

Food Storage Newsletter #0003 - FREE monthly Email newsletter - March, 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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"The Lord has warned us of famines, but the righteous will have listened to the Prophet and stored at least a year's supply of survival food." Ezra Taft Benson

Spiritual Goal--Have family prayer at least once a day. Twice is better.

Provident Living Goal--Learn a new skill or read a book pertaining to your career.

Storage Goal:

50 cans of soup, stew or chili per person

5 pounds of salt per person

20 pounds fat, oil or shortening per person

aluminum foil, plastic wrap, storage bags, etc.

At least 5 gallons water per person--recommended is 14 gallons / person for 2 weeks

72 hour kit:

1 pound dried fruit or trail mix per person (can use fruit leather)

1 package soda crackers per person (4 per box)

1 package graham crackers per person (4 per box)

2 liters tomato or orange juice per person (Note: these items will be rotated every 6 months-see Sept)

ALSO make a goal to always have the fuel tanks on ALL vehicles at least half full.

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

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

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

Crisco Indefinite Proctor & Gamble 1-800-543-7276

Stew 24-36 mo Dinty Moore Beef Stew 1-800-523-4635

Soups 3 yr. Progresso 1-800-200-9377

Tomato Juice 24 mo. Del Monte 1-800-543-3090

Soup 18-24 mo Campbell 1-800-871-0988

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

This Month's Cooking with Food Storage Ideas:

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Campbell's 15-Minute Chicken & Rice Dinner

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1 tbsp. vegetable oil

4 boneless chicken breast halves

1 can (10 3/4 oz.) Campbell's Cream of Chicken or 98% Fat Free Cream of Chicken Soup

1 1/2 cups water

1/4 tsp. each paprika and pepper

2 cups uncooked Minute White Rice

2 cups fresh or frozen broccoli flowerets

HEAT oil in skillet. Add chicken and cook until browned. Remove chicken.

ADD soup, water, paprika and pepper. Heat to a boil.  
STIR in rice and broccoli. Top with chicken. Season chicken with additional paprika and pepper. Cover and cook over low heat 5 min. or until done. Serves 4.

\*For creamier rice, use 1 1/2 cups rice.

- from Campbell's <http://www.campbellsoup.com/>

#### Beef Pot Pie

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1 (24-ounce) can DINTY MOORE® beef stew  
1 single crust pie pastry

Heat oven to 425°F. Place stew in 1-quart casserole. Cover casserole with pie pastry, not allowing pastry to touch stew. Press pastry against sides of dish and cut slits across top. Bake 12 to 15 minutes or until crust is golden brown. Serves 4.

- from Hormel <http://www.hormel.com/Hormel/kitchen.nsf>

#### Campbell's Best Ever Meat Loaf

-----  
1 can (10 3/4 oz.) Campbell's Tomato Soup  
2 lb. ground beef  
1 pouch dry onion soup mix  
1/2 cup dry bread crumbs  
1 egg, beaten  
1/4 cup water

MIX thoroughly 1/2 cup tomato soup, beef, onion soup mix, bread crumbs and egg. Shape firmly into 8" by 4" loaf in baking pan.

BAKE at 350°F. for 1 1/4 hr. or until done.

MIX 2 tbsp. drippings, remaining tomato soup and water in saucepan. Heat through. Serve with meat loaf. Serves 8.

- from Campbell's <http://www.campbellsoup.com/>

#### Tamale-Chili Casserole

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1 (25-ounce) can Hormel® chili with beans or Hormel® chili no beans  
1 (28-ounce) can Hormel® beef tamales  
1/3 cup chopped onion  
1 cup grated Cheddar cheese

Spread chili in 9x13-inch baking dish. Remove paper from tamales; place tamales on chili. Sprinkle with onion and cheese. Bake in 350°F oven for 30 minutes or until hot.

- from Hormel <http://www.hormel.com/Hormel/kitchen.nsf>

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

#### This Month's Suggested Books:

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"Encyclopedia of Country Living" by Carla Emery  
ISBN: 0912365951

#### Synopsis

From the garden or barnyard to the kitchen table, here is a comprehensive resource for step-by-step information about food production. Filled with more than 1,000 recipes, 700 mail-order sources, how-to instructions, and earthly wisdom gleaned from a lifetime of self-sufficient living, this thorough, reliable treasury should be in every home. Features 300 illustrations.

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" Simply Prepared"

<http://www.simplyprepared.com/>

SIMPLY PREPARED contains seven sections:

1. What If? - some questions to ask yourself.
2. The Basics - why, what, how, and where to store.
3. Food Basics - grains, beans, honey and sugar, powdered milk, dried foods, and home canning.
4. Non-food Basics - water, fuels, sewing supplies, and equipment.
5. Emergency Preparedness - disasters, recovery, and 72-hour kits.
6. Record Basics - finances and when Mom's gone.
7. Basically Fun - games.

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

This Month's Frugal Living Tips:

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72-Hour Emergency Kits:

The time to prepare for an emergency is long before the crisis occurs. By thinking ahead, organizing supplies, gathering equipment, and developing contingency plans, many emergencies can be met with confident resolve instead of frantic panic.

How do I begin to prepare?

Consider what type of emergencies might arise.

Outline a plan of action in case of each emergency.

Make a list of supplies you might need in case of emergency.

Obtain and organize emergency supplies in orderly, easily-accessible kit(s), shelves, closets, etc.

Practice emergency drills with your family so everyone knows what to do.

Suggestions:

Survival Food & Water

Water Filter/Purifier  
Money  
Stove/Burner/Grill/Fuel  
Cooking Gear  
Can Opener/Eating Utensils/Canteen  
Dishrag/Dishwashing Liquid  
Matches/Lighter  
Lantern/Flashlight/Candles  
First Aid Kit  
Sewing & Repair Kit  
Towel/Washcloth  
Compass/Whistle  
Metal Mirror  
Rope/Twine/Cord  
Camp Shower  
Survival Manual  
Important Documents  
Fishing Gear/Pocket Knife  
Shovel/Tools/Gloves  
Toilet Tissue/Kleenex  
Alarm Clock/Radio  
Games/Entertainment  
Soap/Shampoo/Toiletries  
Sunblock/Insect Repellant/Mosquito Netting  
Hand Warmers/Ice Packs  
Sleeping Bag/Pillow/Bedding/Blanket  
Fire Extinguisher  
Clothing/Rain Gear/Umbrella/Hat  
Books/Bible/Songbook  
Tent/Tarp/Backpack  
Trash Bags/Plastic Bags/Twist Ties  
Pen/Pencil/Paper  
Flares/Reflectors/Glowsticks

More 72-Hour Kit ideas at <http://www.nursehealer.com//Safety.htm>

(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.

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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/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](mailto:LDSFS@listbot.com)

To SUBSCRIBE, write to [LDSFS-subscribe@listbot.com](mailto: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](mailto:NurseHealer@listbot.com)

To SUBSCRIBE, write to [nursehealer-subscribe@listbot.com](mailto:nursehealer-subscribe@listbot.com)

To UNSUBSCRIBE, write to [nursehealer-unsubscribe@listbot.com](mailto: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>

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Many blessings,

Mary Catherine ("Cathy") Miller

Cat =^;^=

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

^\_^ FAX (801) 650-5185

( 0.0 )VoiceMail 1-877-205-6135 # 9255

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

Cat <http://www.nursehealer.com/Contact.htm>

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