

# Food Storage Newsletter

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Food Storage Newsletter #0017 - FREE monthly Email newsletter - May 2001:

## Quotation:

“The principle of the fat and lean kine is as applicable today as it was in the days when, on the banks of the Nile, Joseph interpreted Pharaoh's dream. Officials now warn us, and warn again, that scant days are coming.” (President Heber J. Grant, J. Reuben Clark, Jr., David O. McKay (First Presidency), Conference Report 1942 as quoted in We Believe, by Rulon T. Burton)

## Spiritual Goal:

Repent of wrongdoing at least weekly by asking forgiveness of the Lord and of anyone you may have wronged. Find a way to atone for your wrongdoing by setting things right, making restitution, or doing a good deed.

## Provident Living Goal:

Learn how to do basic machine and hand sewing, mending, and clothing remodeling. Set a goal to build a useful sewing kit for your home and place a smaller sewing kit in your 72-hour emergency kit.

## Home Storage Goal:

Wheat – 100 lbs. per person

Milk (Evaporated) – 12 cans per person

Ready Meals – 24 meals per person (May include cans, packets, etc.; i.e. MREs, Ravioli, Spaghetti, Chicken & Dumplings, Meal Pouches)

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:

Lantern; flashlight; candles; alarm clock; radio

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

## First Aid Kit Goal:

Adhesive bandages (Band-aids) – 10 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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Wheat, Whole (a hard grain) - 10-12 years+ (at room temperature sealed without oxygen) (indefinitely (with oxygen absorbers)

Wheat, shredded, dry Ready-to-eat - 12 months

Milk Alternate, Morning Moo brand powdered - 5 years in original bag (7 years in bucket)

<http://www.bluechipgroup.net/>

Milk, aseptic packaging - Pkg. date

Milk, Canned, Condensed - 12 months

Milk, Canned, Sweetened Condensed - 24-36 months

Milk, Canned, Evaporated - 12-36 months

Milk, Evaporated, Publix - 18-24 months

MRE (Meals Ready to Eat) – 3-10 years (stored at 80 degrees or cooler)

Chicken and Dumplings, can - indefinitely in original container

Chicken & Dumplings OR Chicken & Noodles, can, Sweet Sue - 24 months (800) 633-3294

CODE: On 1st line - last # is year. On 2nd line - first 2 numbers is the month, next 2 are day.

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

This Month's Cooking with Food Storage Ideas:

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### Ground Wheat Breakfast Cereal

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Bring to a boil:

3 c. water

Combine separately and add:

1 c. cold water

1 c. ground wheat

2 tsp. Salt

Stir constantly while thickening to prevent lumps. Reduce heat and cook 15-20 minutes. Serve with milk and sugar, honey or molasses.

Serves 6.

- from "More-with-Less Cookbook" by Doris Janzen Longacre; Designed by Mary E. Showalter

ISBN: 0836117867

### Wheat Milk

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1 cup wheat sprouts (2 days)

4-6 cups spring or filtered water

½ cup raisins, soaked

Blend wheat sprouts with water for 2 minutes at high speed. Strain through a fine wire mesh strainer, discarding pulp and returning liquid to blender. Add raisins; blend and strain as before.

- from "Sprouting Book: How to Grow and Use Sprouts to Maximize Your Health and Vitality" by Ann Wigmore

ISBN: 0895292467

### 100% Whole Wheat Bread

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1 ½ c. warm water

3 Tbs. Honey

1 can evaporated milk

1 Tbs. Salt

1/3 c. oil

2 eggs, beaten

2 Tbs. Yeast

7 c. whole wheat flour

Mix in order and raise in greased bowl, 35-45 minutes. Punch down, divide into 3 loaves. Raise for 20 minutes.

Bake at 350 degrees for 45 minutes. (This dough can be used for dinner rolls and cinnamon rolls.)

- from "Cookin with Home Storage" by Peggy Layton and Vicki Tate

ISBN: 1893519015

### Pre-Workout Drink

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Watermelon - rind and all

2 Handfuls Wheatgrass

Juice the above ingredients (in a fruit/vegetable juicer.)

