

Food Storage Newsletter #0009 - FREE monthly Email newsletter - September, 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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"There is no person who knows the real purpose for which this welfare program is being instituted but hardly before sufficient preparation has been made the real purpose will be revealed and when that time comes it will challenge every resource of the church to meet it." Harold B. Lee

Spiritual Goal--Have family scripture study together every day.

Provident Living Goal--Review your will if you have one. Make any needed changes. If you do not have a will, make arrangements to get one. EVERY Adult should have a will. Plan and carry out a FHE on the importance of preparedness.

Storage Goal:

10--#10 cans (35 pounds total) powdered milk per person  
25 pounds canned or dried potatoes per person  
50 quarts fruit or tomato juice per person

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 March)

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

NOTE: If anyone has another itemized monthly plan to acquire a year's supply of food storage, please send it to me for next year's newsletters. I'm reviewing plans now.

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

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Milk, non-instant, powdered - 24-48 months  
Milk, aseptic packaging - Pkg. date  
Non-dairy creamers - 24-36 months  
Buttermilk powder - 24-36 months  
Butter, dehydrated - 60-96 months  
Cheese, dehydrated - 60-96 months  
Tomatoes, canned - 36+ months

Tomatoes and Tomato Products:

No Salt Added Stewed - 1.5 years  
Sloppy Joe Sauces - 2 years  
Ketchup (glass & plastic) - 2 years  
Chili, Seafood Cocktail - 2 years  
Spaghetti Sauces - 2 years  
Crushed, Flavored Diced - 2 years  
Diced, Wedge, Stewed, Whole - 2.5 years  
Tomato Sauce - 2 years  
Tomato Paste - 2.5 years

- from Del Monte Foods <http://www.delmonte.com/Answers/shelfLife.htm>

( - More shelf life information with lots of NEW shelflife LINKS!  
- <http://www.nursehealer.com/ShelfLife.htm> )

This Month's Cooking with Food Storage Ideas:

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#### Multi-Grain Granola

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2 c. flaked oat berries  
2 c. flaked wheat berries  
1/2 c. rye berries  
1/2 c. barley berries  
1/2 c. powdered milk  
1/2 c. sunflower oil  
1/2 c. honey  
1/2 c. sunflower seeds  
1/4 c. sesame seeds  
1 c. raisins  
2 c. dried banana chips

Place your oat, wheat, rye and barley berries in the flaker mill. On low heat mix together sunflower oil and honey. Stir until blended and easy to pour. Add to the flaked grain berries, powdered milk, oil and honey mixture. Mix well until all of the dry ingredients are coated. Bake according to directions above, adding sunflower and sesame seeds during the last 10 minutes. Remove from the oven, add raisins and banana chips.

- from "Cooking and Baking with Freshly Ground Grains" by Christine Downs

#### Blender Wheat Pancakes

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1 cup milk (1/3 cup non-fat dry milk and 1 cup water)  
1 cup uncooked whole wheat  
2 eggs  
2 tablespoons oil  
2 teaspoons baking powder  
2 tablespoons honey or sugar  
1/4 teaspoon salt

Put milk and wheat in blender. Blend on highest speed for four or five minutes or until batter is smooth. Add and blend on low, eggs, oil, baking powder, honey, and salt. Bake on hot griddle.

Makes 6 to 8 pancakes

- LDS Cannery Cookbook

#### Potato Soup

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2 Tablespoons butter or margarine  
1/3 cup chopped onion  
1/3 cup chopped celery (optional)  
4 cups milk  
1 cup potato flakes  
Salt and pepper to taste

Place butter in saucepan. Add onion and celery. Cook until soft. Add milk. Use medium heat until milk is hot but not boiling. Turn off heat and stir in potato flakes to desired consistency. Season with salt and pepper to taste. Makes about 4 servings.

- from Food Club Authentic Mashed Potato Flakes

### French Toast (with Dried Eggs)

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6 Tbs. dried whole egg  
1 c. water  
1/4 c. dry milk  
1/4 tsp. salt  
6 slices of bread  
1/8 tsp. sugar (optional)  
1/8 tsp. cinnamon (optional)

Beat the dry egg with the dry milk and water. Add salt. Dip each slice of bread in egg mixture and fry. It's good to add a bit of cinnamon and sugar to the egg mixture. Top the french toast with syrup, jam, or fresh fruit. Stale bread makes the best french toast.

- from "Cookin' With Dried Eggs" by Peggy Layton <http://www1.icserv.net/D100001/X100043/books.html>

### Homemade Beef Gravy Mix

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1 1/3 cups instant nonfat milk powder  
3/4 cup instant flour  
3 tablespoons instant beef bouillon granules  
1/8 teaspoon ground thyme  
1/4 teaspoon onion powder  
1/8 teaspoon ground sage  
1/2 cup butter or margarine  
3 teaspoons brown sauce for gravy

Combine milk powder, instant flour, bouillon granules, thyme, onion powder and sage. Stir with a wire whisk to blend. Cut in butter or margarine until evenly distributed. Drizzle brown sauce for gravy over mixture. Stir with wire whisk until blended. Spoon into a 3-cup container with a tight-fitting lid. Label with date and contents; store in the refrigerator. Use with 4-6 weeks.

