

Food Storage Newsletter

Food Storage Newsletter #0022 - FREE monthly Email newsletter - October 2001:

Quotation:

“We encourage families to have on hand this year's supply; and we say it over and over and over and repeat over and over the scripture of the Lord where he says, "Why call ye me, Lord, Lord, and do not the things which I say?" (Luke 6:46.) How empty it is as they put their spirituality, so-called, into action and call him by his important names, but fail to do the things which he says. A man should not only be prepared to protect himself physically, but he should also have on hand sufficient supplies to sustain himself and his family in an emergency. For many years the leaders of the Mormon Church have recommended, with instructions, that every family have on hand at least a year's supply of basic food, clothing, fuel (where possible), and provisions for shelter. This has been most helpful to families suffering temporary reverses. It can and will be useful in many circumstances in the days ahead. We also need to get out of financial bondage, to be debt-free.” (God, Family, Country, p. 331.)

Spiritual Goal:

Study the scriptures prayerfully, intently, and regularly at least once a week, and ponder them in your heart.

Provident Living Goal:

Learn a new survival skill that might be useful in an emergency situation.

Home Storage Goal:

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

Salt – 10 lbs. per person

Baking powder – 2 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:

Tent; tarp; backpack

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

First Aid Kit Goal:

Tweezers; safety pins; penlight

- 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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Fruit, Canned – 12-24 months (in the original container at 70 degrees F. in a dry basement)

Fruit, Dried – 6-8 months

Fruit, Dehydrated - 5 years (@ 70 degrees F. in airtight container)

Salt – 24 months (indefinitely resealed in a food grade container with an oxygen absorber or vacuum sealed in a food grade bag)

Baking powder - (18 months unopened)

Applesauce, Motts - 12 months

Fruits and Pie fillings, Comstock - 18-26 months

Fruit, Canned Del Monte - 18-26 months

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

Peaches, Del Monte - 24-30 months 1-800-543-3090

Pear halves, Del Monte - 24-30 months 1-800-543-3090

Comstock Apples in can - 24-36 months (800) 270-2743 CODE: On second line, first digit is plant, middle 3 are Julian day of year, next is year, then space, and military time.

Mariani (Sold at B.J.'s club) Prunes - 12 months CODE: First number is year, next three are Julian calendar.

Motts Apple Sauce - Glass Jar - 12 months (800) 426-4891 CODE: After WA, first number is year, second two are month, next two 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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Fruit Pudding Delight

4 (20-oz.) cans chunk pineapple (drained, reserve 1 cup juice)

2 (11-oz.) cans mandarin orange sections, drained

2 c. maraschino cherries, drained

6 large bananas (cut into bite sized pieces)

1 c. Grape-Nuts cereal

1 large pkg. Instant vanilla pudding (regular [6-oz.] or sugar free [2.1-oz.]

Drain pineapple, reserving 1 cup. Combine fruit and 1 cup Grape-Nuts in a large bowl; toss gently. Combine pudding with reserved pineapple juice in a mixing bowl. Beat on high speed of electric mixer one minute. Pour pudding over fruit and Grape-Nuts to coat well. Serve in small dessert dishes. Yield: 16 servings

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

ISBN: 0446670405

Dutch Oven Peach Cobbler

Ignite 25-30 charcoal briquets in a firepan piled up and let burn until they are barely covered with ash (about 20 minutes). In a zip loc bag #1 at home combine:

2 cups bisquick 2/3 cups sugar

Zip-loc bag #2 combine:

1 1/2 cups sugar 1/2 tsp. cinnamon

1/4 tsp. Ginger 4 tbsp. cornstarch

In camp: Peel 1 peach per person (in season), or use canned peaches off-season. Mix contents of bag #2 with 2 cups water in a dutch oven. Bring to a boil. Stir to dissolve sugar and thicken the syrup. Place peaches into the mixture and bring to a boil again. Mix bag #1 with enough water to make a sticky dough. About 3/4 cup water. Squeeze dough onto hot peaches in dutch oven. Cover with the lid. Place dutch oven on 5-6 hot charcoal briquets and about 15 briquets on top of the lid. Don't peek, and bake 20 minutes. Blow ash off lid before carefully lifting the lid to check doneness. Enjoy! Barbara B. Sharpe