- from RawFoodists.com

<http://www.rawfoodists.com/support/recipe/20000810-09.html>

## Essene Bread (Plain)

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(Wheat berries, whole barley or whole rye were used in the making of Essene bread. Here's how.)

1 to 2 cups wheat, barley, or rye (or any combination of the three)

½ tsp. Salt (optional) or 2 tsp. Kelp

Soak grain 8-12 hours and leave to sprout 16-48 hours or until sprout is length of the grain. (Rinse and drain 2 or 3 times during sprouting.) Grind the sprouted grains with hand grinder, using fine disc, or in a Champion blender or such grinders as Chop-rite or Wheatena. Grind twice if necessary to make a finely-ground mass. Add salt or kelp. Knead until dough binds. Make into 2-inch thick loaves or patties, or large 1-inch thick circles. Place in the sun for several hours, turning now and then, or in a warm place (75 to 90 degrees) until dry on the outside.

Essene Bread Variations:

1. To the Essene bread dough, add 1 to 2 cups of finely chopped vegetables, as celery, parsley, bell pepper, radish or carrot, in any combination or singly.

2. When grinding the sprouted grain, add from 1 to 2 tablespoons of celery seed, caraway, poppy, dill or sesame seed.

3. While grinding the sprouted grain, add ½ cup of figs, dates or raisins.

- from "UNcook Book: Raw Food Adventures to a New Health High" by Elizabeth & Dr. Elton Baker

ISBN: 0937766054 OR 1579010091

## Peanut Butter Oatmeal Cookies

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1 ½ c. peanut butter

¾ c. butter or margarine

¾ c. shortening

3 ¾ c. packed brown sugar

3 eggs

1 c. chocolate chips

3 tsp. Vanilla

3 c. whole-wheat flour

3 tsp. Baking powder

1 ½ tsp. Salt

3 c. rolled oats

Mix together peanut butter, butter, shortening and sugar till creamy. Add eggs and vanilla and mix well. Add flour, baking powder and salt to creamed mixture, blending well. Stir in oats. Drop cookies onto ungreased cookie sheet. Bake 14 minutes at 350 degrees. Makes 12 dozen.

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

ISBN: 1880328232

## Wheat Milk Shake

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Sprout soft white wheat.

Blend with water.

Strain to remove pulp.

Blend liquid with bananas and honey.

Serve.

- from Living and Raw Foods

<http://www.living-foods.com/recipes/>

## Creamy Pasta with Mushrooms

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1 lb. fettuccini (uncooked) (eggless variety)

½ c. evaporated skim milk  
1/3 c. Fat Free Kraft mayonnaise or Miracle Whip  
1 tsp. Minced garlic (in a jar)  
2 Egg Beaters, beaten (1/2 c.)  
2 (8 oz.) cans sliced mushrooms, rinsed & drained  
½ c. fat-free Parmesan cheese (Alpine Lace or Weight Watchers)

Prepare fettuccini as directed on package. Drain and set aside. Gradually add skim milk to fat free mayonnaise and garlic in a small saucepan. Heat thoroughly stirring occasionally. Remove from heat; blend in Egg Beaters. Toss with fettuccine and mushrooms until well coated. Add Parmesan cheese and mix well. Yield: Serves 12.

- from "Butter Busters: The Cookbook" by Pam Mycoskie

ISBN: 0446670405

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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“Repent or Perish,” First Presidency Message By President Marion G. Romney, Second Counselor in the First Presidency

