

# Food Storage Newsletter

Food Storage Newsletter #0016 - FREE monthly Email newsletter - April 2001:

**Quotation:**

"How on the face of the earth could a man enjoy his religion, when he had been told by the Lord how to prepare for a day of famine, when, instead of doing so, he had fooled away that which would have sustained him and his family." (Elder George A. Smith - Journal of Discourses, vol. 12, p. 142.)

**Spiritual Goal:**

Perform some act of service to family members or others at least once a week.

**Provident Living Goal:**

Set aside a specific amount of savings for emergencies, and set a goal to add to your savings regularly.

**Home Storage Goal:**

Canned soup, stew, or chili – 50 cans per person

Jams, jellies, or preserves – 3 lbs. per person

Condiments

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

NOTE: If your family doesn't use suggested items, substitute foods used.

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

**72 Hour Kit Goal:**

Dishrag; dishwashing liquid; toilet tissue; pocketknife; fishing gear

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

**First Aid Kit Goal:**

1-inch adhesive tape roll – 1 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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Soup, canned – 3+ years

Soup, Bear Creek - 36 months (435) 654-2660

Soup, Campbell - 18-24 months 1-800-871-0988

Soup, Country Kitchen - 36 months

Soup Base, Tone - 10 years

Stew, Beef, Dinty Moore - 24-36 months 1-800-523-4635 (some sources say indefinitely in original container)

Chili, canned – indefinitely

Chili w/beans and without, can - indefinitely (in original container)

Chili w/beans, Hormel - indefinite 1-800-523-4635

Chili, Seafood Cocktail - 24 months

Jellies, Jams – 12-18 months

Soup, can - Healthy Choice - 24 months 714-680-1431

CODE: 870T4 = 8 is year, 7 is month.

Soup, can, Progresso - 36 months (800) 200-9377

CODE: First letter is month, Next number is year, next letter is mfg plant, next two numbers, day of month. L7N26 =

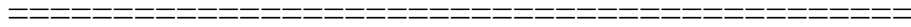
12/16/97

Stew, can, Hormel, Dinty Moore - 5-8 years (800) 523-4635

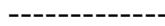
CODE: Second and third number is month, next two are day, last number is year.

- More SHELF LIFE information with lots of resources: <http://www.nursehealer.com/ShelfLife.htm>

This Month's Cooking with Food Storage Ideas:



Beef Stew



(to can or freeze)

This classic beef stew may be canned or frozen, but we prefer freezing, because there is a texture and flavor loss in the canned version. In commercially canned foods like this, chemicals and salt are added to help preserve the texture and flavor. To minimize these losses in canning, follow the recipe, leaving out the vegetables and cooking the stew for only 45 minutes. Then add the vegetables and cook for only about 3 minutes instead of the time recommended here. Let the vegetables do their real cooking in the canner.

- 1 1/2 lbs. lean beef stew meat, cut into 1-inch cubes
- 4 c. beef stock
- 1 clove garlic, minced
- 1/2 tsp. Freshly ground pepper
- 1/2 tsp. Paprika
- 1 Tbs. Worcestershire sauce
- sm. Yellow onions, quartered
- 6 carrots, sliced into 1-inch pieces
- 2 Tbs. Whole wheat flour
- 1 c. beef stock (optional)
- 1 Tbs. Vegetable oil
- 2 tsp. Lemon juice
- 2 bay leaves
- 1/4 tsp. Ground allspice
- 1 sm. Onion, finely chopped
- 10 pearl onions, peeled and left whole, OR 3
- 4 medium-size potatoes, cut into 1-inch cubes
- 1/4 c. milk
- 2 c. frozen or fresh peas

Brown meat in oil slowly for about 15 minutes. Add beef stock, lemon juice, garlic, bay leaves, pepper, allspice, paprika, chopped onions, and Worcestershire sauce. Simmer for 1 1/2 hours. Add pearl or yellow onions, carrots, and potatoes and cook for 20 minutes. Whisk flour and milk until well blended. Add flour mixture to the broth. Add beef stock, if necessary. Stir until thick and then add peas. Cook until heated through. Remove bay leaves. Can or freeze. To can, pack hot into hot, scalded pint or quart jars, leaving 1-inch headspace. Adjust seals and process in a pressure canner, 75 minutes for pints and 90 minutes for quarts. Yield: 6 pints or 3 quarts

Variations: 1. Add 1 pint canned tomatoes with beef stock; 2. Add 1/3 c. tomato paste when you add flour mixture to broth.

