

Food Storage Newsletter #0010 - FREE monthly Email newsletter - October, 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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"When people are able but unwilling to take care of themselves we are responsible to employ the dictum of the Lord that the idler shall not eat the bread of the laborer". Elder Boyd K. Packer

Spiritual Goal---Attend one more session of General Conference than you normally do.

Provident Living Goal---Make a goal to read 30 minutes/day to your children or grandchildren. If you have not children to read to, make a goal to read at least 30 minutes/day just for pleasure.

Storage Goal:

- 50 cans soup, stew or chili per person
- 10 pounds cheese--dried or bottled per person
- shaving supplies
- dish soap

72 hour kit:

- 4 granola bars per person
- 2 sticks beef jerky per person
- 1 package chewing gum per person
- hard candies or lollipops--at least 12 per person (note these items will be rotated every 6 months--see April)
- Check batteries for light and radio. Replace if needed.

(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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- Chili w/beans Indefinite Hormel 1-800-523-4635
- Dinty Moore Beef Stew 24-36mo " 1-800-523-4635
- Soups 3yr. Progresso 1-800-200-9377

Campbell(800)871-0988 Soup
CODE: Stamped with expiration date.
SHELF LIFE: 18-24 mo

Healthy Choice 714-680-1431 870T4 = 8 is year, 7 is month.
SHELF LIFE: 2 yr for canned soups and canned pastas

Hormel(800)523-4635 Dinty Moore Stew / chili
CODE: Second and third number is month, next two are day, last number is year.
SHELF LIFE: 5-8 years

Progresso(800)200-9377 Soups

CODE: First letter is month, Next number is year, next letter is mfg plant, next two numbers, day of month.

L7N26 = 12/16/97

SHELF LIFE: 3 years

(- More shelf life information with lots of NEW shelflife LINKS!

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

This Month's Cooking with Food Storage Ideas:

Campbell's Cool Tuna Pasta Salad

1 can Campbell's Cream of Celery or 98% Fat Free Cream of Celery Soup

1/2 cup mayonnaise

2 tbsp. vinegar

4 cups cooked corkscrew pasta

2 cups cooked mixed vegetables or peas

1 small onion, finely chopped

2 cans (about 6 oz. each) tuna, drained and flaked

Salad greens

Tomato slices

MIX soup, mayonnaise and vinegar. TOSS pasta, vegetables, onion, tuna and soup mixture in large bowl until evenly coated. Refrigerate at least 2 hr. SERVE on salad greens with tomato. Serves 6.

Prep Time: 20 minutes

Chill Time: 2 hr.

- from Campbell's Kitchen at <http://www.campbellkitchen.com/>

Campbell's Chicken Quesadillas

1 lb. boneless chicken breasts, cubed

1 can Campbell's Cheddar Cheese Soup

1/2 cup Pace Chunky Salsa or Picante Sauce

10 flour tortillas (8")

Fiesta Rice

PREHEAT oven to 425°F. COOK chicken in nonstick skillet until done and juices evaporate, stirring often. Add soup and salsa and heat through. SPREAD about 1/3 cup soup mixture on half of each tortilla to within 1/2" of edge. Moisten edge with water. Fold over and seal. Place on 2 baking sheets. BAKE 5 min. or until hot. Serve with Fiesta Rice. Serves 4.

Fiesta Rice: Heat 1 can Campbell's© Condensed Chicken Broth, 1/2 cup water and 1/2 cup Pace© Chunky Salsa in saucepan to a boil. Stir in 2 cups uncooked Minute© White Rice. Cover and remove from heat. Let stand 5 min. Fluff with fork.

Prep/Cook Time: 20 minutes

- from Campbell's Kitchen at <http://www.campbellkitchen.com/>

Macaroni & Cheese with Pioneer Cheese Sauce Mix Recipes

32-oz. bag Pioneer Cheese Sauce Mix

1 gallon Water

10 cups (40 oz. weight) Elbow Macaroni

Prepare Pioneer Cheese Sauce Mix according to package directions.

Prepare macaroni according to package directions.

Combine cheese sauce and macaroni and stir until all noodles are coated.

Serve at no lower than 140 degrees F.

Recipe Suggestions: Try adding taco seasoning and sour cream, mixed vegetables, ham, or cooked ground beef.

