

Food Storage Newsletter

Food Storage Newsletter #0019 - FREE monthly Email newsletter - July 2001:

Quotation:

“Maintain a year's supply. The Lord has urged that his people save for the rainy days, prepare for the difficult times, and put away for emergencies, a year's supply or more of bare necessities so that when comes the flood, the earthquake, the famine, the hurricane, the storms of life, our families can be sustained through the dark days. How many of us have complied with this? We strive with the Lord, finding many excuses: We do not have room for storage. The food spoils. We do not have the funds to do it. We do not like these common foods. It is not needed -- there will always be someone to help in trouble. The government will come to the rescue. And some intend to obey but procrastinate.” The Teachings of Spencer W. Kimball, p.375

Spiritual Goal:

Share the Gospel, or some part of it, with someone at least once a week.

Provident Living Goal:

Learn a new method of natural healing or first aid.

Home Storage Goal:

Corn (dry) – 100 lbs. per person (or cornmeal if you don't have a corn grinder)

Juice (fruit or vegetable) – 50 quarts per person

Soup Mix (Dry) – 5 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:

Camp shower; towel; washcloth; soap; metal mirror; survival manual

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

First Aid Kit Goal:

Alcohol preps – 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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Corn, Whole - 60 Months (indefinitely resealed in a food grade container with an oxygen absorber or vacuum sealed in a food grade bag)

Corn Meal - 18 Months

Corn cereal, dry Ready-to-eat - 12 Months

Fruit juices (canned) keep 18 to 36 months in a cool, dry place.

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

Orange Juice - 24 months Bluebird 1-800-237-7805

Bouillon - 24 months Keep dry and covered.

Soup Mix - 12 months

Most Powdered Sauces, Gravies and Soup mixes (12 months)

Bluebird Orange Juice – canned – 24 months (800) 237-7805 CODE: Write words "Chainstore". Under each letter, put a number starting with 1 and ending with a 0 under the "E". This deciphers the code. If Code reads ECCHO = 1/12/98.

Campbell V-8 Juice – 18 months (800) 871-0988 CODE: Stamped with expiration date.

Capri Sun - Juice in pouches – 18 months (800) 227-7478 CODE: First digit is the year (8 = 1998). Next three digits is the day on Julian calendar

Dole canned juice – 24 – 36 months (800) 232-5942

Motts Apple juice – 12 months (800) 426-4891 CODE: After WA, first number is year, second two are month, next two are day.

Nat'l Fruit Product Co. Whitehouse Apple juice – 24 months (800) 551-5167 CODE: First letter is plant, Next # is year, Next letter is product; Next 2 are day, then shift.

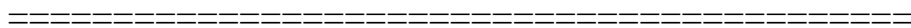
Nestle Juicy Juice – 14 months for most (strawberry – 8 months) (800) 637-8532 CODE: First number is the year; next three are Julian calendar day

Nestle Libby Nectar juice in a can - Apricot - 24 months; Peach - 24 months; Pear - 24 months;

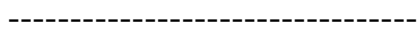
Strawberry - 6 months; Papaya - 12 months (800) 637-8532 CODE: First number is the year; next three are Julian calendar day Will send info

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

This Month's Cooking with Food Storage Ideas:



Old Fashion Corn Bread



("This recipe is very special to me as it has been passed down from my Grandmother. Every Sunday dinner we would have this delicious corn bread piping hot with fresh whipped butter. For those on a low fat diet, this special bread is delicious plain. The dried large corn kernels require two passes through the machine." – Christine Downs)

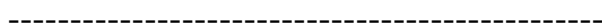
- 2 eggs
- 2 c. milk (approximate)
- 2 level Tbs. Sugar
- 2 c. freshly ground corn
- 3/4 c. ground wheat berries
- 4 level tsp. Baking powder

Grind corn kernels according to directions. Beat the eggs well, add the milk and sugar, mix well the flour and baking powder with corn meal to form a soft batter. You may need to add additional cornmeal from the recipe to get the right mixture. Bake in shallow, well-greased pan in a moderate oven (approximately 350 degrees) about half an hour. The exact quantity of corn meal cannot be given. I have found that with adding a little extra at a time you can find the right mixture.

