

Food Storage Newsletter #0027 - FREE monthly Email newsletter - March 2002:

This Month's Plan to Acquire Food Storage and 72-Hour Kit in One Year (with Monthly Goals)

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Quotation:

"There is more salvation and security in wheat than in all the political schemes of the world." - Ezra Taft Benson (Journal of Discourses 2: 207)

Spiritual Goal:

Testify of the Gospel in your life to at least one person this month.

Provident Living Goal:

Design a monthly budget, and stick to it this month.

Home Storage Goal:

Pasta – 50 lbs.

Water (1 to 2 gallons per person per day) – 30 gallons per person

NOTES: Pasta is available in 1 lb. bags and 50 lb. boxes. A #10 can of pasta = 3.38 lbs. A #10 can of spaghetti = 4.5 lbs. 1 cup dry pasta = 2 ½ cups cooked elbow macaroni, shells, rotini, cavatelli or wheels or 2 cups spaghetti.

The 2002 Food Storage Buying Plan used in these newsletters is available online in HTML, doc, pdf and xls formats at:

<http://www.nursehealer.com/FS18.htm>

72-Hour Kit Goal:

Canteen; can opener; sewing & repair kit

First Aid Kit Goal:

1-inch bandage roll – 1 per person

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

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Pasta - 24 months (indefinitely resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)

Pasta, American Beauty - 36 months (in original package)

Pasta, Cup-O-Noodles - 24 months

Pasta, Fusilli - 8+ years (in #10 can with oxygen absorber)

Pasta, Macaroni - 8 years (in Mylar pouch)

Pasta, Macaroni & Cheese - 12 months

Pasta Mixes – 6 months

Pasta, Noodles & Sauce, Chicken Flavor, Lipton - 24 months

Pasta, Noodles, Fettuccine, Montalcino - 18 months+

Pasta, Penne - 8+ years (in #10 can with oxygen absorber)

Pasta & Sauce, Lipton - 12 months

Pasta-Roni – Exp. Date

Pasta Sauce - 24 months (unopened) (2 weeks opened, refrigerated)

Pasta Sauce - Lipton 5 Brothers - 24 months

Pasta Sauce (Ragu-Jar), Lipton - 24 months 1-800-328-7248

Pasta, Shells - 8+ years (in #10 can with oxygen absorber)

Pasta, Spaghetti - 8 years (in Mylar pouch)

Pasta, Spaghetti - 18-24 months

Pasta, Spaghetti, Montalcino - 18 months+

This Month's Cooking with Food Storage Ideas:

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Tuna Macaroni Salad

16 oz box Macaroni or Seashell Pasta (cook according to package)

2 (6 oz) cans Tuna, drained

1 cup Celery, diced

1/4 cup Onion, diced

1 cup Bell Pepper, diced (optional)

1 cup Mayonnaise or Salad Dressing (like Miracle Whip)

2 Tbs. Cider Vinegar

1 tsp. Sugar

1 tsp. Salt

1/2 tsp. Celery Seed (optional)

Pepper to taste

Cook pasta according to package. Put in strainer or colander and rinse with cold water. In a large bowl add the pasta, tuna, celery, onion, and bell pepper. In a large measuring cup or small mixing bowl mix mayonnaise, vinegar, sugar, salt and celery seed. Stir until well mixed. Toss with pasta. Serves 8.

- From Cheap and Easy Cookbook Online

<http://www.geocities.com/BourbonStreet/Square/1554/444tunpas.html>

### Sun Dried Tomato Primavera Pasta

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1 1/2 cup (6 oz.) seasonal sliced vegetables

1/2 tsp. minced garlic

2 tsp. olive oil

1/4 cup chicken or vegetable broth

1/4 cup (1 oz.) Valley Sun Products Julienne cut Sun Dried Tomatoes

Salt & Pepper to taste

1 1/2 cups hot cooked bowtie pasta

Grated Parmesan cheese

Sauté seasonal sliced vegetables and minced garlic in olive oil. When tender crisp, stir in chicken or

vegetable broth and Sun Dried Tomatoes. Simmer 30 seconds, season with salt and pepper, and then immediately toss with hot cooked bowtie pasta. Top with grated Parmesan cheese. Serves 1.

From - Valley Sun <http://www.valleysun.com/>

## Dutch Oven Lasagna

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1-1/2 lb. lean ground beef

23 oz spaghetti sauce

9 oz shredded mozzarella cheese

3 eggs

2-1/4 c cottage or ricotta cheese

1/4 cup grated Parmesan cheese

13 lasagna noodles

1-1/2 tsp. oregano

3/4 c hot water

Preheat the Dutch oven. Brown the ground beef. When done remove the beef to a large mixing bowl. Add the spaghetti sauce to the beef and mix well. In another bowl, add the cottage or ricotta cheese, Parmesan cheese, mozzarella cheese (reserve a few ounces for later), eggs, and oregano, and mix well.

