

Food Storage Newsletter

Food Storage Newsletter #0023 - FREE monthly Email newsletter - November 2001:

Quotation:
“You do not need to go into debt to obtain a year's supply. Plan to build up your food supply just as you would a savings account. Save a little for storage each paycheck. Can or bottle fruit and vegetables from your gardens and orchards. Learn how to preserve food through drying and possibly freezing. Make your storage a part of your budget. Store seeds and have sufficient tools on hand to do the job. If you are saving and planning for a second car or a television set or some item which merely adds to your comfort or pleasure, you may need to change your priorities. We urge you to do this prayerfully and do it now. I speak with a feeling of great urgency.” (CR October 1980, Ensign 10 [November 1980])

Spiritual Goal:
Change a specific habit or attitude that is keeping you from increased spirituality and keeping your home and family from great joy and peace.

Provident Living Goal:
Learn alternative methods of cleaning, sanitation, and sterilization for environmental quality and sanitation in your home and first aid.

Home Storage Goal:
Rice – 50 lbs. per person
Vinegar – 1 gallon per person
Pudding Mix – 1 lb. 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:
Shovel; tools; gloves
- More 72-Hour Kit Ideas <http://www.nursehealer.com/72Hour.htm>

First Aid Kit Goal:
Latex gloves – 2 pair per person
- More First Aid Kit Ideas <http://www.nursehealer.com/Guide.htm>

Shelf Life & Date Codes for This Month's storage items:

=====

Rice – 24 months (indefinitely resealed in a food grade container with an oxygen absorber or vacuum sealed in a food grade bag)
Rice, white – 24 to 48 months
Rice, wild – 24 to 36 months
Rice, brown – 1 to 6 months
Rice, flavored or herb mixes – 6 months
Rice flour – 1 to 2 months
Rice, Minute Rice – 18 months
Rice cereal, dry Ready-to-eat - 12 Months
Vinegar (opened) - 12 months
Vinegar (unopened) - 24 months (some sources say indefinitely in original container)
Pudding mixes – 12 months

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

This Month's Cooking with Food Storage Ideas:

=====

Rice Griddlecakes

1 c. (1/4 L) milk 1 c. (1/4 L) warm cooked rice
1/4 tsp. Salt 2 eggs, separated
1 Tbs. Melted butter 1 c. (140 g) white flour

Mix the milk, rice, and salt in a large bowl. Beat the egg yolks and add them, then stir in the butter and flour. Beat the egg whites until stiff, and gently fold them in. Drop by large spoonfuls onto a moderately hot, buttered griddle or frying pan. Turn with a spatula when the cakes are full of bubbles, and bake on the other side until lightly browned. Keep warm in a 200-degree F. (95 degree C.) oven until you have enough to serve. (Makes about 18 griddlecakes)

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

Baked Rice

Preheat oven to 350 degrees.

Combine in covered casserole:

2 c. hot water 1 c. rice
1/2 tsp. Salt 1 Tbs. Margarine

Cover and bake 45 minutes or longer for large quantities.

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

Sunday Rice

1 lb. sausage 1 lb. ground beef
1 onion, chopped 1 green pepper, chopped
1/2 c. chopped celery 3 c. boiling water
2 pkg. Noodle soup mix 1 c. uncooked rice

Brown sausage, ground beef, and onion. Dissolve soup mix in boiling water. Mix all the ingredients together and bake in a covered dish at 425 degrees for 15 minutes. Turn oven down to 200 degrees and bake for 3 1/2 hours. You may top with slivered almonds.

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

Rice Croquettes

1/2 c. (1 dL) short-grained rice 1/2 tsp. Salt
1 c. (1/4 L) milk 2 eggs
6 Tbs. Butter 1 1/2 c. (3 1/2 dL) freshly made bread crumbs
2 Tbs. Oil

Sprinkle the rice and salt into 1/2 c. boiling water. Cover and cook slowly until the water is absorbed, 7-10 minutes. Add the milk, stir, cover, and cook 10-12 minutes more, or until the rice is tender. Stir in 1 egg and 2 tablespoons of the butter.

Spread the mixture on a shallow plate, cover with plastic wrap, and refrigerate. Beat the remaining egg in a shallow dish and put the crumbs on a piece of wax paper. Shape the chilled rice mixture into 6 conical or patty shapes. Dip each croquette into the egg and then cover with crumbs. Melt the remaining 4 tablespoons of butter in a skillet with the oil. When hot, fry the croquettes until golden brown; don't cook them too quickly or the insides will remain cold.