NOTE: For dietary reasons or for a different taste, leave out sugar. Left over corn bread made without sugar is wonderful as a stuffing for turkey, chicken or pork chops.

- from "Cooking and Baking With Freshly Ground Grains" by Christine Downs

Corn Meal and Wheat Griddlecakes



- 1/3 c. corn meal
- 1 tsp. Cream of tartar
- 3/4 tsp. Salt
- 3 Tbs. Shortening
- 2/3 c. wheat meal
- 1/2 tsp. Soda
- 3 Tbs. Brown sugar
- 1 egg

¾ c. milk

Cut the shortening into the combined dry ingredients with a pastry cutter. Add the egg and milk beaten together. Cook on moderately hot greased griddle. If the griddle is too hot the cakes will burn and not cook through properly. Serve with maple syrup or honey or applesauce.

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

Classic Fried Catfish

¾ cup yellow cornmeal	¼ cup all-purpose flour
2 teaspoons salt	1 teaspoon cayenne pepper
¼ teaspoon garlic powder	4 U.S. farm-raised catfish fillets
Vegetable oil	

For garnish: Sliced tomato and parsley sprigs

1. Combine cornmeal, flour, salt, cayenne pepper and garlic powder. Coat farm-raised catfish with mixture, shaking off excess

2. Fill deep pot or 12-inch skillet half full with vegetable oil. Heat to 350 °F. Add catfish in single layer, and fry until golden brown, about 5 - 6 minutes, depending on size. Remove and drain on paper towels.

- from <http://www.catfishinstitute.com/html/recipes/family/r111.shtml>

The Catfish Institute has LOTS of recipes online <http://www.catfishinstitute.com/>

Corn Chips (Dried Foods)

½ c. dehydrated corn	1 ½ c. boiling water
½ c dehydrated cheese	

Simmer corn and water for 25-30 minutes. When water is absorbed, pour corn in blender and puree. Add cheese and puree some more. Spread in thin layer on buttered cookie sheet. Sprinkle lightly with seasoning salt of your choice. Bake at 250 degrees until partially dried. Score with knife, so will fall into chips when dry. Continue baking until dry but not brown. It will dry more when cool. Lift off pan and cool.

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

Camp Chili

1 c. Lentils	3 Tbs. Tomato soup powder
2 Tbs. Masa or Corn flour	1 Tbs. Chili Powder
1 Tbs. Onion Flakes	1 Tbs. Cumin
1 tsp. Oregano	1 tsp. Salt
1 Clove Garlic	4 c. Water

Combine all the ingredients and simmer 30 - 45 Min.

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

Corn Bread

2 cups of sprouted corn, ground
¼ c. golden (brown can be used) flaxseed meal

½ c. finely chopped nuts or 12-hour sunflower seed sprouts
1 Tbs. Oil or melted butter (for taste we prefer the butter)
1 tsp. Kelp
¼ tsp. Salt (optional)

Mix all together and knead, adding a little water if too dry for binding. Set aside for 1 to 2 hours. Roll in wax paper and refrigerate. Slice thin for serving. It may be warmed to 100 degrees and served on preheated plates.

- from "UNcook Book: Raw Food Adventures to a New Health High" by Elizabeth & Dr. Elton Baker
ISBN: 0937766054 OR 1579010091

Entrenching Tool Cake

4 GI canteen cups white cornmeal
Boiling water
1 GI mess kit spoon (1 tablespoon) bacon drippings
1 GI mess kit spoon salt

Scald cornmeal with enough boiling water to make a stiff batter, then add bacon drippings and salt. Shape into pones, leaving the imprint of four fingers across top. Place batter on the cleaned, greased blade of an entrenching tool and set up next to fire to bake.