“‘Repent or perish.’ There is, in my judgment, no more important message for the people of our day. From the days of Adam ‘repent or perish’ has been repeatedly and solemnly declared by the Father himself, his Son Jesus Christ, and their authorized representatives, the prophets. The truth of the message has been demonstrated as regularly as it has been declared. The Lord called upon the first generation of men to ‘repent.’ He advised them that ‘as many as believed in the Son, and repented of their sins, should be saved; and as many as believed not and repented not, should be damned.’ (Moses 5:15.) The Lord told Enoch to preach to the antediluvians, ‘and say unto them—Repent, lest I come out and smite them with a curse, and they die.’ (Moses 7:10.) As Noah taught the people of his day the things of God, ‘the Lord said unto [him]: My Spirit shall not always strive with man, ... yet his days shall be an hundred and twenty years; and if men do not repent, I will send in the floods upon them.’ (Moses 8:17.) Noah continued his teaching through the allotted time, but his contemporaries would not repent. Consequently, they were destroyed in the flood.” . . . “In the 29th section of the Doctrine and Covenants, we read that before the great and terrible day of the Lord shall come, ‘there shall be weeping and wailing among the hosts of men; And there shall be a great hailstorm sent forth to destroy the crops of the earth. And it shall come to pass, because of the wickedness of the world, that I will take vengeance upon the wicked, for they will not repent; for the cup of mine indignation is full; for behold, my blood shall not cleanse them if they hear me not. Wherefore, I the Lord God will send forth flies upon the face of the earth, which shall take hold of the inhabitants thereof, and shall eat their flesh, and shall cause maggots to come in upon them; And their tongues shall be stayed that they shall not utter against me; and their flesh shall fall from off their bones, and their eyes from their sockets; And it shall come to pass that the beasts of the forest and the fowls of the air shall devour them up.’ (D&C 29:15-20.) Although these scriptures, and numerous others to like effect, clearly and forcefully emphasize the message ‘repent or perish,’ they are not unkind, harsh, nor flippant. Neither are they arbitrary. They express the logical and inevitable consequences of the violation of natural law—that law which was ‘decreed in heaven before the foundations of this world, upon which all blessings are predicated.’ (D&C 130:20.) These warnings have been declared to the world now for more than 140 years. The world is without excuse. The signs of the times bear ominous testimony that for this generation the hour of reckoning approaches. ‘He that hath ears to hear, let him hear.’ (Matt. 11:15.) If we keep the foregoing scriptures in mind, they will help us understand the ‘signs’ of our times. As dark as the picture seems, however, there is a bright side to it. He who really listens will find that all the warnings, ancient and modern, have a silver lining that give cause for rejoicing. Both history and the scriptures are as replete with promises and proof that the repentant shall live, as they are with warnings that the unrepentant shall perish.” - Marion G. Romney, “Repent or Perish,” Ensign, Apr. 1975, page 3

## This Month's Suggested Books:

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"101 Essential Tips: Basic Sewing" by Deni Bown; Chris Jefferys (Editor) ISBN: 0789419777

Synopsis: Like an introductory college course, the 101 Essential Tips series lays out all the essential concepts of a topic in direct, to-the-point advice and explanations. Every point is easy to master quickly. More than 250 full-color photos and illustrations illuminate the tips. 72 pages

"Fannie Farmer Cookbook" by Marion Cunningham ISBN: 0553234889

From the author who made Fannie Farmer a household name for a new generation of cooks comes this newly revised edition for the 1990s. Filled with tips on cooking equipment and techniques, the book includes chapters on delicious vegetarian fare, as well as an expanded nutritional chart for the health- and diet-conscious. New recipes reflect a diversity of ethnic influences, from Mediterranean to Mexican and Asian; and, of course, there are still "old favorites" like New England Clam Chowder, Chicken Jambalaya, and Old-Fashioned Beef Stew. (Over 1000 pages!)

Contents: Reflections on 100 Years of Fannie Farmer; Preface to the Thirteenth Edition; Acknowledgments; About the Kitchen; Appetizers & First Courses; Soups; Fish & Shellfish; Meat; Poultry & Game Birds; Outdoor Cooking; Sauces, Marinades & Stuffings; Sandwiches, Pizza & Tacos; Cereals, Rice, Beans & Pasta; Eggs & Cheese; Some Vegetarian Dishes; Vegetables; Microwave Cooking; Salads; Yeast Breads; Quick Breads; Cakes; Frostings & Fillings; Cookies, Cake Squares & Bars; Pies & Pastries; Desserts & Dessert Sauces; Fruits & Fruit Desserts; Candies & Confections; Preserves, Pickles, Relishes & Canned Fruits & Vegetables; Frozen Foods; Appendixes; Beverages; Menus & Table Settings; The Make-up of Our Foods; Index

