

Food Storage Newsletter

Food Storage Newsletter #0018 - FREE monthly Email newsletter - June 2001:

Quotation:

“The time will come that gold will hold no comparison in value to a bushel of wheat.” (Brigham Young, in Journal of Discourses, vol. 1, p. 250, 1943 ed., p. 298.)

Spiritual Goal:

Attend regularly meetings of a spiritual nature related to Church, family, community, and charity.

Provident Living Goal:

Learn how to plan and prepare nutritious, appetizing meals using the resources available, and foods from home storage shelves.

Home Storage Goal:

Canned meat – 24 cans per person

Shortening – 5 lbs. per person

Cheese (May include powdered cheese) – 10 lbs. per person

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:

Compass; whistle; games; important documents

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

First Aid Kit Goal:

Cotton-tipped swabs – 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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Canned meats (most) - (12 months unopened; 1 -2 months opened, refrigerated)

Canned Meat:

Beef, canned (in chunks with natural juices) – 30 months

Chicken Breast, canned – 36 months

Chili, canned – indefinitely

Dried Beef, canned - indefinitely

Fish, canned – 18 months

Ham Chunks, canned - indefinitely

Spam, canned – indefinitely (Hormel 1-800-523-4635)

Tuna & Seafood, canned – 48 to 60 months (Starkist 1-800-252-1587)

Vienna Sausage, canned – 24 months (Libby's 1-888-884-7269)

Other canned meat or chicken – 36 months

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

Shortening, Crisco, Proctor & Gamble - Indefinite 1-800-543-7276

Cheese, dehydrated - 60-96 months

Proctor & Gamble Crisco & Butter flavor Crisco Code on both (800) 543-7276:

First number is year. Next three are Julian datebook

** Regular Crisco in can has indefinite shelf life. Should be used within 12 months of opening

** Butter flavor has shelf life of 18 months, to be used within 6-12 months of opening.

What is the shelf life of the NEW StarKist Tuna in the Flavor Fresh Pouch?

StarKist Tuna in the Flavor Fresh Pouch; has a minimum shelf life of 18 months from the date of production under normal storage conditions. For information about shelf life of StarKist canned tuna, please refer to <http://www.starkist.com/>

- 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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Michael's Deluxe Deviled Eggs

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|--------------------------------------|---------------------------|
| 6 hard-cooked eggs | 1/2 cup sour cream |
| 1/2 cup flaked canned salmon | 1/8 teaspoon curry powder |
| 2 teaspoons prepared mustard | 2 teaspoons lemon juice |
| 1-1/2 teaspoons Worcestershire sauce | Salt, pepper |
| Paprika | |

Shell eggs, then cut in halves lengthwise and remove yolks. Mash yolks and mix with sour cream, salmon, curry powder, mustard, lemon juice, and Worcestershire and season to taste with salt and pepper. Pile mixture into whites and garnish with Paprika. Makes 12 halves.

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

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

Farmhouse Chicken Pot Pie (Fresh or Dried Foods)

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|---------------------------|-------------------------|
| 2 c. canned chicken | 1 Tbs. Chicken bouillon |
| 2/3 c. flour | 8 c. water |
| 1/2 c. dehydrated carrots | 1/2 c. dehydrated peas |
| 1/4 c. dehydrated onions | 1/2 tsp. Pepper |

Pie crust pastry

Line casserole dish with 2/3 pie pastry. Cut chicken into small pieces. Combine chicken, bouillon, flour, carrots, peas, onions and pepper in large saucepan. Add water. Cook over medium heat until forms smooth thick gravy. Pour into piecrust lined casserole dish. Cover with remaining piecrust pastry. Bake at 400 degrees for 35-45 minutes until browned.

Variation: Instead of using piecrust, pour chicken combination into casserole dish and top with biscuits.

"Cookin with Home Storage" by Peggy Layton and Vicki Tate ISBN: 1893519015

Elizabeth's Tuna Dip

- 1 six-ounce can of tuna
- 1 eight oz. brick of cream cheese, warmed to room temperature (or a maybe even little warmer, so that it's really soft)

Mash the cream cheese and the tuna together, put into a nice bowl, and serve with pork rinds, celery sticks, cauliflower, etc.