- from Emergency Food Preparation <http://www.netside.com/~lcoble/dir6/food.htm>

Corn Meal Muffins

2 eggs, separated	1 c. buttermilk
3 Tbs. Shortening	½ c. buckwheat or wheat flour or rye
1 c. corn meal	½ tsp. Soda
1 tsp. Baking powder	1 tsp. Salt

Beat the egg yolks with a spoon. Add buttermilk and shortening and stir again. Sift the buckwheat, wheat or rye, measure, add corn meal, soda, baking powder and salt and sift into the liquid. Stir as little as possible to dampen the flour. Fold in beaten egg whites and pour into a warm iron muffin or cornstick pan. Bake at 425 degrees about 20 minutes.

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

Sweet Corn Chowder (Dried Foods)

1 ¼ c. dried sweet corn	4 c. water
2 tsp dehydrated onions	2 Tbs. Oil
2/3 c. powdered milk	2 Tbs. Bacon bits
1 tsp. Salt	1/8 tsp. Pepper
2 Tbs. Flour	

Soak the corn and onion in water overnight. Add milk, salt, pepper, oil and bacon. Bring to a boil, reduce heat and simmer 30 minutes. Stir in the flour. Cook on low heat until it thickens, and the corn is tender, about another 15 minutes.

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

Salt-rising Bread

Blend wheat and juice to medium cream, stir in carob and slippery elm powder until smooth, then add raisins. Chill for several hours or overnight. Serve in custard cups with a large raisin on top. Serves 4 to 6.

- from "UNcook Book: Raw Food Adventures to a New Health High" by Elizabeth & Dr. Elton Baker
ISBN: 0937766054 OR 1579010091

Onion-Flavored Rice Mix

4 c. Uncooked Long Grain Rice 1 Tbs. Parsley Flakes
2 pkg. Onion Soup Mix (1 1/4 oz) 1 tsp. Salt

1. Combine ingredients in a large bowl; stir until well blended.
2. Put 1-1/3 cups of mix into 3 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 cups of mix (12 servings)

ONION-FLAVORED RICE:

Combine 1-1/3 cups rice Mix, 2 cups cold water, and 1 Tb butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes, until liquid is absorbed. Add meat as desired. Makes 4 to 6 servings

- from The Virtual Campsite Cookbook <http://www.isd.net/stobin/Cooking/recipes.html>

Beef Stew in a Crock

1 pound stew meat 1/2 cup flour
1 cup ginger ale 1 pkg. brown gravy mix
1 pkg. onion soup mix**

Combine meat with flour to coat. Put all ingredients into slow-cooker and cook on low for 3 to 4 hours until meat is tender. Great served over rice. (Pick a soup mix that has the least amount of sodium.)

- from Practical Kitchen <http://www.practicalkitchen.com/index.shtml>

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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Look for opportunities to share the Gospel, or some part of it, with someone at least once a week. There are many ways we can share the gospel. Following are some suggestions: 1. We can show friends and others the joy we experience from living the truths of the gospel. In this way we will be a light to the world (see Matthew 5:16); 2. We can overcome our natural shyness by being friendly to others and doing kind things for them. We can help them see that we are sincerely interested in them and are not seeking personal gain; 3. We can explain the gospel to nonmember friends and others; 4. We can invite friends who are interested in learning more about the gospel into our homes to be taught by the missionaries. If our nonmember friends live too far away, we can request that missionaries in their areas visit them; 5. We can teach our children the importance of sharing the gospel, and we can prepare them spiritually and financially to go on missions; 6. We can pay our tithing and contribute to the missionary fund. These

donations are used for furthering missionary work.

7. We can help support financially missionaries whose families are unable to support them; 8. We can do family history research and temple work to help our ancestors receive the full blessings of the gospel; 9. We can invite nonmembers to activities such as family home evenings and Church socials, conferences, and meetings. - From Gospel Principles - MISSIONARY WORK - Chapter 33

This Month's Suggested Books:

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

How to cook breads, rolls, cakes, scones, crackers, muffins & desserts, using only stoneground wholegrains.

(From the founders of the Vermont Country Store)

From the back cover:

"A cooking book devoted exclusively to cooking with wholegrain flour is such an old idea it's brand new. Up to 1850 there was no other kind of cooking book." ... "Cooking with Wholegrains is a return to the more natural, healthier ways of cooking from America's colonial days and later on before the advent of synthetically enriched foods. As an introduction to Mildred Orton's simple but hearty recipes for breads, biscuits, cakes, casseroles, cookies, griddle cakes, and muffins, Vrest Orton explains what wholegrains are and why they are superior to today's commercial flours, meals, and breakfast cereals."

