

Food Storage Newsletter

Food Storage Newsletter #0014 - FREE monthly Email newsletter - February, 2001:

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

=====

Quotation:

"...when we really get into hard times, where food is scarce or there is none at all, and so with clothing and shelter, money may be no good for there may be nothing to buy, and you cannot eat money, you cannot get enough of it together to burn to keep you warm, and you cannot wear it." (President J. Reuben Clark, Jr. - Church News, November 21, 1953, p.4.)

Spiritual Goal:

Read the Holy Scriptures daily and set aside family time for Scriptures at least weekly. Plan the time and place for your scripture study, and set a goal to study each day.

Provident Living Goal:

Develop a budget that is reasonable and responsible, and live within your budget.

Home Storage Goal:

Flour – 25 lbs. per person

Sugar – 100 lbs. per person (includes honey, molasses, corn syrup, etc.)

Potatoes – 25 lbs. per person (may include dehydrated flakes, pearls, etc.)

Water (1 to 2 gallons per person per day) – 30 gallons per person

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

72 Hour Kit Goal:

Cooking & eating utensils

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

First Aid Kit Goal:

4 x 4 inch bandage pads – 10 per person

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

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

=====

Sugar, Brown – 4 months

Sugar, Confectioners – 18 months

Sugar, Granulated – 24 months (indefinitely resealed in a food grade container with an oxygen absorber or vacuum sealed in a food grade bag)

Syrups – 12 months

Potatoes, fresh – 4 weeks (Keep dry and away from sun. Keep about 50 degrees for longer storage.)

Potatoes, sweet – 2 weeks (Don't refrigerate sweet potatoes.)

Potatoes, Instant – 6 to 12 months

Flour, White or Whole Wheat – 6 to 8 months

Flour, General Mills – 18 months

MYDDxx (Month code is A-M (skip I). A=June, B = Jul... 1-800-328-6787

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

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

This Month's Cooking with Food Storage Ideas:

=====

Pancakes

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 package

Basic Muffins

1 1/2 Tbs. Dried whole egg

4 1/2 Tbs. Baking powder

3/4 tsp. Salt

3 Tbs. Sugar

1/4 C. melted shortening

1 2/3 c. water

3/4 c. dried milk

1 3/4 c. flour

Sift together the dried egg mix, flour, baking powder, salt and sugar. In a separate bowl, combine the shortening, water and dry milk. Add to dry ingredients, stirring only enough to moisten. Fill greased muffin pans two-thirds full with the mixture. Bake at 375 degrees F. for 20 minutes. Makes 12 large or 14 medium muffins.

Variations: blueberries, chopped nuts, bananas, carrots, apple dices, raisins, or granola.

- from "Cookin' with Dried Eggs" by Peggy Layton

<http://www.ut-biz.com/homestoragecookin/>

Potato Soup

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 package

Navajo Fry Bread

Sift into a bowl:

4 ½ c. flour

½ tsp. Salt

2 tsp. Baking powder

Stir in:

1 ½ c. water

½ c. milk

Knead with hands. Pat or roll into circles approximately 5" diameter. With fingers make small hole in center. Fry in several inches hot oil at 400 degrees (electric skillet is convenient). Dough will puff and bubble. Turn when golden brown. Drain on absorbent paper and serve hot with honey.

Options:

Use half whole-wheat flour.

Add ½ c. dry milk powder.

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

White Sauce Mix

Makes 3 cups mix

1 c. whole-wheat flour

2-1/2 c. nonfat dry milk powder

1 Tbsp. salt

Combine all ingredients. Store in a covered container at room temperature. Shake well before each use to distribute ingredients evenly.

To Make White Sauce w/Homemade White Sauce Mix:

Thin Sauce: 3 T. mix + 1 c. milk, water or combination

Med. Sauce: 1/2 c. mix + 1 c. water or equal parts milk and water

Thick Sauce: 2/3 c. mix + 1 c. water

Combine dry mix with enough of the liquid to make a smooth paste. Stir in remaining liquid and cook over moderate heat continuing to stir frequently, until sauce thickens and comes to a boil. Boil gently for 1-2 minutes. -- Makes 1 cup sauce

- from American Wholefoods Cuisine

Whole Wheat Buns

1 c. plus 3 Tbs. Warm water

1/3 c. oil

¼ c. sugar or honey

2 pkg. Yeast (2 Tbs.)

Combine the above ingredients. Let rest 15 minutes. (Mixture will double).

Then add:

1 tsp. Salt

1 beaten egg

3 1/2 c. whole wheat flour

Mix well. Roll 3/4" thick and cut into 10-12 4" rounds. Place on cookie sheet and let rise 10 minutes.

Bake at 425 degrees for 10 minutes or lightly browned.

- from "A Century of Mormon Cookery" by Hermine B. Horman and Connie Fairbanks

ISBN: 1880328232

Cream of Potato Soup

1 1/2 C. cubed potatoes *

1 Tbs. Onion (chopped)

3/4 C. water

1/2 C. powdered milk

1 Tbs. Margarine

3/4 tsp. Salt

2 C. water

1 Tbs. Flour

Cook the potatoes, onion, and salt until tender. Blend the margarine and flour together and stir into the hot potato mixture. Stir constantly while cooking. When mixture thickens add powdered milk and water, and reheat. Optional (add beef or chicken bouillon to taste).