- from Adventure Sports Online's Camping Recipes

<http://www.adventuresports.com/asap/camping/recipe.htm#peach>

Fruit Frosty (Dried Foods)

1 c. dehydrated fruit (rehydrated in ½ c. water) 1 c. ice
1 c. unflavored yogurt ¾ c. milk
3 Tbs. Sugar

Blend fruit and water in blender for several minutes. Add other ingredients and blend 30 seconds more.
- from "Cookin with Home Storage" by Peggy Layton and Vicki Tate ISBN: 1893519015

Fruit Medley

1 can peach or apricot pie filling (21 oz.)
2 cans (15 oz. each) fruit cocktail, drained
1 can (20 oz.) pineapple chunks, drained
1 can (15 oz.) mandarin oranges, drained
2 medium bananas, sliced

Combine pie filling and canned fruits. Cover and refrigerate if possible, not good at room temperature.
Stir in bananas just before serving. Yield: 12-14 servings

Found in "Taste of Home Cooking"

- from Adventure Sports Online's Camping Recipes

<http://www.adventuresports.com/asap/camping/recipe.htm>

Buckwheat Pancakes

1 c. freshly ground hard red wheat berries
4 level tsp. Baking powder
1 ¾ c. milk
1 egg
1 c. freshly ground buckwheat
1 level tsp. Salt
2 Tbs. Molasses

Combine the freshly ground whole wheat, buckwheat flour, salt and baking powder. Add the egg and milk gradually while stirring. Add molasses. Beat until smooth. Lightly oil frying pan or griddle. Spoon in pancakes, when bubbles form and break on pancakes, turn and brown other side.

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

Banana Bread (Dried food)

2 c. flour 1 tsp. Soda
¼ c. water ½ c. oil
½ c. dehydrated egg mix 1 c. chopped nuts (optional)
1 c. crushed dried banana ¼ tsp. Salt
½ tsp. Vanilla 1 c. sugar
1/3 c. water

Mix egg mix in 1/3 c. water. Cream oil and sugar. Add egg mixture and blend. Sift dry ingredients. Mix banana, water and vanilla. Add to creamed mixture alternating with dry ingredients. Blend well.

Pour into greased bread pan. Bake at 350 degrees for 1 hour.

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

Buttermilk Rolls

1 c. buttermilk, warmed	3 Tbs. Shortening
1 tsp. Brown sugar	¼ tsp. Soda
1 pkg. Yeast	2 ¼ c. wheat flour
1 tsp. Baking powder	1 ¼ tsp. Salt

Dissolve the yeast in the warm buttermilk then add the melted shortening, brown sugar and soda and mix well. Sift the wheat flour, measure, add baking powder and salt and sift into the liquid all at once. Mix until the flour is all dampened then beat with a spoon for one minute. Cover with a damp cloth, set in a warm place and let rise to about double in bulk. Punch down, let rise once more and turn onto a board covered with sifted wheat flour and knead until light and spongy (between 5 and 10 minutes). Mold into any desired size or shape, cover with a damp cloth again and let rise until light. Bake 15 to 20 minutes at 425 degrees.

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

Wheat Thins

A thin batter:

1 c. wheat flour	1 c. water
½ tsp. Salt	

Mix until free of lumps. Grease cookie sheets. Spread ½ c. batter on entire sheet (do several sheets). Season with celery, onion, or garlic salt. Bake at 350 degrees 10 minutes. Remove and break up to chip size pieces.

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

Corn Pone

2 cups cornmeal	¾ tsp. salt (or less)
Boiling water	2 tbsp. butter or margarine, melted; or vegetable oil

Combine all ingredients to make a semi-stiff mush. Spread ¼-inch thick in a well-greased heavy pan and bake at 375 degrees 20 to 25 minutes. (Corn ponies used to be baked on a greased shovel over glowing coals.)