Contents: The Mystery of the Mill; Bread & Rolls; Special Recipes Using Muffin Meal; Quick Breads, Steamed Breads & Doughnuts; Muffins, Popovers, Crackers; Biscuits, Griddlecakes, Scones & Dumplings; Luncheon & Supper Dishes; Desserts; Breakfast Cereals

"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

* NOTE: This is my very FAVORITE natural healing book. I check this book before looking anywhere else.

Synopsis: Written by a husband-and-wife team of health care professionals, this groundbreaking resource--totally updated with all new material--offers an encyclopedic reference and provides natural healing programs for more than 250 ailments and disorders. New to this edition is information on herbal and other supplemental treatments, including the use of melatonin, yohimbe, chromium picolinate, cat's claw, maitake mushrooms, saw palmetto, kava kava, and kombucha. Glossary. Charts & tables.

From The Publisher: Here is the expanded second edition of America's bestselling guide to nutritional, herbal, and complementary therapies. The new edition incorporates the most important up-to-date findings in the field of nutrition - from chromium picolinate to melatonin to shark cartilage. It also provides the latest research on herbal medicine - examining cat's claw, saw palmetto, yohimbe, kombucha, and much more. Written by a medical doctor and a certified nutritionist, this newly revised book provides all the information needed for the average person to design his or her own nutritional program for better health. The book is divided into three parts. Part One explains and lists the various types of nutrients, food supplements, and herbs found in health food stores and drugstores; Part Two describes common disorders, from acne to cancer to yeast infection, and names the supplements that can be used to combat the conditions; and Part Three is a guide to traditional remedies and therapies that can be used in conjunction with a nutritional program. In addition, there are helpful self-diagnostic tests and insets throughout the book. Included are the latest research and theories on the treatment of aging,

Alzheimer's disease, chronic fatigue, endometriosis, fibromyalgia, HIV and AIDS, infertility, inflammatory bowel disorders, osteoporosis, and a host of other critical subjects. Written in an easy-to-understand style, this new edition will fast become an indispensable health resource for you and your family.

“Green Pharmacy” by James A. Duke ISBN: 0312966482

Synopsis: Written by the world's foremost authority, this is the ultimate compendium of natural remedies--from anise for asthma to violet for varicose veins, and everything in between.

From The Publisher: With A-to-Z entries that include over 120 health conditions, James Duke's The Green Pharmacy is an authoritative, readable guide to the world of herbal healing. From traditional folk remedies to groundbreaking laboratory studies, Dr. Duke provides up-to-date information and age-old folk wisdom about nature's most potent plants. You'll find scores of natural remedies that can replace or enhance costly pharmaceuticals, including: Relief for aches and pains ranging from arthritis, angina and back pain to menstrual cramps and sciatica. Remedies for gastrointestinal problems from constipation and flatulence to inflammatory bowel disease and ulcers. Herbs that can reduce your risk of cancer, heart attack, high blood pressure and osteoporosis. Cures for infections ranging from colds and flu to sore throat and yeast infections. Herbal drinks that reduce fever. And much more. The Green Pharmacy includes easy "how-to" instructions for preparing herbal compresses, teas and infusions. Plus, Dr. Duke provides an easy rating system to quickly identify the most effective herbal remedies for each condition.

“Natural First Aid: An A-Z Guide Using Herbs and Common Household Remedies” by Brigitte Mars ISBN: 1580171478

Synopsis: An A-to-Z guide to using herbs to treat everything from ant bites to wounds. Create a natural first aid kit.

