

# Food Storage Newsletter

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Food Storage Newsletter #0020 - FREE monthly Email newsletter - August 2001:

**Quotation:**

"Let us avoid debt as we would avoid a plague...Let every head of every household see to it that he has on hand enough food and clothing, and, where possible, fuel also, for at least a year ahead...Let every head of household aim to own his own home, free from mortgage. Let us again clothe ourselves with these proved and sterling virtues--honesty, truthfulness, chastity, sobriety, temperance, industry, and thrift; let us discard all covetousness and greed." (President J. Reuben Clark, Jr. - April 1937 General Conference - Welfare conference address, October 1, 1966).

**Spiritual Goal:**

Each day this month put on the "whole armour of God."

**Provident Living Goal:**

Learn and use a method of home repair and maintenance you've never tried before.

**Home Storage Goal:**

Canned vegetables (May also use some dehydrated vegetables)– 100 lbs. per person

Gelatin (flavored) – 1 lb. per person

Fruit drink (powdered) – 6 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:**

Shampoo; toiletries; sunblock; insect repellent

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

**First Aid Kit Goal:**

Antibiotic ointment – 1 tube 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, canned – 24–36 months

Corn, Green Giant – 36 months

Corn (whole & creamed), Del Monte – 24 months 1-800-543-3090

Green Beans, Del Monte - 24-30 months 1-800-543-3090

Tomatoes, canned – 36 months+ unopened (2 - 3 days opened, refrigerated)

Vegetables, Bush Beans Brand – 28 months

Vegetables, canned - 24-48 months unopened

Vegetables, dehydrated flakes - 6 months

Vegetables, dried - 12 months

Vegetables, Green Giant – 24 months

Vegetables, Libby's – 36 months + 1-888-884-7269

Vegetables, Pillsbury – 24 months 1-800-328-6787

Vegetables, Progresso – 24 months

Jello Kraft Foods – 24 months

Gelatin & Gelatin Mixes- 18 months

Fruit juices, Dehydrated - 12 months

Kool Aid - 18-24 Months Kraft Foods 1-800-543-5335

Drink Mix: Country Time Lemonade; Crystal Light; Tang – 24 Months

Vegetables, Del Monte – 24 months (800) 543-3090 CODE: First number is year, next is Julian calendar day

Vegetables, Green Giant – peas – 36 months (mushrooms – 48 months) (800) 998-9996 CODE: First letter is year, next is month, then year

Vegetables, Libby – 24 months (Kraut – 18 months) (315) 926-3225 call collect CODE: 2nd dig is year, first letter is month, third dig is plant. Next 2 numbers is day of month

Tang ("sweetened Tang" only) – 24 months (800) 431-1002 CODE: 8315K = 8 is year, 315 is Julian year of 365 days, so was pkg. in Nov '98.

- 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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### Green or Wax Beans

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Use young, tender beans, if possible. Older beans require 15 minutes more processing time. Beans are particularly susceptible to spoilage, so be sure jars are sterilized and check that caps have not bulged before opening. (Allow  $\frac{3}{4}$  pound for each pint jar)

Wash beans thoroughly and trim the ends. Leave whole or cut into 1 to 2-inch lengths. Drop into boiling water and boil for 3 minutes. Pack into hot, clean jars, add  $\frac{1}{2}$  teaspoon salt for each pint, and cover with the boiling water, leaving 1-inch headspace. Close the jars and process at 10 pounds pressure in a steam-pressure canner, allowing 20 minutes for pint jars and 25 minutes for quarts.

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

### Summer Squash

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(Allow 2-4 pounds for each quart jar)

Wash squash thoroughly, but do not peel it. Cut into  $\frac{1}{4}$ -inch slices and boil for 3 minutes. Pack into clean, hot jars, add  $\frac{1}{2}$  teaspoon salt for each pint, and cover with the boiling water, leaving 1-inch headspace. Close the jars and process at 10 pounds pressure in a steam-pressure canner, allowing 30 minutes for pint jars and 40 minutes for quarts.

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

### College Student Stew

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1/2 pound Stew meat	1 can Carrots, drained
2 small Potatoes, quartered	4 Cubes beef bouillon
1 tablespoon Italian herbs	2 cups water

Put all ingredients in the crockpot. Add water and turn on crock pot on LOW for 8 to 9 hours. Thicken

with a mixture of flour and cold water, if desired. Taste and adjust seasonings. Serve with biscuits.