- from alt.support.diet.low-carb newsgroup recipes - Volume 1

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

Deviled Ham Stuffed Peaches

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- 1 can (4-1/2 ounces) deviled ham
- 1/2 tablespoon Dijon mustard
- 1 can (29 ounces) peach halves, well drained

Mix together deviled ham and mustard. Spoon the mixture into the cavity of each peach half. Serve with soup or toast for lunch or supper.

- from "Pantry Cooking: Unlocking Your Pantry's Potential" by Cheryl F. Driggs ISBN: 0965890929

Salt Creek Corned Beef Casserole

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|------------------------------|-------------------|
| 1 c. chopped celery | 1 chopped onion |
| 3 c. cooked noodles | 1 can corned beef |
| 1 Tbs. Worcestershire sauce | 2 c. corn |
| 2 cans cream soup (any kind) | 2 Tbs. Margarine |
| 1 chopped green pepper | 1 1/2 c. water |

Sauté onions, celery and green pepper in margarine until tender. Mix remaining ingredients and fold all carefully into noodles. Bake at 350 degrees until bubbly.

- from "Cookin with Home Storage" by Peggy Layton and Vicki Tate ISBN: 1893519015

Simple Salmon Patties

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|---------------|-------------|
| 2 cans salmon | Breadcrumbs |
| Oatmeal | 2-3 eggs |
| Onion salt | |

Mix well. Form patties and coat with flour. Add salt and pepper to taste. Fry on griddle until browned.

"Cookin with Home Storage" by Peggy Layton and Vicki Tate ISBN: 1893519015

Dutch Oven Biscuits

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|-------------------------------|-------------------------|
| 2 c. Flour | 1/2 tsp. Salt |
| 3 tsp. Baking powder | 4 Tbs. Solid shortening |
| 1 c. Milk (diluted canned ok) | |

Blend flour, salt, baking powder and mash in shortening with a fork until crumbly. Add milk and stir until the dough sags down into trough left by spoon as it moves around the bowl. Turn dough out on a floured surface; knead for 30 seconds, pat out gently until it is 1/2 inch thick. Cut with a round cutter or pinch off pieces of dough and form by hand. Put biscuits into a greased Dutch Oven, cover, and bury in bright coals for 5 or 10 minutes or until golden brown.

- from Just Recipes <http://www.melborponsti.com/index.htm>

Cheese Sauce

1 ½ Tbs. Dry butter powder or margarine ½ c. powdered milk
1 ½ c. water ½ c. powdered cheddar cheese powder
1 ½ Tbs. Flour ¼ tsp. Salt
¼ tsp. Paprika

Mix all dry ingredients together except cheese powder. Add water gradually, stirring until blended. Bring to a boil and cook, stirring constantly, 1 to 2 minutes. Add powdered cheese and stir until smooth. Combine your favorite cooked vegetable with the sauce and pour over rice or macaroni. This makes a good macaroni & cheese dinner.

- from "Cookin' with Powdered Milk" by Peggy Layton ISBN: 1893519023

Patriarch Potatoes and Ham (Dried Foods)

1 ½ c. dehydrated potatoes 2 c. milk
¼ c. margarine ¼ c. flour
½ c. dehydrated cheese 1 MRE (Meals Ready to Eat) ham slice or ½ c. ham TVP
Salt and pepper to taste

Reconstitute potatoes. Combine milk, flour, margarine, salt and pepper. Simmer until thickened. Layer potatoes, ham and cheese. Pour sauce over top. Make at 325 degrees for 40-45 minutes.

- from "Cookin with Home Storage" by Peggy Layton and Vicki Tate ISBN: 1893519015

Macaroni & Cheese Casserole

2/3 c. macaroni 2 c. boiling water
½ tsp. Salt 2 Tbs. Dried parsley
1 tsp. Dried onion 1 Tbs. Dried green pepper
¼ c. dried cheese 1/3 c. dry whole egg
3 Tbs. Dried milk 1 c. warm water

Cook the macaroni in the boiling salted water until tender. Drain and combine the macaroni, green pepper, parsley and onion. Mix together cheese, egg, milk, and warm water, blend well. Pour over the macaroni mixture. Place in a greased pan, bake at 350 degrees F. for 50 minutes. This recipe makes 2 servings.