Makes about 2 2/3 cups Homemade Beef Gravy Mix.

- from the Y2K Survival Food Email Discussion List

### Pancakes

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1 1/2 cups biscuit mix or pancake flour  
3/4 cup potato flakes  
1/4 teaspoon salt  
1 Tablespoon sugar  
1 1/2 teaspoons soda  
2 eggs  
3 Tablespoons cooking oil  
1 1/2 cups buttermilk  
1/2 cup milk

Combine in mixing bowl biscuit mix or pancake flour, potato flakes, salt, sugar, soda, eggs, and cooking oil. Add buttermilk and milk. Blend thoroughly. Heat grill or fry pan to 375 degrees F. Grease lightly. Pour batter onto grill or fry pan and brown on both sides. Serve. Makes 12 medium pancakes.

- from Idaho Supreme Mashed Potato Flakes

### Wheat Thins

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2 c. whole wheat flour  
2 Tbs. Wheat germ  
1 tsp. Salt  
1 tsp. Baking powder  
2 Tbs. Brown sugar

2 Tbs. Dry milk solids  
6 Tbs. Margarine  
½c. water  
1 Tbs. Molasses  
paprika, garlic, onion, OR seasoned salt

Preheat oven to 350 degrees. Combine dry ingredients in mixing bowl. Cut in margarine with pastry blender. Combine separately water and molasses and stir into dough. Knead a little until smooth. Grease two cookie sheets and sprinkle each with cornmeal. Divide dough in half. Roll out half of dough directly onto cookie sheet with floured rolling pin, rolling dime-thin. Sprinkle lightly with paprika, garlic, onion, or seasoned salt. Run rolling pin over once more. Prick with fork. Cut in squares or triangles. Bake 10 min. or until lightly browned.

- from The "More-with-Less Cookbook" by Doris Janzen Longacre ISBN 0836117867

#### Potato Patties (with Dried Eggs)

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3 1/2 c. mashed potatoes  
1/4 c. margarine  
1 tsp. salt  
1/4 tsp. pepper  
5 Tbs. dried whole egg  
5 Tbs. water

In large bowl beat potatoes, margarine, salt and pepper at low speed until fluffy. Add dried whole egg and water together. Add to potato mixture and beat at medium speed until well blended. To make patties, use about 1/4 c. mixture for each and fry in lightly greased pan over medium high heat until browned on both sides, about 2 to 3 minutes.

- from "Cookin' With Dried Eggs" by Peggy Layton <http://www1.icserv.net/D100001/X100043/books.html>

#### Using Dry Milk in Any Recipe

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Adding additional milk to the recipe will enhance the nutritive value of the recipe. In any recipe calling for milk, simply add the dry milk to other dry ingredients. Sift to blend, then add water for the milk called for in the recipe. For use in meat loaf, hamburgers, etc., use ¼ to ½cup per pound of meat. In mashed potatoes: mash cooked potatoes, then add ¼cup dry milk for each cup of potatoes, Use either the water the potatoes were cooked in or fresh milk to give the right consistency. Cooked cereals: add ¼ to ½cup dry milk to each cup of cereal before cooking.

- from LDS Cannery Cookbook

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

#### This Month's Suggested Books:

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"Root Cellaring: Natural Cold Storage of Fruits and Vegetables" by Mike and Nancy Bubel  
ISBN: 0882667033

"Making the Best of Basics: Family Preparedness Handbook" by James Talmage Stevens  
ISBN: 1882723252

"Food Storage 101" by Peggy Layton  
ISBN: 1893519007

"The Ultimate Food Storage Cookbook" by Arlene Mickelsen  
ISBN: 0967509408

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

### This Month's Frugal Living Tips:

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"Shelf-Life Secrets" Tips from Cheapskate Monthly has a searchable list of tips to extend shelf life.  
[http://www.cheapskatemonthly.com/tiptionary/shelf-life\\_secrets.html](http://www.cheapskatemonthly.com/tiptionary/shelf-life_secrets.html)

#### Examples:

Potato Savers - Place an apple (Granny Smith works best but don't know why) in with your 10 lbs of potatoes and they will not grow eyes. I didn't believe this until I tried it myself and it really does extend the life of your potatoes. And they won't taste like the apple either.

Don't Throw Away Old Stockings. Save a Potato Instead - Instead of throwing away torn or snagged panty hose and stockings, wash them out and then hang them up in the food pantry to hold potatoes. Believe it or not those potatoes will last for months without sprouting and they will also be nice and firm. I can buy the jumbo bag of potatoes when they were on sale. It also makes a heck of a conversation piece when company opens the pantry door.

Maximizing Leftovers - December '99 Tip of the Month - In the past, I stored leftovers with good intentions, and ended up throwing them out when they went bad. Now, I keep a small magnetic wipe-off board on the front of my refrigerator. Each time I put a container of leftovers in the fridge, I write the date, contents, and about how many servings are left. This way, I can see at a glance if I have enough to throw together a quick meal, and can keep an eye on the date to make sure I use them before they go bad. Once eaten, the entry can be wiped off the board.

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

#### Newsletter & Email List Information:

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(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

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

^\_^ FAX 1-801-650-5185 (NOT Toll-Free)

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