- from Crockpot Recipes and Resources

<http://southernfood.tqn.com/food/southernfood/library/crock/blcpidx.htm>

## Chicken Pot Pie

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3 to 4 cups cooked chopped chicken      1 (16-ounce) can mixed vegetables, drained  
1 can cream of chicken soup              1 cup chicken broth  
1 cup self-rising flour (if using ordinary flour, add 1 tsp. baking powder and 1/2 tsp. salt)  
1 tsp. baking powder                      1 cup milk  
1/2 stick (1/4 cup) margarine, melted

Place chicken in a large casserole dish and add vegetables, soup and broth. Mix together, in a separate bowl, the next 4 ingredients for the topping. Pour the topping mixture over the chicken. Bake at 425 degrees for about 45 minutes or until the crust is golden brown.

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

## Basic Fruit Gelatin

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Combine in saucepan:

1 c. fruit juice, drained from canned fruit      1 envelope unflavored gelatin

Stir to begin dissolving gelatin. Then heat almost to boiling point until liquid is clear. Remove from heat and add:

1 c. cold fruit juice or water                      1 Tbs. Lemon juice  
1 Tbs. Frozen orange juice concentrate

Chill until set.

Options:

When partially set, fold in fresh or drained canned fruits as desired.

If using fresh unsweetened fruits and tart juice, add 2-4 Tbs. Sugar to hot gelatin mixture.

When partially set, fold in 1 c. shipped cream or cottage cheese.

Replace second cup fruit juice with 1 c. chilled yogurt.

Omit lemon juice and/or orange concentrate if using strong-flavored fruit juices.

(Serves 4-6)

- from "More-with-Less Cookbook" by Doris Janzen Longacre; Designed by Mary E. Showalter ISBN: 0836117867

## Home-made Jello – from Alice Faber

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(For anyone with a sensitivity to aspartamane)

1 envelope unflavored gelatin.  
1/2 envelope unsweetened Kool-Aid, in the flavor of your choice  
3/8 cup + 1 tsp Splenda  
1 cup boiling water  
1 cup cold water

Prepare as you'd expect (dissolve gelatin, Splenda, Kool Aid in boiling water; stir in cold water; divide into 4 little dishes; chill overnight).

The flavor isn't quite as intense as that of packaged Jello. I have a feeling though that a whole packet of Kool-Aid would be too much.

- 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>

### Jello Popcorn

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1 c. light corn syrup            1 (3-oz.) pkg. Jello  
½ c. sugar                        9 c. popped corn

Bring syrup and sugar to a boil. Remove and add Jello. Stir until dissolved. Coat popcorn and form into balls.

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

### Mock Raspberry Jam

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8 c. zucchini (peeled and seeded) (put in blender)  
1 c. lemon juice

Cook for 15 minutes at full boil. Do not drain.

Add:

2 (6-oz.) pkg. Raspberry Jello  
6 c. sugar  
1 pkg. Pectin

Cook 10 minutes at rolling boil. Pour into sterilized bottles and seal.

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

### Rice Cream

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1 envelope gelatin                3 c. (¾ L) milk  
3 Tbs. Rice                        1 ½ Tbs. Sugar  
1/8 tsp. Salt                        1 c. (¼ L) heavy cream  
1 tsp. Vanilla

Soak the gelatin in 3 tablespoons cold water. Put 2 cups of the milk in a heavy-bottomed saucepan, add the rice, and cook, stirring often to prevent scorching, until the rice is tender, about 20 minutes. Add the gelatin and stir to dissolve, then add the remaining cup of milk, sugar, and salt. Let cool. Whip the cream until soft peaks form, add the vanilla, and fold into the rice mixture. Cover and chill. Serves 8 to 10.

(Good with a little maple syrup on top.)

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

### Quick Strawberry Jam

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Mix well and let stand 4 hour or overnight:

2-3 c. mashed strawberries (depending on desired thickness)  
3 c. sugar

Bring to a hard boil. Reduce heat to medium. Boil 10 minutes.

Add:

1 (3-oz.) pkg. Strawberry gelatin

Mix until well dissolved and bring to boiling point again. Remove from heat and let set a few minutes. Stir again. Put in jars and keep in refrigerator or freezer.

Options:

Strawberries with pineapple gelatin.

Raspberries with raspberry gelatin.

Grapes with grape gelatin.

Peaches with peach, lemon, or pineapple gelatin.

5 c. rhubarb, chopped, with raspberry or strawberry gelatin.