- from "Cookin' with Dried Eggs" by Peggy D. Layton ISBN: 1893519031

Injun Corn Casserole (Dried Foods)

1 c. dehydrated sweet corn ¼ c. dehydrated onions
1 c. tomato powder 3 Tbs. Dehydrated green peppers
1 c. dry breadcrumbs 2 Tbs. Dehydrated cheese
1 Tbs. Shortening or margarine

Reconstitute vegetables. Add seasonings. Place in casserole dish. Dot with margarine or shortening. Sprinkle with cheese and crumbs. Bake at 375 degrees for 30-35 minutes.

"Cookin with Home Storage" by Peggy Layton and Vicki Tate ISBN: 1893519015

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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Attend meetings regularly which serve to uplift, fellowship, enlighten, strengthen, comfort, and testify of the truth to one another.

“Community and Communing: The Power of Testimony Meeting”; Special Issue: The Sabbath By Margaret Hoopes

“A few years ago, a woman came from the Midwest to do her Ph.D. work at Brigham Young University. Not a member of the Church, she was nevertheless interested in the Mormon way of life and spent much of her time observing Church members. Her most impressive experience, she told me, was attending a devotional where one of the General Authorities was speaking. ‘I’ve never been in a place where so many people believed the same thing,’ she reported. ‘I could feel something in that fieldhouse I’d never experienced before. I could feel the force of that belief.’ I know another woman, however, an active member of the Church, for whom testimony meetings were agony. They made her nervous and agitated; by the end of each meeting she was depressed. We learned later that some elements in her personal life explained why the concentration of spiritual power in that meeting made her extremely uncomfortable.” . . . “In all of these experiences, the central element was the power of testimony, a collective spiritual power that is at the very core of any testimony meeting where the Holy Ghost is present. That power comes, I believe, from the promise of the Lord to his disciples: ‘Where two or three are gathered together in my name, there am I in the midst of them.’ (Matt. 18:20.)” . . . “I recently read a talk President Kimball gave to a group of missionaries when he was a member of the Council of the Twelve. Speaking about the importance of testimony bearing, he said: ‘Now this testimony bearing is not some strange eccentric thing which only we do. This is a fundamental part of the Church. . . . I remember bearing my testimony when I was just a child in Primary and in Sunday School. It is basic. It is important. . . . We have critics who say it is silly to have little children bear their testimonies and that they cannot know it is true. Undoubtedly their knowledge is limited. But they can have feelings, and testimonies are feelings, not merely the accumulation of facts. Testimonies come from the heart. And so, they become a basic thing. . . . We have testimonies all through the Church. When we get a group of presidents of missions together, we bear our testimonies and when members get together in little groups almost anywhere, they formally or informally bear their testimonies.’

Margaret Hoopes, “Community and Communing: The Power of Testimony Meeting,” Ensign, Jan. 1978, page 48

This Month's Suggested Books:

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"Pantry Cooking: Unlocking Your Pantry's Potential" by Cheryl F. Driggs ISBN: 0965890929
"Pantry Cooking" contains more than 350 recipes using ONLY storable foods. No fresh or frozen ingredients are required so that no matter what your circumstances are you can pull together a delicious meal from what is on hand. Recipes have been developed and tested over a 17-year period on groups large and small with great success. "Pantry Cooking" also offers an extensive chart of substitutions for the times you run short. For those interested in long-term storage, there are shelf life charts and a plan for determining needs based on a rotating menu plan.