-from "Stocking Up" by Carol Huppig and the Staff of the Rodale Food Center ISBN 0-671-69395-6

Chili con Carne



- 3 c. dried pinto beans, or dried red kidney beans, rinsed and picked over
- 5 1/2 c. water
- 3 lbs. ground beef
- 5 tsp. Salt, divided
- 3 med. Onions, chopped

- 1 lg. Green bell pepper; chopped (about 1 cup)
- 1 tsp. Black pepper            3 Tbs. Chili powder
- 2 qts. Crushed or whole tomatoes (15-18 medium tomatoes, about 5 lbs.)

Place beans in a 2-qt. Saucepan. Add cold water to a level of 2-3 inches above the beans and soak 12-18 hours. Drain and discard water. Combine beans with 5 ½ cups fresh water and 2 tsp. Salt. Bring to a boil. Reduce heat and simmer 30 minutes. Drain and discard water. Brown beef, onions, and peppers in a skillet. Drain off fat and add 3 tsp. Salt, pepper, chili powder, tomatoes, and drained cooked beans. Simmer 5 minutes. Adjust seasonings. Fill jars, leaving 1 inch headspace. Adjust lids. Process in a pressure canner 75 minutes. If you're using a dial gauge canner, process at 11 lbs. pressure. If you're using a weighted gauge canner, process at 10 lbs. pressure. Yield: 9 pints (18 1-cup servings)  
- from "The Big Book of Preserving the Harvest" by Carol W. Costenbader, Pamela Lappies (Editor), Julia Rubel (Editor) ISBN: 0882669788 (paperback) ISBN: 0882668005 (hardback)

### Campbell's Chicken & Stuffing Skillet

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- 1 Tbsp. butter or margarine
- 4 boneless chicken breast halves
- 1 box (6 oz.) Pepperidge Farm One Step Chicken Flavored Stuffing Mix
- 1 can (10 ¾ oz.) your favorite Campbell's Cream Soup\*
- 1/2 cup milk
- 1/2 cup shredded Cheddar cheese

HEAT butter in skillet. Add chicken and cook 12 to 15 min. or until done. Remove chicken. PREPARE stuffing in skillet according to pkg. directions except let stand 2 min. TOP with chicken. Mix soup and milk. Pour over chicken. Sprinkle with cheese. Cover and heat through. Serves 4. Prep/Cook Time: 20 minutes

\*Delicious with Campbell's Cream of Celery, Cream of Chicken or Cream of Mushroom Soup.  
- from <http://www.campbellkitchen.com/getrecipe.cfm?RID=1803>

### Old-Fashioned Peach Preserves

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- ½ tsp. Ascorbic acid (crystals, powder, or crushed tablets)
- 3 ½ lbs. peaches, peeled, pitted, and chopped (about 7 large)
- 5 c. sugar
- ¼ c. lemon juice
- ¾ tsp. Almond extract

Prepare an acid bath by adding the ascorbic acid to 1 quart water. Dip the peaches in the acid bath and then drain well. Combine fruit, sugar, and lemon juice in a heavy 6-8 quart saucepan, stirring over medium heat to dissolve sugar. Boil slowly, stirring constantly, until mixture thickens and fruit is translucent and reaches 220 degrees F. on a cooking thermometer. Stir in almond extract. Remove from heat and skim foam, if there is any, with a metal spoon. Ladle into sterile jars, allowing ¼ inch headspace. Cap and seal. Process 10 minutes in a boiling-water-bath canner.

- from "The Big Book of Preserving the Harvest" by Carol W. Costenbader, Pamela Lappies (Editor), Julia Rubel (Editor) ISBN: 0882669788 (paperback) ISBN: 0882668005 (hardback)

### Rosemary Jelly

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- 6 sprigs rosemary (3 inches long)            1 ¼ cups boiling water

- 1/4 cup vinegar
- 3 cups sugar
- Red food colouring (optional)
- 1/2 bottle liquid pectin

STEEP rosemary in boiling water for 15 minutes. Measure 1 cup into pan. ADD sugar & vinegar. Bring to boil. ADD pectin & colouring - BOIL 1/2 minute. Pour into sterilized jars & seal. (Hint: Also try marjoram or sage. using 3/4 cup of herb to 1 1/4 cups water)  
 - from Forget-me-Not Herbs and Wildflowers <http://home.achilles.net/forgetmenot/recipes.htm>