(Makes about 4 cups)

- from "More-with-Less Cookbook" by Doris Janzen Longacre; Designed by Mary E. Showalter ISBN: 0836117867

## Orange Fruit Salad

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1 lg. Can peaches, 1 lg. Can pears, 1 lg. Can pineapple – Drain the juice off and dice fruit. Sprinkle with one (3-oz.) package of orange Jello (do not dissolve in water). Let set for 3 hours or overnight. Add 1 (8-oz.) carton cool whip and 1 (8-oz.) carton of sour cream.

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

## Lime Frost

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Prepare as directed on package:

1 pkg. Lime gelatin

Chill until nearly firm. Combine in blender:

Lime gelatin

1 pt. Slightly softened vanilla ice cream

1 Tbs. Lime juice

Blend until mixture begins to hold shape. Pour into 6 sherbet glasses and chill. Serve with whipped topping and a lime slice for garnish.

Options:

Use other flavors of gelatin.

Prepare gelatin with 1 envelope unflavored gelatin, ½ c. frozen orange juice concentrate, and 1 ½ c. water. Dissolve according to package directions.

(Serves 6)

- from "More-with-Less Cookbook" by Doris Janzen Longacre; Designed by Mary E. Showalter ISBN: 0836117867

## Punch for the Bunch

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Dissolve:

1 (3-oz.) pkg. Cherry Jello                      1 c. boiling water

Add:

1 (6-oz.) can frozen lemonade              1 (6-oz.) can orange juice OR large can pineapple juice

Mix altogether with above:

3 c. cold water                                      1 qt. Cranberry juice

1 bottle gingerale

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

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:

Remember to put on the "whole armour of God" each day. Study the scripture below and pray for wisdom and enlightenment regarding this scripture. Ephesians 6: 10-18 "Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints"

### This Month's Suggested Books:

"New Complete Do-It-Yourself Manual" by Reader's Digest Association, Inc. ISBN: 0895773783  
Description: An updated edition of the indispensable handbook to home building and home repair that has sold over 7 million copies. Includes over 4,000 illustrations and photographs (3,000 in full color). (528 pages)

"Preserving Summer's Bounty: A Quick and Easy Guide to Freezing, Canning, Preserving, and Drying What You Grow" Susan McClure (Editor) Rodale Food Center ISBN: 0875969798  
From the Publisher: "Preserving Summer's Bounty' is filled with hundreds of delicious, healthy recipes that are also quick and easy to prepare. From salads to desserts, these healthful, money-saving recipes will satisfy even the most finicky tastes. 100 illustrations."

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:

Study new methods of home repair and maintenance. Learn to fix a leaky faucet, repair a screen door, restore furniture, paint walls and ceilings, make draperies, build a work bench or bookshelf, stabilize loose or damaged plaster, fix sticking drawers, replace damaged countertops, mend a fence, make chair or table legs more sturdy, patch a leaky roof, weatherize your home with insulation, patch nail holes in walls, glue loose table legs, improve the flow through the garbage disposal, reweave fabric on lawn

furniture, or repair bicycles.

“Life is made up of small daily acts,” said Sister Barbara B. Smith, former Relief Society general president. “Savings in food budgets come by pennies, not only by dollars. Clothing budgets are cut by mending, stitch by stitch, seam by seam. Houses are kept in good repair nail by nail. Provident homes come not by decree or by broad brushstroke. Provident homes come from small acts performed well day after day. When we see in our minds the great vision, then we discipline ourselves by steady, small steps that make it happen.” (Ensign, Nov. 1980, p. 86.)

Get lots of home repair tips at <http://www.factsfacts.com/MyHomeRepair/>

Caring for your chiminea. What is a chiminea? Originating in Mexico in the 17th century, the original chimineas were used to bake bread. As with the originals, modern chimineas are handmade from raw, wet clay, giving each chiminea its own personality. What can be burned in a chiminea? The chiminea is primarily a wood-burning stove. Hard woods burn best and produce the least amount of sparks. Some chiminea users who cook in their chimineas burn charcoal. Don't ever use any lighting fluid, alcohol or gasoline in a chiminea! There is a possible explosive danger in using any sort of accelerant in a closed stove. This makes the lighting of the coal a challenge! One safe way is to first burn some hard wood to form wood coals, which in turn are hot enough to light the charcoal. You could also use self-lighting charcoal. Chimineas are for outdoor use only! Be alert to drought and flash-fire conditions in your area! If you want your chiminea to last... treat her with respect! There are rules you must follow to make your chiminea experience a wonderful one. The goal is really simple... do everything humanly possible to keep your chiminea from cracking! Though hard, clay is also fragile. Aside from the obvious... don't beat it with a hammer or drop it... improper burning and lack of maintenance can also cause breakage.