## Get FREE Cookbooks:

alt.support.diet.low-carb news group recipes- Volume 1 and 2 of the cookbook can be downloaded in Word 6.0 format. (also online) <http://www.camacdonald.com/lc/cookbookdownload.html>

Campbell's Community - Campbell Soup Company (order online) <http://www.campbellsoup.com/>

Chelsea Milling Company (Jiffy Mix - order online) <http://www.jiffymix.com/>

North American Blueberry Council | Recipes & More! (mail) [http://www.blueberry.org/book\\_offers.html](http://www.blueberry.org/book_offers.html)

Ontario Greenhouse Vegetables - Tomatoes and Cucumbers (online)

<http://www.ontariogreenhouse.com/questionnaire.cfm?questionnaireid=16&CFID=227275&CFTOKEN=50368855>

Quaker Oatmeal (email or mail) <http://www.quakeroatmeal.com/99janfeatures/awesomeoats.htm>

Reddi-wip®: Free 50 Fruit Salute Cookbook (Print & mail order form)

[http://www.reddiwip.com/reddiwip/htm/free\\_50\\_fruit.html](http://www.reddiwip.com/reddiwip/htm/free_50_fruit.html)

REX Pure Spices, Seasoning Blends, Crab Boils, & Cajun Condiments (online) <http://rexfoods.com/contact.htm>

Swanson Broth (order online) [http://www.swansonbroth.com/cook\\_book.cfm](http://www.swansonbroth.com/cook_book.cfm)

More FREE Cookbook offers are on the Recipes webpage of NurseHealer.com:

<http://www.nursehealer.com/Recipes.htm#Cookbooks>

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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Seek learning opportunities on how to do basic machine and hand sewing, mending, and clothing remodeling. Put together a useful sewing kit for your home and a smaller sewing kit in your 72-hour emergency kit. Collect buttons, zippers, and hooks from old clothing before making the clothing into rags or making it into other useful items such as pillows, patches, pin cushions, dress collars, bias trim, garden gloves, rag rugs, potpourri sachets, padded clothes

hangers, pot holders, napkins, place mats, doll clothes, stuffed toys, bandages, aprons, fabric art and decoupage, canning jar tops, wrapping for presents, lining for gift or picnic baskets, picture frames, eyeglass cases, Christmas ornaments, small upholstery projects, duffle laundry bags, clothespin bags, dust covers for small appliances, or quilts.

(Sewing Kit Ideas - <http://www.nursehealer.com/Sewing.htm> )

Learn to mend your own socks and other clothing. "The procedure is the same whether you are mending a sock or a tear or a hole of any kind. Place a support underneath the needle, a darning egg for a sock, for example, or an adhesive cloth for a tear in fabric. First cover the hole with long vertical stitches by picking up a few base threads a few millimeters from the hole. Complete the mend with some horizontal stitches; stop the thread and pick up a few threads and then sew over and under the vertical stitches."

- from <http://www.coatscrafts.co.uk/en/1/howsewmnd.html>

Sew What's New Online has patterns, quilting and sewing tips, projects to try, and a free weekly newsletter. <http://www.sew-whats-new.com/>

More sewing tips and resources are at <http://www.nursehealer.com/Sewing.htm>

Use your food storage in alternate methods of food preparation. For example, sprout your wheat for nutritious sprouts and wheatgrass.

Wheatgrass is a rich nutritional food that contains a great variety of vitamins, minerals, and trace elements. According to Dr. Ann Wigmore, educator and founder of the Hippocrates Health Institute in Boston, 1 pound of fresh wheatgrass is equal in nutritional value to nearly 25 pounds of the choicest vegetables.

- from "Prescription for Nutritional Healing: A Practical A-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs and Food Supplements" by James F. Balch and Phyllis A. Balch ISBN: 0895297272

(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> )

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.

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Members can email to the entire list to join the discussion by sending email to [LDSFS@listbot.com](mailto:LDSFS@listbot.com)

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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)

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