NOTE: * Dehydrated diced or cubed potatoes may be used. Rehydrate before using by covering potatoes with water and letting them stand at room temperature for 1 hour. To speed up reconstituting time, cook over medium heat for 20 minutes adding more water if necessary.

- from "Cookin' with Powdered Milk" by Peggy Layton

<http://www.ut-biz.com/homestoragecookin/>

Emergency Substitutions:

1 c. White Flour = 3/4 c. whole wheat flour

1 c. White Flour = 7/8 c. rice flour

1 c. White Flour = 1 c. corn flour

1 c. White Flour = 1 c. corn meal

1 c. White Flour = 1 1/2 c. rolled oats

1 c. White Flour = 3/4 c. buckwheat flour

1 c. White Flour = 1/2 c. barley flour

1 c. White Flour = 3/4 c. rye flour

- from "Cookin' with Home Storage" by Peggy Layton & Vickie Tate

<http://www.ut-biz.com/homestoragecookin/>

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

This Month's Spiritual Preparation Ideas:

=====

You can listen to the entire Bible on the Internet. You can also buy “Audio Bible” as commercial software for your Windows PC or on cassette tapes or audio CD. “Audio Bible” is the King James Version narrated by Alexander Scourby. Listen online.

<http://www.audio-bible.com/>

Study the gospel with a powerful digital version of the Bible, the Book of Mormon, the Doctrine and Covenants, and the Pearl of Great Price. This Internet edition of the scriptures contains the full text as well as study aids. Study helps include: Bible Dictionary, Topical Guide, Index, Joseph Smith Translation, and Footnotes. Additional helps include: Bible Maps, Scriptural Photographs, Church History Maps, Church History Photographs, and Church History Chronology.

<http://scriptures.lds.org/>

Make a list of scriptures to study, memorize, and ponder. Make a calendar or schedule for your scripture study. LDS Scripture Mastery Lists for Seminary are online at

<http://www.coolcontent.com/ScriptureMastery/>

Seminary scriptures to master in memory and in meaning are below.

Book of Mormon:

1 Nephi 3:7; 1 Nephi 19:23; 2 Nephi 2:25; 2 Nephi 2:27; 2 Nephi 9:28-29; 2 Nephi 28:7-9; 2 Nephi 32:3; 2 Nephi 32:8-9; Jacob 2:18-19; Mosiah 2:17; Mosiah 3:19; Mosiah 4:30; Alma 32:21; Alma 34:32-34; Alma 37:6-7; Alma 37:35; Alma 41:10; Helaman 5:12; 3 Nephi 11:29; 3 Nephi 27:27; Ether 12:6; Ether 12:27; Moroni 7:16-17; Moroni 7:45; Moroni 10:4-5

Old Testament:

Moses 1:39; Moses 7:18; Abraham 3:22-23; Genesis 1:26-27; Genesis 39:9; Exodus 20:3-17; Exodus 33:11; Leviticus 19:18; Deuteronomy 7:3-4; Joshua 1:8; Joshua 24:15; 1 Samuel 16:7; Job 19:25-26; Psalms 24:3-4; Proverbs 3:5-6; Isaiah 1:18; Isaiah 29:13-14; Isaiah 53:3-5; Isaiah 55:8-9; Jeremiah 16:16; Ezekiel 37:15-17; Daniel 2:44-45; Amos 3:7; Malachi 3:8-10; Malachi 4:5-6

New Testament:

Matthew 5:14-16; Matthew 6:24; Matthew 16:15-19; Matthew 25:40; Luke 24:36-39; John 3:5; John 7:17; John 10:16; John 14:15; John 17:3; Acts 7:55-56; Romans 1:16; 1 Corinthians 10:13; 1 Corinthians 15:20-22; 1 Corinthians 15:29; 1 Corinthians 15:40-42; Ephesians 4:11-14; 2 Thessalonians 2:1-3; 2 Timothy 3:1-5; 2 Timothy 3:16-17; Hebrews 5:4; James 1:5-6; James 2:17-18; Revelation 14:6-7; Revelation 20:12-13

Doctrine and Covenants:

Joseph Smith History 1:15-20; D&C 1:37-38; D&C 8:2-3; D&C 10:5; D&C 14:7; D&C 18:10, 15-16; D&C 19:16-19; D&C 25:12; D&C 58:26-27; D&C 58:42-43; D&C 59:9-10; D&C 64:9-11; D&C 64:23; D&C 76:22-24; D&C 82:3; D&C 82:10; D&C 84:33-39; D&C 88:123-24; D&C 89:18-21; D&C 121:34-36; D&C 130:18-19; D&C 130:20-21; D&C 130:22-23; D&C 131:1-4; D&C 137:7-10

This Month's Suggested Books:

=====

“Living Safe in an Unsafe World: The Complete Guide to Family Preparedness” by Kate Kelly, Randall C. Duncan (Introduction)

ISBN: 0451409329

From the Publisher:

“Whatever emergency comes your way, Living Safe in an Unsafe World is your guidebook on how your family can survive it. You'll read about how to prepare for emergencies by developing ‘situational

awareness,' investigating insurance coverage, posting emergency numbers, designating family 'safety spots,' traveling safely, and more...." "The American Red Cross believes that everyone should be prepared for any possible disruption in their daily lives that may be caused by disasters, from a home fire to something that affects the entire community. The content of this book can help you and your family be more prepared and safer should disaster strike. Most steps recommended in this book are simple and easy to do with little time and effort, yet will result in greater peace of mind for everyone in the family.' -Rocky Lopes, Ph.D., Sr. Associate for Disaster Education American Red Cross Headquarters"

"To Your Health: Gospel Perspectives on Nurturing the Mind, Body, and Spirit" by Brent Q. Hafen, Kathryn J. Frandsen, Keith J. Karren, and N. Lee Smith
ISBN: 1577342992

From DeseretBook.com:

"We are constantly surrounded by disease-causing organisms, why then are we not always sick? Is there any truth to 'mind over matter' when it comes to health? Can living the gospel of Jesus Christ actually result in better health? The answers to these questions, and the solution to total health can be found in a revolutionary new book called To Your Health. With quotes from LDS leaders and scientific experts, To Your Health will forever change your perspective on health."

Books suggested in Food Storage Newsletter, past and present, are listed on the NurseHealer.com Food Storage webpage at <http://www.nursehealer.com/Storage.htm> Information about each book, ordering information, and resources are provided as available.

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

This Month's Frugal Living Tips:

=====

Develop a budget that is reasonable and responsible, and live within your budget in order to pay your bills, reduce or eliminate debt, and pay your tithes and offerings. Provident living is being "wise, frugal, prudent, making provision for the future while attending to immediate needs", as stated by Sister Barbara B. Smith (Ensign, May 1976, p. 118). Keeping such a simple record of your finances can help you take responsibility for your finances because you will know how much money you have; when it was received, spent, or saved; and whether or not you are living within your budget.

(Suggestions from Young Women Manual 2, Managing Personal Resources, Chapter 46: Financial Responsibility)

"Let us avoid debt as we would avoid a plague; where we are now in debt let us get out of debt; if not today, then tomorrow. Let us straitly and strictly live within our incomes, and save a little" (President J. Reuben Clark Jr., Conference Report, Apr. 1937, 26).

Sample Budget Form:

=====

Total Income _____
Tithing—10 percent _____
Church Contributions _____
Savings _____
Food _____
Clothing _____
Housing _____
Medical Expenses _____

Transportation _____
 Utilities _____
 Other _____
 Other _____
 Other _____
 Total Expenses _____

President N. Eldon Tanner stated, "Financial security and peace of mind under any economic circumstances." Those are the goals of financial management. To help us achieve them, he introduced five guidelines: (1) pay an honest tithing; (2) live on less than is earned; (3) learn to distinguish between needs and wants; (4) develop and live within a budget; and (5) be honest in all financial affairs. (General Conference, October 1979.)

A free pamphlet with step-by-step practical suggestions on sound financial management is available through the Church of Jesus Christ of Latter-Day Saints Distribution Center. The pamphlet is called, "One for the Money: Guide to Family Finance" by Elder Marvin J. Ashton . The Salt Lake Distribution Center is now online at <http://www.ldscatalog.com/>

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

Newsletter & Email List Information:
 =====

Back issues of this Food Storage Newsletter are available for viewing, downloading, and printing from the archives at <http://www.nursehealer.com/Storage.htm> in HTML format, Microsoft Word (.doc) format, or Adobe Acrobat (.pdf) format.

NOTE: .pdf files require Adobe Acrobat Reader to view and print.
 (FREE download <http://www.adobe.com/products/acrobat/readermain.html>)

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>

--

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>

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

NEW Banner Link for NurseHealer.com <http://www.nursehealer.com/Banner.htm>

[Food Storage](#)

Food Storage Newsletter

A FREE Monthly Email Food Storage Newsletter is available by joining the **FREE Food Storage Newsletter Announce-Only Email List, the NurseHealer Email Discussion List, or the LDS Food Storage Email Discussion List** at <http://www.nursehealer.com/Listbot.htm> This newsletter will provide food storage guidelines, acquisition plans, shelf life information, cooking and food preparation ideas, and buying and storage tips. These ideas are gathered from numerous resources. It is written so that anyone interested in food storage for any reason may find useful information in it.

[SUBSCRIBE OR UNSUBSCRIBE to Email Lists \[HERE \]](#)

[NurseHealer.com](#)

[Sitemap](#)

[Suggest a Link](#)

[Banner Link](#)

[Announce to a Friend](#)

[Forums](#)

[Email Lists](#)

[Classifieds](#)

[WebRing](#)

[Guestbook](#)

[Bookstore](#)

[Contact NurseHealer](#)

[VOTE](#)

[Awards](#)

[Search This Site](#)

[Copyright © 1997, 1998, 1999, 2000, 2001 by Mary Catherine \("Cathy"\) Miller All Rights Reserved.](#)