

Food Storage Newsletter

Food Storage Newsletter #0013 - FREE monthly Email newsletter - January, 2001:

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

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Quotation:

“Too often we bask in our comfortable complacency and rationalize that the ravages of war, economic disaster, famine, and earth quake cannot happen here. Those who believe this are either not acquainted with the revelations of the Lord, or they do not believe them. Those who smugly think these calamities will not happen, that they will somehow be set aside because of the righteousness of the Saints, are deceived and will rue the day they harbored such a delusion.” (Ezra Taft Benson - October Conference, 1980 Ensign, Nov 1980:32-33)

Spiritual Goal:

Pray continually, fervently, and humbly. Practice personal and family daily prayer. Set aside time to learn about and improve your prayers.

Provident Living Goal:

Learn a new skill or obtain certification by taking a class, correspondence course, lecture, or some other educational experience. This could be a skill related to preparedness, spirituality, or education related to your career or personal interests.

Home Storage Goal:

Pasta – 50 lbs. per person

Oil - 2 gallons per person

Tomatoes (canned, sauce, paste) – 10 cans per person

Water (1 to 2 gallons per person per day)

- More Food Storage Ideas <http://www.nursehealer.com/Storage.htm>

72 Hour Kit Goal:

cooking stove

fuel

waterproof matches and/or lighter

- More 72-Hour Kit Ideas <http://www.nursehealer.com/72Hour.htm>

First Aid Kit Goal:

Triangular bandages – 4 per person

- More First Aid Kit Ideas <http://www.nursehealer.com/Guide.htm>

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

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Pasta – 2 years in original container – Indefinitely in a food grade container with an oxygen absorber or vacuum sealed in a food grade bag to reduce the moisture content.

Pasta, American Beauty (Hershey) : oven ready – 12 months; egg noodle – 24 months; regular – 36 months

1-800-468-1714 CODE: YMMDDxxx

Oil – Crisco or Puritan (Proctor & Gamble)– 24 months

CODE: YJJJxxx

Oil - Mazola Corn Oil, Canola Oil (Best Foods) – 18 months

Purchase by date = 18 months from pkg. Date 1-800-338-8831

Oil - Olive Oil (Pompeian) – 24 months

CODE: YMMDDx 410-276-6900

CODE DEFINITIONS:

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)

X= letter or number not significant to product shelf life

Canola oil – 12 months

American Fare (K-mart) (800) 842-7886

CODE: First 3 digits are Julien date. Last number is year. If kept longer, might be okay, but check for odor.Code 139C8

Pasta sauce, jar – Ragu – 24 months

Lipton (800) 328-7248

CODE: On first line the last four numbers are the julien day and last number is year.

Pasta Sauce (Lipton 5 Brothers) – 24 months

Tomato Juice - 24 months Del Monte 1-800-543-3090

Tomato Sauce – 12 months

Vegetables & Tomato Juice (Del Monte) – 24 months

Catsup – 12 months

(- 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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Italian Beans and Pasta

Soak overnight or by quick method:

1 lb. Dried Great Northern or marrow beans

4 c. water

In large kettle, bring beans to boil, cover and simmer 1 hour, adding water if necessary. Cook and drain according to package directions:

8 oz. Elbow macaroni

Brow in skillet:

¾ lb. Sausage, broken up

1 clove garlic, minced

1 onion, chopped

Drain off excess fat. Add macaroni and sausage mixture to bean kettle.

Add:

4 c. cooked tomatoes

¼ c. dark corn syrup

2 Tbs. Chopped parsley

2 tsp. Salt

2 tsp. Dried oregano

¼ tsp. Pepper

Bring to boil, cover and simmer about 15 minutes, adding tomato juice if necessary for stew consistency.

Serve in soup bowls with a green salad and a whole wheat bread.

Serves 8

- from "The More-With-Less Cookbook" by Doris Janzen Longacre ISBN 0-8361-1786-7

Beef Stew

1 1/2 cups Acine de Pepe, Ditalini or other small pasta shape, uncooked

2 tbsp. vegetable oil

1 pound lean beef stew meat, cut into 1-inch chunks

3/4 cup chopped onion

9 cups hot water

3 tbsp. beef-flavor instant bouillon

1 large bay leaf

1 tsp. basil leaves

1/8 tsp. pepper

1 1/2 cups sliced carrots

1 1/2 cups sliced celery

1 14.5-oz. can stewed tomatoes

In large saucepan or Dutch oven, heat oil. Coat beef with flour. Add beef cubes and onion; cook until beef is browned. Add water, bouillon, bay leaf, basil and pepper. Bring to boil. Reduce heat; simmer, covered, until meat is tender, about 1-1/2 hours. Add carrots, celery and tomatoes. Cook 15 minutes longer. Remove bay leaf. Stir in pasta. Cook until pasta is tender, 10 to 15 minutes, stirring occasionally.

Serves 8 to 10

- http://ilovepasta.org/recipes/Beef_Stew.html

Chili Spaghetti

8 ounces spaghetti

1 medium onion, finely chopped

2 Tbs. Butter

2 1-pound cans chili con carne with beans

Cook spaghetti as directed on package. Drain. Sauté onion in butter until tender. Add chili and heat to serving temperature, stirring occasionally. Serve spaghetti topped with chili mixture. Serves 4.