(Delicate golden patties, especially good with poached fish.) Serves 4

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

Rice Bread

2 c. sprouted rice, ground 1/2 c. filberts, chopped
1 Tbs. Dill seed 1 tsp. Salt (optional)
Rice or soy flour, if necessary, to make a stiff, adhesive dough

Fine grind rice. Mix all and knead, adding flour only if necessary for a stiff, binding dough. Form into a loaf, place in oiled dish or wax paper, set aside a few hours or overnight. Refrigerate, slice and warm, serving on warm plates.

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

Creamy Rice Pudding

Sweet Mustard Sauce

This meat sauce is great with pork chops, on coldcuts and as a spread on sandwiches. Our guest on the Middle Fork rave about it.

2 ounces dry mustard 6 eggs
1 cup sugar 1 cup white vinegar

Pour dry mustard and vinegar in saucepan and stir. Set aside. Break eggs in a separate bowl and beat until mixed. Add sugar and beaten eggs to mustard and vinegar. Stir until mixed. Place over medium high heat stirring constantly. To hot of heat can scorch the sauce. When cooked at home some people may prefer to use a double boiler. Bring to slow boil and stir until mixture thickens. Remove from heat and allow to cool. This sauce lasts a couple of weeks when refrigerated.

- from Adventure Sports Online's Camping Recipes <http://www.adventuresports.com/asap/camping/recipe.htm>

Quick Fluffy Chocolate Frosting

1 envelope Dream Whip ½ c. cold skim milk
½ tsp. Vanilla 1 (2-oz.) pkg. JELL-O sugar-free chocolate pudding mix

Blend together skim milk, vanilla, and Dream Whip mix. Beat until stiff. Add pudding mix and continue to beat until light and fluffy. Add more skim milk if too thick. Use as a frosting on low-fat cupcakes using 1 Tbs. Frosting per cupcake. This can also be used to frost cakes or brownies. Yield: 2 ½ cups (40 Tbs.) serving: 1 Tbs.

Variation: Blend in ½ tsp. Peppermint extract and ½ c. Braum's Lite Fudge Topping for a special chocolate mint frosting.

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

Protein Shake - from Debbie Cusick

1/2 cup unsweetened coconut milk
1/4 cup Healthy N Fit 0-carb egg protein powder (vanilla flavour, but all the ingredients read is "vanilla flavouring" – no sweetener)
1/2 cup water
3-4 ice cubes
1/2 tsp. vanilla (or other extract depending on flavor of shake)
2 rounded tsp. sugar-free instant pudding powder, flavor of choice
Sweetener to taste, if desired

Combine all ingredients except ice cubes in blender and blend until mixed. Add ice cubes and blend for a couple more minutes. Pour into glass and enjoy.

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

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

Pudding Fudge

1 c. sugar 1 pkg. Chocolate pudding
½ c. canned milk 2 Tbs. Butter

Mix all together except butter. Cook until soft ball stage. Mix in butter. Add nuts if desired. Pour into a buttered dish. Cool and cut into squares.

- from "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:

=====

Change a specific habit or attitude that is keeping you from increased spirituality and keeping your home and family from great joy and peace. There are many things that help to create a mood or atmosphere in a home. One person's attitudes can greatly affect the entire family. Increased spirituality brings love and joy into our homes. Write on paper a habit or attitude you have that does not help the spirituality of your home. Increase the spirituality in your home by working hard to change

this habit or attitude. Maintain a neat and clean physical environment that will invite the presence of the Spirit of the Lord. (Suggestions from Young Women Manual 3: Fulfilling Women's Divine Roles - Chapter 5 - Creating a Spiritual Environment in the Home)

Part of emergency preparedness is being free of addictions and habits that could pose a problem when resources may be unavailable. Take steps to overcome chemical and psychological dependency to substances that could be difficult to obtain when surviving on emergency rations; substances such as alcohol, tobacco, caffeine, sugar, pharmaceuticals, and foods you may have sensitivity to. One of the peculiar aspects of food allergy is that we often crave the foods to which we are allergic. Breaking the cycle of food allergy and dependency can free us from the bondage of food "addiction", cleanse our brains to think more clearly, and help our bodies to work more efficiently. Work out a plan to overcome addictions and bad habits, and to develop good habits.

The Twelve Steps, originated by Alcoholics Anonymous, is the spiritual foundation for personal recovery from the effects of alcoholism, not only for the alcoholic, but also for their friends and family. These Twelve Steps have been used to overcome many kinds of addiction.