(1) Chimineas are easily breakable and difficult to lift. What an evil combination for your back and wallet! Avoid lifting and carrying your chiminea as much as possible by using a hand truck or cart to move it when necessary. Never ever lift a chiminea by the stack! If you have a strong back and a moderately-sized, liftable-by-mortal-man chiminea, placing one hand in the firebox and the other around the stack as low as possible is probably the best method.

(2) Seal the outside of your chiminea before first use! It is absolutely mandatory to apply a sealer to the outside of your chiminea. The manufacturer recommended finishes are Future acrylic floor finish or a wood sealer, such as Thompson's Water Seal. The sealer keeps moisture from seeping into the clay. Remember that your chiminea is painted, not glazed like ceramic tile, and the paint offers very little protection from moisture. In fact, the sealer will protect and extend the life of the paint finish. The chiminea should be resealed at least once a month during periods of use. If you use the acrylic floor finish, the easiest way to apply it is to use a trigger-type spray bottle. You can rinse the spray mechanism with hot water and it can be reused many times.

(3) Give your chiminea a safe home! There is always the chance that your chiminea may break while hosting a fire. Always place it on the metal stand that came with it, and never place it on an unprotected deck or other flammable surface. Don't place your chiminea under low hanging branches or under any flammable structure. Sparks can escape the top of the stack and you don't want to burn your house (or your neighborhood) down!

(4) Purchase a protective cover and use it! Sealing is not enough in very wet weather so using a waterproof cover is a must. Always cover your cool chiminea if you expect rain. This is because any moisture it absorbs may turn to steam and cause cracks in the clay when heated.

(5) Prepare for rain emergencies! If it starts to rain while using your chiminea, put a large piece of sheet metal over the top of the chiminea and holding it in place with a heavy stone. With the lack of draft, the

fire will initially begin to flame out of the firebox, but will quickly die down to a smolder for lack of oxygen.

(6) Put sand in the bottom of the chiminea before starting a fire. Hot wood coals can cause the clay to crack. Protect the bottom of the chiminea by covering it with at least three inches of sand. You can also use a small metal wood rack to raise the wood if you chiminea is large enough, but it is unnecessary.

(7) You can install a simple spark arrestor on your smokestack. If you burn certain types of wood you may find a large number of hot sparks shooting up the stack of your chiminea. If this scares you... it should... get a piece of chicken wire or small-holed fencing and bend it so it sits either over the top of the stack or drops slightly inside. Hot sparks will extinguish upon contact with the metal and decrease the likelihood of your causing an unintentional fire.

(8) The first fires are the most important! The inside of a chiminea is virgin clay... highly absorbent and unprotected. Since virtually any sealer would burn off quickly (or even catch fire), the inside of the chiminea can be sealed "naturally" by the soot, ashes and creosote produced by wood burning. This both protects the clay but also seals hairline cracks. So your first burns must be small and controlled... no more than some kindling and one very small log or a few pieces of hardwood. Let the fire burn out and let the chiminea cool completely before starting another fire. Anywhere from four to eight small fires should be completed before the clay is adequately sealed.

(9) A chiminea is not a blast furnace or an incinerator. A good rule of thumb is to not allow the flames from the fire to reach beyond the top of the stack.

FINALLY.... Don't ever use water to kill a fire... the temperature shock and steam could break the clay!! If it is absolutely necessary to stop the fire quickly, use sand or a dry chemical fire extinguisher... never a CO2 extinguisher!

- from <http://www.naturalhandyman.com/>

(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> )

NOTICE:

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Listbot, the server for NurseHealer.com's email lists is no longer going to offer free email lists. Listbot is closing August 2, 2001. For this reason, all NurseHealer.com email lists are moved to Yahoo Groups by the same name. See each group for full details.

FREE Food Storage Newsletter Announce-Only Email List (FreeFSN):

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The Free Food Storage Newsletter Email Discussion List was formed on June 24, 1999. This Email List is for those who ONLY want to receive the FREE Monthly Email Food Storage Newsletter. List members will ONLY receive the newsletter, and will NOT be able to post messages to



the list. By joining this list, you will only receive one monthly email from the list, which will be the monthly newsletter. No other messages will be sent.