Place the layers in the oven in the following order: Break up four lasagna noodles into the bottom of the oven. Spread about 1/3 of the meat mixture over the noodles. Spread 1/2 of the cheese mixture over the meat mixture. Break up five noodles and place over the top of the preceding mixtures. Spread 1/2 of the remaining meat mixture over the noodles. Spread the remaining cheese mixture over the meat mixture. Break up the remaining noodles and place over the cheese mixture. Spread the remaining meat mixture over the noodles. Pour the hot water all around the edges of the oven. Place the lid on the oven and bake one hour or until done. Check frequently.

Hints: This recipe works well with charcoal (12 briquettes on bottom and 12 on top). Cooking time can be reduced by pre-cooking and draining the lasagna noodles.

From The Dutch Oven Cookbook

U.S. Scouting Service Project Clipart and File Library

<http://clipart.usscouts.org/scoutdoc.asp>

Cookbook available in .doc and .pdf format from the files section of

FSRecipes Yahoo Group to group members:

<http://groups.yahoo.com/group/FSRecipes/files/>

File Info:

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Filename: DOCookbk.doc (doc file)

Dutch Oven Cookbook

U.S. Scouting Service

<http://clipart.usscouts.org/scoutdoc.asp>

54 pages

File Size: 137 KB

Filename: DOCookbk.pdf (pdf file)

Dutch Oven Cookbook

U.S. Scouting Service

<http://clipart.usscouts.org/scoutdoc.asp>

53 pages

File Size: 101 KB

Baked Elbows with Zucchini, Tomato, and Parmesan

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2 cups Our Best Elbows  
2 tablespoons butter

- \* cup chopped onion
- 8 ounces small zucchini, sliced
- 1 cup cubed fresh ripe tomatoes
- \* cup chopped Italian flat-leaf parsley
- 1 garlic clove, crushed
- 1 container (15 ounces) whole milk ricotta cheese
- \* cup milk
- 2 tablespoons grated Romano cheese
- 2 tablespoons grated Parmesan cheese

Cook the macaroni in plenty of boiling salted water until just slightly undercooked, about 5 minutes; drain. Meanwhile, melt butter in a wide skillet; add onion; sauté 5 minutes. Add zucchini; sauté 5 minutes more. Stir in tomatoes, parsley, and garlic; simmer uncovered 5 minutes. Stir in ricotta, milk, Romano cheese, and 1 tablespoon of the Parmesan cheese. Bake in a preheated 350F oven until top is lightly browned, about 20 minutes.

From <http://www.obpasta.com/frindex.htm>

### Trading Post Pasta Skillet Dinner (Dried Foods)

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- 1 dehydrated beef patty OR 1 cup ground beef gluten OR 1 cup mock hamburger (TVP)
- 1 ½ cup elbow macaroni
- 2 Tbs. Dehydrated green peppers
- 1 cup tomato powder OR 2 cans tomato sauce
- ¼ cup dehydrated celery
- 2 Tbs. Dehydrated sweet corn
- ¼ cup dehydrated onions
- Chili powder to taste
- Italian seasoning to taste
- Salt to taste
- Pepper to taste

Reconstitute beef and vegetables. Boil macaroni until tender. Drain. Break beef into pieces. Saute with onions, green pepper, and celery. Add tomato sauce, corn and seasonings and water as needed. Simmer 5 – 10 minutes. Add cooked macaroni and mix well.

From - "Cookin' With Home Storage" by Peggy Layton and Vicki Tate ISBN: 1893519015

<http://www.ut-biz.com/homestoragecookin/>

<http://www.baproducts.com/foodbook.htm>

<http://waltonfeed.com/grain/cookin/>

## Spaghetti Bravissimo

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1 envelope Onion Soup Mix

1 pkg. (8 oz.) spaghetti

1 1/2 qts. boiling water

1 lb. ground beef

1 can (8 oz.) tomato sauce

1 can (7 oz.) tomato paste

1 Tbs. Parsley Flakes

1 tsp. Oregano

1/2 tsp. sweet basil

In large saucepan, combine onion soup mix and spaghetti with water; cook 20 minutes or until spaghetti is tender. Do not drain. In large skillet, brown meat; stir in tomato sauce and pasta, parsley, oregano, and basil. Add to spaghetti and heat through. Yield: 4 servings.