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

Sand Art Brownies

Layer these ingredients in a 1 Quart Jar:

1/2 cup plus 2 Tbsp Flour	1/2 tsp Salt
1/2 Cup Cocoa	1/2 Cup Flour
2/3 Cup Brown Sugar	2/3 Cup White Sugar
1/2 Cup Chocolate Chips	1/2 Cup Chopped Walnuts
1/2 Cup White Chips	

Ingredients to add for baking:

1 1/2 cups flour	1 1/2 Tbs. dried
2 tsp. baking powder	crushed lemon verbena
1/4 tsp. Salt	1 1/2 cups sugar
2 eggs	1 tsp. vanilla
1 cup butter, softened	

MIX flour, lemon verbena, baking powder and salt and set aside. BEAT butter until very creamy. ADD sugar, eggs and vanilla. Gradually ADD flour mixture. DROP by teaspoon on ungreased cookie sheet. BAKE at 350 degrees F. for eight to ten minutes.

- from Forget-me-Not Herbs and Wildflowers <http://home.achilles.net/forgetmenot/recipes.htm>

Flaxseed Pancakes

1/4 c. soy protein powder isolate	1/4 c. fresh ground flaxseed
1 Tbs. Splenda	1 tsp. baking powder
1 egg	2 Tbs. cream
2 Tbs. oil	A little water to thin

Mix and cook on hot buttered pan. You can add some cinnamon, a few blueberries or some chopped nuts.

- 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>

Simple Whole Wheat Waffles

1 c. freshly ground red or white hard wheat berries
2 eggs
1 c. milk
2 Tbs. Melted butter
1/4 level tsp. Salt
2 level tsp. Baking powder

Combine the flour, salt and baking powder in a medium size bowl. Beat in the eggs and milk until batter is smooth. Stir in the melted butter. Mix well. Pour in hot, well-oiled waffle iron. Cook until the waffle is brown.

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

Campfire Cornbread

1 cup cornmeal	1 cup flour
2 tsp. baking powder	3/4 tsp. salt
1 cup milk	1/4 cup vegetable oil

Mix dry ingredients. Stir in liquids. Spoon into a well-greased, heated 10 or 12-inch skillet. Cover tightly. Cover over a low flame for 20 to 30 minutes, or until firm in the center. When pan baking over hot coals place the pan on a low grill, on a three rock stand in the coals or directly on coals. Place coals on top of the lid (like a dutch oven) to distribute heat more evenly. Baked foods are more likely to burn on the bottom than the top. To prevent burning, check the temperature of your coals before placing a pan

on them. Hold your hand about six inches above the coals; it should be hot, but you should be able to keep your hand in place for eight seconds.

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

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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Study the scriptures prayerfully, intently, and regularly. Pray always before you begin to read the scriptures. Also, pray all the while you read. As certain concepts of the gospel illuminate your soul or as you have questions, don't hesitate to call upon your Father in Heaven. Keep a paper and pencil handy while you read. Often goals, exciting ideas, or original thoughts will creep into your mind as you study. Ask questions as you read the scriptures. Ask questions and then call upon the Lord in prayer. Write your question on a card. Stop many times during the day and ponder the single thought that you have searched out in depth. For instance, consider the truth 'love your neighbor as yourself.' Repeat the scripture, question your every action, and keep the thought with you on a small card.

(Suggestions from Aaronic Priesthood Manual 2 - Chapter 10 - Studying the Scriptures)

This Month's Suggested Books:

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"Trail Food: Drying and Cooking Food for Backpacking and Paddling" by Alan S. Kesselheim

ISBN: 0070344361

Synopsis: Healthy and nutritious food for backpackers, paddlers, and adventurers. The outdoors person's complete guide to drying, preserving and preparing lightweight foods. Over 50 field-tested recipes emphasize fresh, healthful, and delicious dishes that can be prepared quickly and easily.