Step 1: Honesty - After many years of denial, recovery can begin when with one simple admission of being powerless over alcohol -- for alcoholics and their friends and family.

Step 2: Faith - It seems to be a spiritual truth that before a higher power can begin to operate, you must first believe that it can.

Step 3: Surrender - A lifetime of self-will run riot can come to a screeching halt, and change forever, by making a simple decision to turn it all over to a higher power.

Step 4: Soul Searching - There is a saying in the 12-step programs that recovery is a process, not an event. The same can be said for this step -- more will surely be revealed.

Step 5: Integrity Probably the most difficult of all the steps to face, Step 5 is also the one that provides the greatest opportunity for growth.

Step 6: Acceptance - The key to Step 6 is acceptance -- accepting character defects exactly as they are and becoming entirely willing to let them go.

Step 7: Humility - The spiritual focus of Step 7 is humility, asking a higher power to do something that cannot be done by self-will or mere determination.

Step 8: Willingness - Making a list of those harmed before coming into recovery may sound simple. Becoming willing to actually make those amends is the difficult part.

Step 9: Forgiveness - Making amends may seem like a bitter pill to swallow, but for those serious about recovery it can be great medicine for the spirit and soul.

Step 10: Maintenance - Nobody likes to admit to being wrong. But it is absolutely necessary to maintain spiritual progress in recovery.

Step 11: Making Contact - The purpose of Step 11 is to discover the plan God as you understand Him has for your life.

Step 12: Service - For those in recovery programs, practicing Step 12 is simply "how it works."

<http://alcoholism.about.com/health/alcoholism/library/weekly/aa981021.htm?iam=anaconda&terms=twelve+steps+addiction>

See also "Self-Mastery: Personal Growth Through Deliberate Self-Improvement" <http://www.nursehealer.com/Mastery.htm>

This Month's Suggested Books:

=====
"Naturally Clean Home: 121 Safe and Easy Herbal Formulas for Nontoxic Cleansers" by Karyn Siegel-Maier ISBN: 158017194X

Synopsis: Readers will learn how to use the antiseptic and antiviral properties of herbs and essential oils in safer, more economical alternatives to commercial cleaning products. Recipes include laundry and dishwashing detergent; bathroom cleaners; wood, glass, and metal cleaners; air and carpet fresheners; car and pet care products; and insect repellents.

Author Biography: Author Karyn Siegel-Maier is an herbal researcher and writer for many newspapers and national magazines, including Natural Living Today, Better Nutrition, and Let's Live. She has written the Storey book The Naturally Clean Home, a guide to making safe and effective alternatives to commercial cleansing products. This mother of three has also written 50 Simple Ways to Pamper Your Baby, a book that includes hundreds of tips and recipes for a happy baby. Karyn lives in New York.

From the Publisher: Save money...Save your health...Save the planet...With natural cleaning power! Did you know that the air in your home might have chemical contamination levels 70 times greater than outdoor air? And the culprits are lurking

right under your kitchen sink. It's time to clean up your act! Learn how easy it is to make your own safe, nontoxic, effective alternatives to commercial cleaning products by combining the antibacterial and antiseptic properties of herbs and essential oils with other natural ingredients such as baking soda, vinegar, borax, and lemon juice. The Naturally Clean Home includes tips and formulas for freshening every room in the house: Wash the dishes with eucalyptus; Restore the rug with rosemary; Soften fabrics with lemon; Clean the oven with orange; Scrub the sink with lavender; Polish wood with raspberry leaves; Flush the toilet clean with tea tree oil; Wax the car with beeswax (160 pages)

Contents: Clean and Let Live; Why Clean with Herbs?; The Kitchen; The Bath; The Laundry; Wood Care; Walls & Carpeting; Cleaning Metals; Clearing the Air; The Garage & Basement; Resources

"Honoring Your Self: A Guide to Overcoming Addictions" by Hob ISBN: 0967155789

82-year-old Hob presents in Honoring Your Self a spiritual journey to sobriety. It opens with a preface in which the author shares his downward spiral into alcoholism. Together with its impact on his marriage, his career, and decades later, his grown children. The heart of the book is a chapter-by-chapter road map of the twelve steps to recovery (in honor of AA) here named, surrender, hope, faith, integrity, truth, courage, humility, forgiveness, compassion, persistence, gratitude and service. These healing stepping stones lead the reader along the road to sobriety. Honoring Your Self is not psychologically oriented or limited in scope to a particular form of addiction. 12 addictions to (sex, overeating, gambling, nicotine, narcotics,...) are examined with first hand accounts of addicts who share their struggles and triumphs. (208 pages)

"Living the 7 Habits: The Courage to Change" by Stephen R. Covey ISBN: 0684857162

This book provides stories of real people living Stephen Covey's 7 Habits of Highly Successful People. More than 70 stories illustrate the principles that Covey teaches in his books and lectures. The stories are divided into individual, family, community and education, and workplace sections, and are followed by commentary from Covey. (336 pages)

Annotation: "...a practical exploration, after a decade of practice, of the dramatic impact 'The 7 Habits of Highly Effective People' has had on individuals & organizations...includes testimonials & advice for putting the '7 Habits' to work."