### Apricot Jam

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- 4 c. pitted apricots
- 5 c. sugar
- 1/2 can (6 oz) lemonade or 2 Tbs. Lemon juice
- 1 c. crushed pineapple
- 1 3-oz. Pkg. Lemon or orange Jello

Blend apricots and pineapple in blender or food processor. Add sugar. Bring to boil in large saucepan and cook, stirring for 10 minutes. Add Jello and lemonade; boil 2 minutes. Pour into hot sterilized jars.  
 - from "Century of Mormon Cookery" by Hermine B. Horman and Connie Fairbanks ISBN: 1880328232

### Basic Honey Jelly

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- 1 c Honey
- 1/4 c Water
- 1/8 c Liquid fruit pectin

Heat honey and water to boiling, stirring constantly. Add liquid fruit pectin and bring back to boil. Allow to cool in jelly jars.  
 - from Just Recipes <http://www.melborponsti.com/index.htm>

### Apple Jelly

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(The simplest of jellies, because apples make their own pectin.)

- 5 lbs. apples
- honey

Wash apples. Remove stems and dark spots and quarter apples, but do not pare or core. Add just enough water to half cover apples and cook in a stainless steel or enamel saucepan until the fruit is soft. Drain, using a jelly bag. You'll get more juice if you squeeze the bag, but it will make a cloudy jelly. Measure 6 cups juice. Add 1/2 cup honey for every cup juice. Boil until a good jelly test is obtained. Pour into hot, sterilized half-pint jars, leaving 1/4-inch headspace, and seal. Process for 5 minutes in a boiling-water bath. Yield: 5 half-pints

#### Variations:

Apple Mint Jelly – Just before removing apple jelly from the heat, add a few mint leaves that have been washed (about 1/4 c. mint leaves to 1 qt. Juice) and a bit of natural green food coloring. Stir, remove the leaves, and process as above. This makes an attractive and delicious jelly to serve with lamb.

Apple Cinnamon Jelly – Drop a stick of cinnamon in each jar before processing.  
 -from "Stocking Up" by Carol Huppington and the Staff of the Rodale Food Center ISBN 0-671-69395-6

### Diabetic Strawberry Jam - sugarcfree

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- 4 c. Strawberries, halved
- 1/2 c. Concentrated white grape juice (simmered down from 1-1/2 cups)
- 2 1/2 Tbs. Lemon juice

1/4 tsp. Grated lemon rind

1 1/2 Tbs. Unflavored gelatin (1-1/2 envelopes)

Place berries juices and lemon rind in saucepan. Mash berries slightly to release juice. Heat to boiling. Sprinkle with unflavored gelatin. Remove from heat, skim and pack into hot jars with hot lids. Cool to room temperature before freezing. Because this is stored in the freezer, you may use any airtight, leakproof freezer container for storage, even plastic containers. Tastes better if allowed to sit for a week. Freezes beautifully for up to 6 months.

- from Sugarfree Recipes <http://www.our-daily-bread.com/recipes/recipe/0256.htm>

## Jelly Roll

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(The cornstarch gives it a fine, springy texture. Fill it with jelly or jam, whipped cream, ice cream, or any other filling you wish.)

5 eggs, separated

1 tsp. Vanilla

1/2 tsp. Salt

1/2 c. (65 g) granulated sugar

1/3 c. (3/4 dL) cornstarch

1/3 c. (50 g) flour

Confectioners' sugar

Jelly or jam

Preheat the oven to 375 degrees F. (190 degrees C). Grease a 10 1/2 x 15 1/2 -inch jelly-roll pan and cover it with wax paper. Beat the egg yolks and add the vanilla; set aside. Beat the egg whites until foamy, add the salt, and continue beating until the whites form soft peaks. Slowly add the granulated sugar and beat until stiff but not dry. Spoon the whites over the yolks and sprinkle the cornstarch and flour on top. Fold gently until blended. Spread in the pan and bake for about 12 minutes, until a toothpick comes out clean. Meanwhile, liberally dust a kitchen towel with confectioners' sugar. Turn the jelly roll out onto the towel, carefully remove the wax paper, and trim off any crisp edges. Roll the cake up in the towel from the long side and let it rest for a minute, unroll it and let it rest for a few minutes, the roll it up in the towel again and let it cool completely. Unroll, spread all over with jelly or jam right to the edges, roll up - this time WITHOUT the towel inside - and sprinkle with confectioners' sugar. (15-inch jelly roll)

### Jelly Roll Fillings:

Whipped Cream Filling - Whip 1 1/2 cups heavy cream, flavoring it with sugar to taste and 2 teaspoons vanilla or 1 tablespoon instant coffee. Spread on the jellyroll instead of the jelly or jam and roll up.