The FreeFSN list provides ONLY the once-a-month newsletter without any discussion.

Members are NOT allowed to send email to the ENTIRE LIST.

To SUBSCRIBE: send email to [FreeFSN-subscribe@yahoogroups.com](mailto:FreeFSN-subscribe@yahoogroups.com)

To UNSUBSCRIBE: send email to [FreeFSN-unsubscribe@yahoogroups.com](mailto:FreeFSN-unsubscribe@yahoogroups.com)

OR You can SUBSCRIBE and/or UNSUBSCRIBE at <http://www.nursehealer.com/Listbot.htm>

FREE Food Storage Newsletter Announce-Only Email List (FreeFSN) Home Page:

<http://groups.yahoo.com/group/FreeFSN>

OLD LIST info from LISTBOT (The OLD list closing August 2, 2001; see ABOVE to join NEW LIST):

To UNSUBSCRIBE: send email to [FreeFSN-unsubscribe@listbot.com](mailto:FreeFSN-unsubscribe@listbot.com)

OR You can UNSUBSCRIBE at <http://freefsn.listbot.com/>

You can temporarily view the ARCHIVES online at <http://www.listbot.com/archive/FREEFSN>

LDS Food Storage Email Discussion List (LDSFS):

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The LDS Food Storage Email Discussion List was formed on January 29, 1999.

LDS Food Storage Email Discussion List is open to the general public and members of the LDS Church for any discussion pertaining to food storage. A FREE Monthly Food Storage Newsletter is published to the list, with quotations and scriptures as well as information on food storage, shelf life, resources, and plans for acquiring food storage.

The LDSFS 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 by sending email to [LDSFS@yahoogroups.com](mailto:LDSFS@yahoogroups.com)

To SUBSCRIBE: send email to [LDSFS-subscribe@yahoogroups.com](mailto:LDSFS-subscribe@yahoogroups.com)

To UNSUBSCRIBE: send email to [LDSFS-unsubscribe@yahoogroups.com](mailto:LDSFS-unsubscribe@yahoogroups.com)

OR You can SUBSCRIBE and/or UNSUBSCRIBE at <http://www.nursehealer.com/Listbot.htm>

LDS Food Storage Email Discussion List (LDSFS) Home Page:<http://groups.yahoo.com/group/LDSFS>

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To UNSUBSCRIBE: send email to [LDSFS-unsubscribe@listbot.com](mailto:LDSFS-unsubscribe@listbot.com)

OR You can UNSUBSCRIBE at <http://ldsfs.listbot.com/>

You can temporarily view the ARCHIVES online at <http://www.listbot.com/archive/ldsfs>

NurseHealer Email Discussion List (NurseHealer):

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The NurseHealer Email Discussion List was formed on December 31, 1998.

NurseHealer Email Discussion List is a discussion list open to the general public as well as healers and healthcare professionals for discussion of natural healing: body, mind, spirit, nursing, religion, philosophy, and preparedness. The NurseHealer list provides the newsletter and discussion on matters of preparedness, natural healing, nursing, longterm care, and wellness.

Members can email to the ENTIRE LIST by sending email to [NurseHealer@yahoogroups.com](mailto:NurseHealer@yahoogroups.com)

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You can temporarily view the ARCHIVES online at <http://www.listbot.com/archive/nursehealer>

A FAQ for all lists belonging to the domain NurseHealer.com is available.

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(The FAQ is a list of all Frequently Asked Questions for email lists.)

To view the FAQ online, go to <http://www.nursehealer.com/FAQ.htm>

To view FAQ info and access web functions for lists, go to <http://www.nursehealer.com/Listbot.htm>

To have the FAQ sent to you, click on the link on the above page, or go to

<http://www.responders.net/form.asp?member=listbot>

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Many blessings,

Mary Catherine ("Cathy") Miller

Cat =^;^=

"By small and simple things are great things brought to pass."

^\_^ NurseHealer <http://www.nursehealer.com/>

( 0.0 ) Voicemail/Fax 1-877-284-8158 (Toll-Free)

> ' < FAX 1-801-650-5185 (NOT Toll-Free)

Cat ICQ Pager <http://www.icq.com/2839630>

AntiVirus Note: I do NOT open email attachments.

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## Food Storage

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### Food Storage Newsletter

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

interested in food storage for any reason may find useful information in it.

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