Contents: Know Your Substitutions; Pantry Basics; Using a Rotating Menu Plan to Determine a Nutritionally Balanced Supply of Food; Shelf Life; Measuring Equivalents; Snacks, Appetizers, and

Beverages; Breakfast; Meats and Burgers; Casseroles, Skillet Dishes, and Saucepan Meals; Soups, Chowders, and Stews; Salads and Salad Dressings; Side Dishes; Breads and Sandwiches; Desserts; Cookies and Candy; The Extras; Index (by ingredients and category)

<http://www.simplyprepared.com/page0003.html>

"Butter Busters: The Cookbook" by Pam Mycoskie ISBN: 0446670405

All the foods you love modified to Low-fat!

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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Plan and prepare nutritious, appetizing meals using the resources available, and foods from home storage shelves. Study nutrition, food preparation, and safe storage.

"Protein is essential for growth and development. It provides the body with energy, and is needed for the manufacture of hormones, antibodies, enzymes, and tissues. It also helps maintain the proper acid-alkali balance in the body."

To make a complete protein, combine BEANS with any one of the following:

Brown Rice; Corn; Nuts; Seeds; OR Wheat.

OR To make a complete protein, combine BROWN RICE with any one of the following:

Beans; Nuts; Seeds; OR Wheat.

- 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

"Choosing the best food for the body is a science—a science of nutrition, of food at work. We are aware that food works for the body in three major ways:

1. It provides materials not only to build the body but also to repair and maintain it.
2. It supplies regulators that enable the body to run smoothly and to use other vital materials, such as oxygen and water.
3. It provides fuel for energy and warmth."

"Six main categories of nutrients are supplied by the food we eat:

1. Water: to provide some minerals, but more importantly to act as a medium in which chemical reactions take place and to act as the body's lubricant.
2. Proteins: for muscle and organ tissue growth and replacement and to build organic substances, called enzymes, to step up chemical reactions from the body.
3. Fats: for energy, as carriers for fat-soluble vitamins, and as sources of essential fatty acids.
4. Minerals: to build and replace bones and teeth, for enzymatic reactions, and to firm up tissues.
5. Carbohydrates: to give us body energy.
6. Vitamins: to regulate the vast number of reactions constantly going on in the body."

"Our bodies need a continuous supply of all nutrients, from vitamin A to the mineral zinc, in both good supply and correct balance to promote continued vitality and health. Necessary every single day are about three quarts of water, to carry the food (fuel) to all cells in the body, to act as a medium within

which cellular reactions take place, and to remove waste products from the body; approximately 2,500 calories of energy, mostly from carbohydrates and fats; 65 grams of protein; 5 grams of minerals; less than one gram of vitamins.”

“To make it easy to choose the variety of foods necessary for a balanced diet, the essential foods are listed in four groups. Each group might be assigned a representative color that will help you associate foods of similar nutritive value. Remember to eat representative foods from each group daily. Following are the food groups, with the color assigned to each:

RED for the meat group. This includes animal proteins—meat, poultry, fish, eggs—which have high food value and are especially rich in iron and B vitamins. We need two or more servings from this group every day.

GREEN for fruits and vegetables. These include vital sources of vitamins, particularly A and C, plus some minerals. We need four or more servings of fruits and vegetables each day.

BROWN for the cereals and breads, which supply carbohydrates, important sources of body energy. This group, which includes whole-grain, enriched cereals and bread, also furnishes B vitamins and iron. We should eat four or more servings each day from this group.

YELLOW for milk and dairy products. These give one calcium, a most important mineral, plus protein, riboflavin, vitamin A, and much more. Adults need two or more glasses of milk, or its dairy equivalent, each day to fulfill the calcium requirement; children need three or more. Part or all of the milk may be fluid skim milk, buttermilk, evaporated milk, or dry milk. Cheese and ice cream may replace part of the milk.”

“If we can keep the biosystem within the body regulated and operating at full capacity with the proper intake of food, we are better prepared to meet the changes in our world. Have fun eating, but be aware of what you eat.”

(Suggestions from “Nutrition: A to Z” by Helen Thackeray Ensign, Feb. 1971, page 12)

(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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Members can email to the entire list to join the discussion by sending email to NurseHealer@listbot.com

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(The newsletter goes to all three groups; so you need to join only one.)

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<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://wvp.icq.com/2839630>

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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.

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