Ice Cream Filling - Omit the jelly or jam and spread the roll with 1 quart softened chocolate ice cream, or another flavor, if you wish. Roll up and keep in the freezer until ready to serve.

- from "Fannie Farmer Cookbook" by Marion Cunningham ISBN: 0553234889

## Old Fashioned Jam Cake

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Cream together:

1/2 c. butter

1 1/4 c. sugar

3 egg yolks

Dissolve:

1 tsp. Soda in 1 c. buttermilk

Sift together:

2 1/4 c. flour

1/4 tsp. Salt & 1/4 tsp. Cloves

Add to first mixture: 1/2 tsp. Each cinnamon & allspice

Gently mix together and stir in 1 c. strawberry or blackberry jam.

Beat 3 egg whites stiff and fold in last. Pour into loaf pans and bake at 375 degrees 35-40 minutes. Frost with butter cream icing.

- from "Century of Mormon Cookery" by Hermine B. Horman and Connie Fairbanks ISBN: 1880328232

### Apricot Glaze (for any cake)

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1 small jar apricot preserves

Melt the apricot preserves over low heat until liquid. Strain and spread on the cake.

- from "Fannie Farmer Cookbook" by Marion Cunningham ISBN: 0553234889

### Jubilees (crisp, chewy cookies)

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¼ lb. (115 g) butter

1 c. (200 g) sugar

2 eggs

1 tsp. Vanilla

1 ½ c. (215 g) flour

1 tsp. Baking powder

¼ tsp. Baking soda

½ tsp. Salt

Cornflakes, slightly crumbled

Jam or jelly

Preheat the oven to 350 degrees F. (180 degrees C) and grease some cookie sheets. Cream the butter, then add the sugar gradually, combining well. Add the eggs and vanilla and mix well. Mix together the flour, baking powder, baking soda, and salt. Add to the first mixture and combine thoroughly. Chill until firm enough to handle, then shape with your fingers into 1-inch balls. Roll in cornflakes and place on the cookie sheets, about 2 inches apart. Indent each in the center with your finger and fill with a little jam or jelly. Bake for 15-20 minutes or until firm.

(Makes about 40 cookies)

- from "Fannie Farmer Cookbook" by Marion Cunningham ISBN: 0553234889

### Jam or Marmalade Bars

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½ c. (1 dL) shortening

½ c. (100 g) sugar

½ tsp. Vanilla

½ tsp. Almond extract

1 egg

1 ½ c. (215 g) flour

1 tsp. Baking powder

½ tsp. Cinnamon

¼ tsp. Ground cloves

½ tsp. Salt

Raspberry jam or marmalade

Preheat the oven to 400 degrees F. (205 degrees C). Grease an 8-inch square pan. Cream the shortening with the sugar, vanilla, and almond extract. Stir in the egg and blend well. Mix together the flour, baking powder, cinnamon, cloves, and salt, add to the first mixture, and combine thoroughly. Spread half the dough in the pan. Cover with a layer of jam or marmalade. Pat the remaining dough on top and bake for about 25 minutes. Cool, then cut into bars 1 x 4 inches. (Makes 16 bars)

- from "Fannie Farmer Cookbook" by Marion Cunningham ISBN: 0553234889

### Jam Muffins

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Before baking corn meal and wheat muffins or muffins with rye in them, place ½ teaspoon of jam, jelly or marmalade on top of each muffin.

- from "Cooking With Wholegrains: The Basic Wholegrain Cookbook" by Mildred Ellen Orton ISBN: 0865474850

## Tomato Catsup

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(for home canning)

1 bushel tomatoes                      2 stalks celery cut  
5 lg. Onions                              2 green peppers

Boil until tender and strain.

Add:

6 c. sugar                                  1 ½ c. salt  
1 level tsp. Cayenne pepper      6 c. vinegar  
1 box pickling spice

Boil for 4-6 hours and bottle.