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:

=====

Look for environment-friendly alternative methods of cleaning, sanitation, and sterilization for environmental quality and sanitation in your home and first aid. Here are some examples. Mix 1/2 cup ammonia, 1/3 cup vinegar, 1/4 cup baking soda in one gallon of warm water for a general household cleaner. Lemon juice + salt = copper cleaner. You can use a mixture of white vinegar and water to clean glass and windows. Make a floor cleaner with 1 cup vinegar + 2 gallons water. For brass and copper polish, cut a lemon in half, sprinkle it with salt and rub the lemon on whatever needs to be polished; then buff with a cloth to remove excess lemon juice. To polish silver; cut a sheet of aluminum foil into a plastic or glass bowl; then sprinkle the foil with salt and baking soda, and fill the bowl with warm water to soak your silver in and the tarnish will migrate to the aluminum foil; then dry and buff your silver. Use a dilute mixture of rubbing alcohol and water as a household disinfectant. Equal parts of vinegar and salt will remove mildew. 1 cup of lemon juice + 1 cup of water is a good grease cutter. To absorb big carpet spills, spread cornmeal all over the spill; wait about 15 minutes, then vacuum it up. Oven cleaner is 2 tablespoons liquid soap + 2 teaspoons borax + warm water. Baking Soda can be used for scouring powder. A floor and furniture polish is 2 parts vegetable oil + 1 part lemon juice (for leather furniture: 1 cup vinegar + 1 cup linseed oil). Make a paste of borax + lemon juice for toilet bowl cleaner. An all-purpose spot remover is 1/4 cup borax in 2 cups cold water; soak the stain prior to washing as usual. To remove ink from fabric, apply a paste of lemon juice and cream of tarter; allow to dry, then wash as usual. By adding baking soda, you can reduce the amount of commercial laundry detergent you use substantially. (If you're using liquid detergent, add about 1/2 cup of baking soda at the beginning of the wash. If you're using powdered detergent, add 1/2 cup of baking soda during the rinse cycle.) As you pile your dishes up in the sink, sprinkle them with baking soda - Then, later on when you put them in the dishwasher you can use a lot less commercial automatic dishwasher detergent. Baking soda is a good rug and carpet cleaner.

Set up your toolbox for home repair and maintenance. These are suggested tools from "Basic Home Repair Tools for the Newbie" at a total cost of around \$200 (in order of importance): screwdrivers (at least three sizes of flat blade two Phillips drivers, a #1 & #2); 16-oz claw hammer; Tape measure (1" x 24'); flashlight; utility or box knife with a retractable blade;

razor blade holder/scrapper; channellocks (9" flat-jaw, arc-joint plier - tongue and grove); drain/toilet plunger (plumber's friend); scratch awl; 7" slip-joint pliers; electric drill; drill bits; set of 1/4" sockets with a snap-on screwdriver type handle; Vice Grip (10" curved jaw, locking plier); wire stripper/cutter; voltage sensor.
- from <http://www.factsfacts.com/MyHomeRepair/basicTools.htm>

(More Frugal Living resources: <http://www.nursehealer.com/Frugal.htm>)

Newsletter & Email List Information:

=====

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):

=====

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
To UNSUBSCRIBE: send email to 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>

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

LDS Food Storage Email Discussion List (LDSFS):

=====

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):

=====

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>

--
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.

[SUBSCRIBE OR UNSUBSCRIBE to Email Lists \[HERE \]](#)

[NurseHealer.com](#)
[Forums](#)

[Sitemap](#)
[Email Lists](#)
[Bookstore](#)

[Suggest a Link](#)
[Classifieds](#)
[Contact NurseHealer](#)
[Awards](#)
[Search This Site](#)

[Banner Link](#)
[WebRing](#)
[VOTE](#)

[Announce to a Friend](#)
[Guestbook](#)

[Copyright © 1997, 1998, 1999, 2000, 2001 by Mary Catherine \("Cathy"\) Miller All Rights Reserved.](#)