From the Publisher: Arranged in an A to Z format by condition, "Natural First Aid" offers quick suggestions for what to do immediately, when to seek professional help, what to do while waiting for help to arrive, and how to speed recovery with natural remedies. Readers will also find simple instructions for topical home remedies to make ahead of time to treat conditions such as burns and rashes as well as a list of recommended items to stock in first aid kits for the home, for traveling, and for the wilderness. A section on surviving nature's challenges also describes what to do during and after natural disasters such as earthquakes, floods, and tornadoes, and provides sound advice for wilderness survival, including foraging for food, finding and purifying water, and making a fire. (144 pages)

Contents include: First-Aid Techniques Everyone Should Know: A Step-by-Step Illustrated Guide; An A-Z Guide to Ailments and Injuries; Surviving Nature's Challenges: Tips and Techniques for Emergencies; Stocking a First-Aid Kit; How to Make and Use Herbal Medicines

For the FREE booklet, “Natural Healing with Herbs – Workshop” see <http://www.nursehealer.com/Herb.htm> Download and print the booklet in HTML, .doc, OR .pdf format.

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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Look for new methods of natural healing or first aid to learn. Natural healing methods might include

herbal healing, aromatherapy, massage therapy, nutritional healing, homeopathy, or yoga. You might learn to make your own first aid supplies such as bandages, ointment, poultices, and other remedies and treatments. "Provident living—enjoying the present while providing for the future—is the opposite of crisis management. The goal is for each person and family to build a foundation of preparedness in the following six areas: literacy and education, career development, financial and resource management, home production and storage, social-emotional and spiritual strength, and physical health." - From "Welfare: A Personal and Family Concern" – "Catching the Vision of Self-Reliance" 156th General Conference, Ensign, May 1986, page 89

Plan and organize your natural medicine chest from these suggestions from "Building a natural medicine chest. The essentials": Food - Fresh garlic, onions, parsley, ginger, Crystalline ginger; Hydrotherapy supplies - Cotton socks, wool socks, basins; Herbal cough elixirs; Herbal teas for cough, constipation; Homeopathic Remedies - Aconite, Arsenicum, Cantharis, Gelsemium, Hypericum, Nux, Vomica, Pulsatilla; Nutritional Supplements - Vitamin A, Beta carotene, Zinc and Vitamin C; Salves - Aloe vera gel, Tea tree ointment, Arnica ointment, Calendula ointment
- from <http://www.naturopathyonline.com/nfa/default.htm>

Natural First Aid info is at <http://www.nursehealer.com/Guide.htm>

Know the Reasons Why Good Food Is The Best Medicine.

Apples - Lower blood cholesterol and pressure; Appetite suppressant; Juice kills infectious viruses; Prevent constipation; Natural toothbrush; Treats diarrhea

Apricots - Control blood pressure; Build mineral levels up in postmenopausal women; Lower risk of cancer, especially lung cancer

Asparagus - Help prevent cancer; Lower blood cholesterol; Kidney stimulant; Reduce risk of cardiovascular disease

Banana - Alleviate PMS; Lower blood pressure and cholesterol; Prevent and heal ulcers

Barley - Improve bowel function; Relieve constipation

Beans - Contain chemicals that prevent cancer; Control insulin and blood sugar; Lower blood pressure; Regulate functions of the colon; Prevent and cure constipation; Prevent hemorrhoids and other bowel ailments

Blueberry - Cure diarrhea; Kill infectious viruses; Help weight control; Block damage to blood vessels
- from Reader's Digest, Global Communications Group.

http://quarles.unbc.ca/cpsc150/projects/gagnon_a/webpage2.htm

Read "Olive Leaf Extract: A New/Old Healing Bonanza for Mankind" by James R. Privitera, M.D. FREE online <http://oliveleafextract.com/aboutoe.html> Contents include: The Olive Leaf in History and Medicine; Olive Leaf Firepower; Clinical Perspective; More Energy; Chronic Fatigue; The "Die-Off Effect" and How to Deal with it; Potential Against Serious Infectious Diseases; All You Ever Wanted to Know About the Olive Tree; AIDS; Herpes; Flu and Colds; Bacterial Infections; Diabetes; Rheumatoid Arthritis; Multiple Symptoms; Fungus and Yeast Infections; Skin Conditions; Tropical Illnesses; Dosages; References; Books; Product Page; Disclaimer; Links

More on Nutritional Healing is at <http://www.nursehealer.com/Health.htm>

(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.

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>

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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>

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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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Food Storage

Food Storage Newsletter

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