- Recipe from Pioneer Flour Mills

Campbell's Hurry-Up Chicken Enchiladas

1 lb. boneless chicken breasts, cubed

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

1 cup Pace Chunky Salsa

8 flour tortillas (6")

1 can Campbell's Cheddar Cheese Soup

COOK chicken in nonstick skillet until browned and done, stirring often. Add chicken soup and 1/2 cup salsa. Heat through. SPOON about 1/3 cup chicken mixture down center of each tortilla. Roll up tortilla around filling and place seam-side down in 2-qt. microwave-safe baking dish. MIX cheese soup and remaining salsa and pour over enchiladas. COVER and microwave on HIGH 5 min. or until hot.

Serves 4.

Prep/Cook Time: 15 minutes

- from Campbell's Kitchen at <http://www.campbellkitchen.com/>

Campbell's Easy Chicken Pot Pie

1 can Campbell's Cream of Chicken with Herbs Soup

1 pkg. (about 9 oz.) frozen mixed vegetables, thawed

1 cup cubed cooked chicken

1/2 cup milk

1 egg

1 cup all-purpose baking mix

PREHEAT oven to 400°F. Mix soup, vegetables and chicken in 9" pie plate. MIX milk, egg and baking mix. Pour over chicken mixture. Bake 30 min. or until golden. Serves 4.

Prep/Cook Time: 40 minutes

- from Campbell's Kitchen at <http://www.campbellkitchen.com/>

Campbell's All-Time Favorite BBQ Sauce

1 can (10 3/4 oz.) Campbell's Tomato Soup

1/4 cup vinegar

- 1/4 cup vegetable oil
- 2 tbsp. packed brown sugar
- 1 tbsp. Worcestershire sauce
- 1 tsp. garlic powder
- 1/8 tsp. Louisiana-style hot sauce (optional)

MIX soup, vinegar, oil, sugar, Worcestershire, garlic and hot sauce. Use to baste chicken, hamburgers, ribs or steak during grilling. Makes 1 1/3 cups.

Prep Time: 5 minutes

- from Campbell's Kitchen at <http://www.campbellkitchen.com/>

5-Minute Burrito Wraps

- 1 can Campbell's Fiesta Chili Beef Soup
- 6 flour tortillas (8")
- Shredded Cheddar cheese

SPOON 2 tbsp. soup down center of each tortilla. Top with cheese. Fold tortilla around filling. PLACE seam-side down on microwave-safe plate and microwave on HIGH 2 min. or until hot. Makes 6 burritos.

Prep/Cook Time: 10 minutes

- from Campbell's Kitchen at <http://www.campbellkitchen.com/>

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

This Month's Suggested Books:

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 "The Grains Cookbook" by Bert Greene
 ISBN: 0894806122
 Many recipes from around the world. Great variety.

"Make a Treat with Wheat: Recipes using Stoneground Whole Wheat Flour, Cracked Wheat, and Whole Wheat"
 by Hazel Richards
 ISBN: 0967077605

Cereal, including babies cereal, breads, rolls cakes, cookies, casseroles. This can make storage food more fun.

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

This Month's Frugal Living Tips:

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 Acquire your food storage a little each week. Determine your food storage goals and commit yourself to buying something for food storage on a regular basis. Set aside money for food storage purchases with a little extra for that great buy you find just before the sale runs out. If budgeting for food storage is difficult, make choices to allow for food storage budgeting (for example, watch one less movie regularly, cut back on a costly habit like soft drinks or fast food, have a garage sale to get rid of unused items, take a part-time job or sell handmade items, call upon family members to drop their change in a food storage piggy bank, or choose one or more budget items to cut back on. Use coupons, sales, closeouts, bulk buying, etc. to make your food storage more affordable. Buy quality food items and store properly so

your food storage doesn't go to waste. Use your food storage and replace what's used, rotating out your stored food so you keep it fresher. Every 6 months turn cans over so that they don't settle and break down in one spot.

(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

To UNSUBSCRIBE, write to LDSFS-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/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>

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Many blessings,
Mary Catherine ("Cathy") Miller

Cat =^;^=

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

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

(0.0)Voicemail/Fax 1-877-284-8158 (Toll-Free)

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