- from "What's for Dinner Mrs. Skinner?" by Kay Skinner with Peggy Ware

Pepperoni Pasta Ruffles

2 red and/or green bell peppers, diced
1 tablespoon olive or vegetable oil
1 jar (26 ounces) Ragú Robusto! Pasta Sauce
1 package (3 1/2 ounces) sliced pepperoni, halved
8 ounces mozzarella cheese, diced
1 package (16 ounces) fusilli or rotini pasta, cooked and drained

In 12-inch skillet, heat oil over medium heat and cook peppers 3 minutes or until tender. Stir in Ragú Robusto! Pasta Sauce and simmer, stirring occasionally, 10 minutes. Toss sauce, pepperoni and cheese with hot pasta.

Serves 8.

- <http://www.eat.com/cookbook/pasta/pepperoni-pasta-ruffles.html>

Basic Spaghetti or Pizza Sauce

Sauté in heavy saucepan until tender:

2 Tbs. Oil
2 cloves garlic, minced
1/2 green pepper, chopped
1 onion, chopped

Add and sauté until brown:

1/4 - 1/2 lb. Ground beef (optional)

Add:

2 c. tomato sauce
3/4 c. tomato paste
1 tsp. Worcestershire sauce
1 c. stock, beef, broth, or bouillon
1/4 tsp. Each oregano, basil, thyme, and cumin
salt and pepper to taste

Simmer over low heat for 1 hour. Use for spaghetti, lasagna, or pizza sauce.

Options: Add 1 c. cooked lentils instead of meat. If available cheaply, add sautéed fresh mushrooms to sauce just before serving.

Makes about 1 quart.

- from "The More-With-Less Cookbook" by Doris Janzen Longacre ISBN 0-8361-1786-7

Possum Stew

2 cans tomato sauce
3 cans cooked tomatoes
1/2 thickly sliced warthog meat (mainly for flavor)
a big bag of pasta noodles (any redneck kind will do)
salt and pepper
1/2 possum (other 1/2 can be used for breakfast possum-omelets)

Fry bacon in big gramma kettle, over mid. size fire, then fry possum in the grease till golden brown. Take the meat out, then add enough water to pot to fill 2/3 way and then boil noodles. Once cooked add both things of tomatoes to kettle and meat and add enough salt and pepper to old granny's taste. Cook all

together for a bout 1 hour simmering over low fire to sauté.

- <http://www2.msstate.edu/~brb1/possum.html>

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

This Month's Spiritual Preparation Ideas:

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An excellent article is found in The January, 1982 Ensign Magazine. The article is called, “When Disaster Strikes: Latter-day Saints Talk about Preparedness” by Marvin K. Gardner, Assistant Editor. It begins by telling about several family disasters and goes on to tell how to cope temporally, emotionally, and spiritually. The article is available online at <http://library.lds.org/> in the Gospel Library - 1971-2000 Magazines/Ensign/1982/Ensign January 1982/When Disaster Strikes: Latter-day Saints Talk about Preparedness

This Month's Suggested Books:

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A free book available for download online that has excellent information and ideas is the “Emergency Preparedness Manual” from Mormon.com, and Internet Resource for Latter-Day Saints.

Topics include:

The Teachings:

1. Teachings of the Brethren
2. Emergency Preparedness Recommendations
3. Gospel Principles
4. The Plan
5. Floor Plan

Emergency Situations:

1. 72 Hour Kit
2. Food Storage
3. Water Supply
4. First Aid
5. Heating, Cooking & Lighting
6. Sanitation
7. Childbirth
8. Earthquake
9. Winter Storms
10. Flood
11. Structural Fire
12. Forest Fire
13. Damaging Winds
14. Chemical & Radiological Accidents
15. Communications

Emergency Links:

1. Links to other Emergency Preparedness Sites

Read the book online or download it free from <http://www.mormon.com/epm/>

The manual is approximately 85 pages long and has a table of contents and an index. (HTML & PDF versions)

Available for a nominal fee from the Salt Lake Distribution Center of the Church of Jesus Christ of Latter-Day Saints is an excellent booklet called, "Essentials of Home Production and Storage." This booklet gives suggestions on how to garden and produce items at home and how to store a year's supply of food and other necessities. It also contains a useful bibliography. Order the booklet from any LDS Food Storage Specialist or through the Salt Lake Distribution Center.

Item # 32288 (140/case) \$0.75 each

Item # 32288 002 Spanish \$0.75 each

Salt Lake Distribution Center

1909 West 1700 South

Salt Lake City, UT 84104

Customer Service 1-800-537-5951

FAX 801-240-3685

Order Desk 1-800-537-5950

(Order Desk - Canada) 1-800-240-1126

(Order Desk - Outside US & Canada) 1-801-240-1126

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

This Month's Frugal Living Tips:

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Make your own triangular bandages from muslin or other cotton fabric. A standard size for Triangular Bandages is 37" x 37" x 52". Triangular Bandages are large triangular pieces of cloth that are used to secure bandages in place, to make a sling, or to tie splints in place. Roll a triangular bandage (cravat) up along it's longer side to use as a tie-down for splints. Tie two cravats together to make it long enough to secure a sling to the body.

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

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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

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)

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

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