

OR You can SUBSCRIBE and/or UNSUBSCRIBE to any of these email lists at

<http://www.nursehealer.com/Listbot.htm>

You can view the archives online at <http://www.listbot.com/archive/FREEFSN>

LDS Food Storage Email Discussion List - This list provides the newsletter and discussion of topics related to food storage (LDS and non-LDS may join this list.)

Members can email to the entire list to join the discussion by sending email to LDSFS@listbot.com

To SUBSCRIBE, write to LDSFS-subscribe@listbot.com

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OR You can SUBSCRIBE and/or UNSUBSCRIBE to any of these email lists at <http://www.nursehealer.com/Listbot.htm>

You can view the archives online at <http://www.listbot.com/archive/ldsfs>

NurseHealer Email Discussion List - This list provides the newsletter and discussion on matters of preparedness, natural healing, nursing, longterm care, and wellness.

Members can email to the entire list to join the discussion by sending email to NurseHealer@listbot.com

To SUBSCRIBE, write to nursehealer-subscribe@listbot.com

To UNSUBSCRIBE, write to nursehealer-unsubscribe@listbot.com

OR You can SUBSCRIBE and/or UNSUBSCRIBE to any of these email lists at <http://www.nursehealer.com/Listbot.htm>

You can view the archives online at <http://www.listbot.com/archive/nursehealer>

You can SUBSCRIBE and/or UNSUBSCRIBE to ANY of these email lists at <http://www.nursehealer.com/Listbot.htm>

(The newsletter goes to all three groups; so you need to join only one.)

You can also view the archives of the FREE Monthly Email Food Storage Newsletter online at <http://www.nursehealer.com/Storage.htm>

Many blessings,

Mary Catherine ("Cathy") Miller

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^_^ "By small and simple things are great things brought to pass."

(0.0)<http://www.nursehealer.com/> <mailto:MCM@NurseHealer.com>

> ' < ICQ Pager <http://www.mirabilis.com/2839630>

"Cat" NurseHealer@listbot.com LDSFS@listbot.com LTCnShare@onelist.com

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