- from "A Century of Mormon Cookery" by Hermine B. Horman and Connie Fairbanks ISBN: 1880328232

(NOTE: 1 bushel = 4 pecks; 1 peck = 2 dry gallons = 8 dry qts.)

## GRANDMA'S MUSTARD

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¾ cup dry mustard                      ¾ cup distilled white vinegar  
½ cup honey                              2 egg yolks

In a small bowl, combine mustard and vinegar. Cover and let stand at room temperature overnight. Mix all 4 ingredients in a saucepan. Cook over low heat, stirring until thickened (about 7 minutes). Cool. Mustard will keep in refrigerator for 2 weeks.

- from Granny's Kitchen <http://www.grannyskitchen.com/>

## Cole Slaw – from Debbie Cusick

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I make cole slaw all the time - and in various ways, but this is probably my most "standard" version:

2-3 cups shredded cabbage  
2 tsp. olive oil or Udo's Choice Oil  
2-3 tbsp. mayonnaise  
Pepper and Morton's Lite salt to taste  
½ package equal, Splenda or equivalent sweetener

Combine all ingredients and enjoy! I adore this.

- from alt.support.diet.low-carb newsgroup recipes - Volume 2

Downloaded in Word 6.0 format <http://www.camacdonald.com/lc/cookbookdownload.html>

NOTE: Splenda is a no calorie sweetener made from sugar (Sucralose) without carbohydrates. (To substitute Splenda in recipes, use an equal amount as sugar called for in the recipe.)

<http://www.splenda.com/> For tips in baking, see <http://www.splenda.com/recipes/tips.html>

NOTE: If recipes do not load properly into your email, you can download the newsletter in HTML, doc, or pdf format at <http://www.nursehealer.com/Storage.htm>

Recipes from all previous Food Storage Newsletters are now online at

<http://www.nursehealer.com/Recipes14.htm>

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

## This Month's Spiritual Preparation Ideas:

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Plan to perform some act of service to family members or others at least once a week. This could be a community service project or a personal service of your fellowman. Accept no monetary gain for your service, and perform the service humbly, prayerfully, and cheerfully.

Jesus said, "I am among you as he that serveth" (Luke 22:27). As true followers of Jesus, we also must serve others.

"The obligation we all have to serve in our communities is in reality an opportunity given by our Heavenly Father. When we approach it in the right spirit, with the right principles and goals in mind, we will bring blessings into the lives of others and enrich our own lives as well."

#### Some Things to Do:

- Approach service in your community with no thought of any particular benefit or personal opportunity except to make your city or area better.
- Assess your own talents, abilities, interests, and time, then volunteer to serve where you believe you can make a contribution.
- If you don't know where to begin, investigate opportunities that will allow you to fill a need. In most areas there will be an agency or organization that maintains a list of service opportunities. Newspapers and schools may also offer information about needs that can be filled. Ask friends in other churches about the service projects they are involved in.
- Give your support to an existing program where there is already an organization in place to meet a need. Go to service clubs or the city government and ask if there is some way you can help with a particular problem; if they know of no existing program, you may want to consider starting one.
- When you enter into any community service activity, expect to meet good people and make new friends—and you will. Expect to find people who share at least some of your values—and you will.
- Focus on the beliefs or attitudes and practices you have in common with others who serve in the community, not on differences. Whatever they may feel or express about Latter-day Saint beliefs or practices, let them see your desire is to make the community better.
- Let your works prove your commitment; let your consistent, dedicated service speak for itself. Be patient if it takes time to build credibility, to prove you're not there simply to do missionary work.
- Reach beyond your friendships in the ward or branch when you socialize and serve. Help dissipate untrue impressions that Latter-day Saints are a closed society and do not enjoy friendships outside the Church.
- Remember, "be not weary in well-doing, for ye are laying the foundation of a great work. And out of small things proceedeth that which is great" (D&C 64:33). One kind word, one friendly handshake can go a long way toward bringing about good.
- Learn to express disagreement with civility when principles require you to express a different perspective; yet maintain your ability to work with people on the basis of principles that you agree upon.
- If you are concerned about taking time away from your family, find ways to involve them in service with you. They will be blessed by it just as you are.
- Be a regular volunteer if possible. If it is not possible, be willing to contribute whatever you can. Even a little bit will help.
- Support your spouse in community service. His or her contribution can be greatly enhanced by your cooperation, and those who support are serving too.
- Learn the pure joy of giving anonymous service. When you thoughtfully, sensitively, and prayerfully consider your course, your actions can change lives for generations, especially the lives of those who are embarrassed or reluctant about seeking or receiving help.