Contents: Introduction; The Dry Life--Why Bother? What It Takes to Start; Your Provisions and What to Do with Them; Organizing for Your Pack; Drying Times; Cooking Tips and Recipes; The One-Week Backcountry Menu; Two Easy Dehydrator Plans

"American Medical Association Family Health Cookbook: Good Food That's Good For You" by Melanie Barnard and

Brooke Dojny with Mindy Hermann, RD and C. Wayne Callaway, MD (Illustrations by Patience Brewster) ISBN: 0671536672

An up-to-date, no-nonsense guide to healthful cooking for your family – with hundreds of varied, appealing recipes (513 pages)

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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Study survival skills that might be useful in an emergency situation; such as how to build an emergency shelter, start a fire, build a snare, make a solar oven, forage for wild edibles, make a backpack stove, build a short-wave radio and antenna, tie survival knots, detoxify in case of various poisons and contaminants, track man or beast, bandage wounds, find sources of potable water, or purify water.

Learn how to choose, store, and use the best fruit of the season to get the most from your fruit storage. Apple (80 calories per medium apple; source of fiber) – Buy when firm; crisp; without blemishes or soft spots (Peak Season: Autumn) – Store in a cool place or refrigerate for up to 1 month without the apples touching each other.

Apricot (40 calories per two medium apricots; source of vitamin A) – Buy when golden to orange yellow; lush; plump; should yield slightly to pressure (Peak Season: June-July) – Ripen in a paper bag, then refrigerate up to 3 days.

Banana (105 calories per medium banana; source of vitamin C, fiber, and potassium) – Buy when solid yellow; firm skins (Year round) – Ripen at room temperature and eat raw within 2 days or puree overripe fruit and use in baking or yogurt smoothies.

Blackberry (35 calories per ½ cup; source of fiber; rich in vitamin C) – Buy when plump; firm; dry; deeply colored; no bruises (Peak Season: June-September) – Purchase ripe and refrigerate in a shallow container 1 to 2 days or freeze on a baking sheet and store in plastic bags.

Blueberry (40 calories per ½ cup; source of vitamin C) – Buy when plump; firm; deep blue with a silver hue (Peak Season: June-August) – Purchase ripe and refrigerate in a shallow container up to 3 days.

Cantaloupe (30 calories per ½ cup; rich in vitamins A and C) – Buy when heavy; well-netted skin; no stem; perfumed aroma (Peak Season: July-September) – Ripen at room temperature until skin yields to pressure and eat within 2 days or refrigerate up to 3 days.

Cherry (60 calories per ½ cup) – Buy when bright red, burgundy, or white, depending on variety; firm; unblemished; fresh-looking stems (Peak Season: June-July) – Refrigerate up to 4 days or pit and freeze in a single layer and store in plastic bags.

Cranberry (25 calories per ½ cup; source of vitamin C) – Buy when plump; firm; bright to deep red (Peak Season: October-December) – Refrigerate or freeze in plastic bags.

Grape (55 calories per ½ cup; source of vitamin C) – Buy when firm; plump; dry; well attached to stem; bright red, green, or purple (Peak Season: August-November) – Store in refrigerator up to 5 days or freeze in plastic bags for frozen snacks.

Grapefruit (40 calories per ½ grapefruit; rich in vitamin C) – Buy when firm; heavy; no bruises or brown spots; white or pink flesh, depending on variety (Peak Season: December-March) – Refrigerate up to 1 month.

Honeydew Melon (30 calories per ½ cup; rich in vitamin C) – Buy when heavy; firm; greenish white to pale yellow; slightly soft at blossom end; perfumed fragrance (Peak Season: August-September) – Ripen at room temperature and store in refrigerator up to 5 days.

Kiwifruit (60 calories per medium kiwifruit; source of potassium; rich in vitamin C) – Buy when fuzzy greenish brown skin; plump; yields to pressure; perfumed fragrance (year round) – Ripen at room temperature and refrigerate up to 4 days.

Lemon (15 calories per medium lemon; rich in vitamin C) – Buy when firm and heavy; bright yellow (year round; Peak Season: winter) – Refrigerate up to 2 weeks.