- from "Tips for Serving Effectively," Ensign, Feb. 1999, p. 28

### Try some Random Acts of Kindness:

Bake cookies for someone; Give flowers to someone; Offer to babysit for someone; Take someone to lunch; Offer to clean someone's house; Read a story to a child; Clean up the pews at Church; Bake a loaf of bread for someone; Help someone rake their yard; Give the Book of Mormon to someone; Take treats to a school, scout or sport meeting; Send small presents to someone who's bedridden; Offer to wash someone's windows; Write a poem and give it to someone; Give out nice thoughts on pretty paper; Call someone and really listen to them; Read a story to someone in a nursing home; Take flower bulbs to a neighbor for Easter; Help a young mother with her children; Offer to walk someone's dog or cat; Drive someone to school; Visit someone just because

- from The Compassionate Woman <http://www.mormons.org/rs/compassion/compassion.htm>

### This Month's Suggested Books:

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"Complete Guide to Home Canning and Preserving" by The U S Dept of Agriculture ISBN: 0486409317

#### From the Publisher:

This practical, easy-to-follow guide--newly revised and updated--offers food shoppers an attractive, high-quality alternative to high-priced, overprocessed, and undernourishing foods. Virtually everything you need to know about home canning is here: how to select, prepare, and can fruits, vegetables, poultry, red meats, and seafoods; how to preserve fruit spreads, fermented foods, and pickled vegetables; how to test jar seals, identify and handle spoiled canned foods, prepare foods for special diets, and much more.

#### Table of Contents:

Principles of Home Canning  
Selecting, Preparing, and Canning Fruit and Fruit Products  
Selecting, Preparing, and Canning Tomatoes and Tomato Products  
Selecting, Preparing, and Canning Vegetables and Vegetable Products  
Preparing and Canning Poultry, Red Meats, and Seafoods  
Preparing and Canning Fermented Foods and Pickled Vegetables  
Preparing and Canning Jams and Jellies

"How to Develop a Low-Cost Family Food-Storage System" by Anita Evangelista ISBN: 0966693205

From The Publisher: "If you're weary of spending a large percentage of your income on your family's food needs, then you should follow this amazing book's numerous tips on food-storage techniques. Slash your food bill by over fifty percent, and increase your self-sufficiency at the same time through alternative ways of obtaining, processing and storing foodstuffs. Includes methods of freezing, canning, smoking, jerking, salting, pickling, krauting, drying, brandying and many other food-preservation procedures." (112 pages)

If you want to reduce your family's food expenses, increase your self-sufficiency, and ready yourself in case of possible future food shortages, then you should read this book. Includes: practical food storage programs, low-cost sources for your foods, bulk-storage techniques, and more.

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:

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Set aside a specific amount of savings for emergencies, and set add to your savings regularly. Everyone should have an emergency cash reserve. The longer or deeper the economic downturn, the greater the need for ready money in such cases as unemployment, reduced income, illness, or injury. Many experts recommend having a fund equal to three to six times your monthly net income or enough to handle typical cash requirements for one year. Of course, if you have a year's supply of basic food, clothing, fuel, and other commodities, you'd need less cash. This emergency cash reserve is not your savings for special events such as mission, college, marriage, travel, etc.

(Some suggestions from "Questions about Coping Financially: Welfare Services Suggests Some Answers," Ensign, June 1980, page 12)

Silver in coin form is a good investment in times of chaos. Old coins minted prior to 1965 were 90% silver and 10% copper. (Canadian coins were 80% silver and 20% copper). These old dimes, quarters, fifty-cent pieces and silver dollars are called "junk silver."

"Because they're 'real money,' gold and silver should be a fundamental part of the self-reliant life-style." - Michael S. Hyatt Self-Reliant Living: Editorial: Financial Self-Reliance: Holding Gold and Silver

Four Characteristics Of Money: It must be divisible; It must have high value in relation to its volume and weight; There must be recognizability; It must have transportability.

Gold and silver coins satisfy all these requirements.

- from [http://darren.lib.utah.edu/why\\_gold\\_and\\_silver.htm](http://darren.lib.utah.edu/why_gold_and_silver.htm)

- More info <http://www.nursehealer.com/Silver&Gold.doc>

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

### Newsletter & Email List Information:

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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> )

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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)

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

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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)

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