Lime (20 calories per medium lime; rich in vitamin C) – Buy when firm; heavy; shiny deep green (year round) – Refrigerate up to 2 weeks.

Mango (135 calories per medium mango; source of fiber and potassium; rich in vitamins A and C) – Buy when firm; heavy; yields to pressure; yellow-orange skin with tinges of red or green (Peak Season:

spring-summer) – Ripen at room temperature and refrigerate up to 5 days.

Nectarine (65 calories per medium nectarine; source of vitamins A and C and potassium) – Buy when plump; smooth golden skin with tinges of pink or red; firm; yields to pressure (Peak Season:

June-August) – Ripen in a paper bag then refrigerate up to 5 days.

Orange (70 calories per medium orange; source of potassium; rich in vitamin C and fiber) – Buy when firm; heavy; shiny orange skin; no bruises or brown spots (year round; Peak Season: December-April) – Refrigerate up to 1 month.

Papaya (25 calories per ½ cup; rich in vitamin C) – Buy when smooth green-yellow skin; firm; yields to pressure (Peak Season: March-August) – Ripen in a paper bag at room temperature then refrigerate up to 5 days.

Peach (35 calories per medium peach) – Buy when firm; plump; slightly fuzzy golden or reddish-golden skin; no bruises (Peak Season: May-September) – Ripen in paper bag at room temperature then refrigerate up to 5 days.

Pear (100 calories per medium pear; source of vitamin C and fiber) – Buy when unblemished; pale green, golden, or red, depending on variety; firm; yields to pressure (Peak Season: September-November) – Ripen in paper bag at room temperature then refrigerate up to 4 days.

Pineapple (75 calories per ½ cup; rich in vitamin C) – Buy when plump; firm; heavy; shiny tips and leaves (year round) – Purchase ripe and refrigerate up to 5 days.

Plum (35 calories per medium plum; source of vitamin C) – Buy when plump; firm; bright green, yellow, red, or purple; should yield to pressure (Peak Season: July-September) – Purchase ripe and refrigerate up to 5 days.

Strawberry (20 calories per ½ cup; rich in vitamin C) – Buy when firm; no blemishes; bright or deep red; fresh leaves (Peak Season: March-July) – Refrigerate in a shallow container for 1 to 2 days.

Watermelon (25 calories per ½ cup; source of vitamin C) – Buy when firm; shiny; heavy; red or yellow flesh, depending on variety (Peak Season: June-September) – Buy ripe and refrigerate up to 3 days.

- from “American Medical Association Family Health Cookbook: Good Food That’s Good For You” by Melanie Barnard and Brooke Dojny with Mindy Hermann, RD and C. Wayne Callaway, MD (Illustrations by Patience Brewster)

Know substitutions for salt: Miso paste, Tamari or soy sauce, Cayenne pepper, Yeast, Herbs (various), Umeboshi Plum, Kelp granules, Dulse flakes, Seaweeds, Soy Bullion, Garlic granules, Onion powder, Scallions, Radish sprouts (dried), Mustard, Oregano, Basil, Thyme

- from "Sproutman's Kitchen Garden Cookbook" by Steve Meyerowitz Michael Parman (Illustrator)
ISBN: 1878736868

(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>)

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
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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>

(The OLD list from LISTBOT.com closed August 2, 2001.)

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
To SUBSCRIBE: send email to LDSFS-subscribe@yahoogroups.com
To UNSUBSCRIBE: send email to 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>

(The OLD list from LISTBOT.com closed August 2, 2001.)

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
To SUBSCRIBE: send email to NurseHealer-subscribe@yahoogroups.com
To UNSUBSCRIBE: send email to NurseHealer-unsubscribe@yahoogroups.com

OR You can SUBSCRIBE and/or UNSUBSCRIBE at <http://www.nursehealer.com/Listbot.htm>
NurseHealer Email Discussion List (NurseHealer) Home
Page:<http://groups.yahoo.com/group/NurseHealer>

(The OLD list from LISTBOT.com closed August 2, 2001.)

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

(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.

[Food Storage](#)

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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