From Lipton Onion Soup Mix package

## Meatballs (with TVP) for Spaghetti

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Reconstitute 1 1/2 c. dry granulated TVP (pour almost 1 1/2 c. boiling water over it, stir, let sit 10 min)\*

Add to this:

1/2 c. breadcrumbs

1 small onion - chopped

2 cloves garlic-minced

1 t. fennel

3 T FF Parmesan

3 T chopped fresh parsley

1/4 - 1/2 c. egg substitute (to hold it together)

1/4 t. oregano

salt & pepper

1 t. lemon zest for extra kick

Heat oven to 350 degrees. Spray cookie sheet with Pam. Roll mixture into balls and place on cookie sheet, back 30-45 minutes until brown. Cook your portion of spaghetti in the usual fashion; pour over it heated sauce and "meatballs".

From Fatfree.com

<http://www.fatfree.com/recipes/meat-analogues/meatballs>

\* TVP (Textured Vegetable Protein is a meat substitute made from soy beans which is high in protein and low in fat. See also:

<http://www.nursehealer.com/Recipes4.htm>

## Spaghetti Sauce for Canning

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Cut all in pieces:

3/4 bu. tomatoes, unpeeled

3 large sweet potatoes, peeled

2 bunches celery

3 sweet red peppers

1 hot pepper

8 medium onions

3 cloves garlic

Cook together in large kettles for 2 1/2 hours. Put through a food mill.

Add:

1 1/2 c. sugar

2 Tbs. salt



1 c. oil

Heat again to boiling. Pour into jars and seal. Process in boiling water bath 3/4 hour.

(Makes 12 qts.)

From "More-with-Less Cookbook: suggestions by Mennonites on how to eat better and consume less of the world's limited food resources" by Doris Janzen Longacre ISBN: 0836117867

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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Bear your testimony of the Gospel. Your personal testimony is your own divine revelation of the Gospel. Bearing testimony has to do with bearing witness to that which we know to be true.

Psalm 19:7 "The law of the Lord is perfect, converting the soul; the testimony of the Lord is sure, making wise the simple."

Your testimony is strengthened as you share it, and you strengthen those you share it with as well. President Boyd K. Packer said it simply, "A testimony is to be found in the bearing of it!" ("The Candle of the Lord," Ensign, Jan. 1983, page 54).

Luke 22: 31-32 "Satan hath desired to have you, that he may sift you as wheat; But I have prayed for thee, that thy faith fail not: and when thou art converted, strengthen thy brethren."

"The time will come when no man nor woman will be able to endure on borrowed light. Each will have to be guided by the light within himself. If you do not have it, how can you stand?" (Orson F. Whitney, Life of Heber C. Kimball, 3d. ed. Salt Lake City: Bookcraft, 1945, pages 449-450.) "What is meant by 'the light within himself?' That is a testimony, the true foundation that should determine true behavior." - Charles Didier, "Testimony," Ensign, Nov. 1991, page 62.

"A strong testimony has sustained prophets throughout the ages and fortified them to act with courage and determination in times of difficulty. A powerful testimony can do the same for you. As you fortify your own personal testimony, you will have power to make correct choices so that you can stand unwaveringly against the pressures of an increasingly vicious world. Your personal security and happiness depend upon the strength of your testimony, for it will guide your actions in times of trial or uncertainty. Honestly evaluate your personal life. How strong is your own testimony? Is it truly a sustaining power in your life, or is it more a hope that what you have learned is true? Is it more than a vague belief that worthwhile concepts and pattern of life seem to be reasonable and logical? Such mental assent will not help when you face the serious challenges that will inevitably come to you. Does your testimony guide you to correct decisions? To do so, fundamental truths must become part of the very fiber of your character. They must be an essential part of your being more treasured than life itself. If an honest assessment of your own testimony confirms that it is not as strong as it should be, how can it be strengthened? Your testimony will be fortified as you exercise faith in Jesus Christ, in His teachings, and in His limitless power to accomplish what He has promised." - Richard G. Scott, "The Power of a Strong Testimony," Ensign, Nov. 2001, page 87.

We are continuously converted as we discover new gospel principles and receive personal revelation for your lives.

"A testimony is a priceless gift from God. But even though a person may receive a witness through the Holy Ghost, there is no guarantee that this testimony will remain steadfast unless the person exerts constant effort to keep that testimony alive. Testimonies gained may be lost through carelessness, indifference, and/or neglect.: - Henry D. Taylor, "Man Cannot Endure on Borrowed Light," Ensign, June 1971, page 108.

Testimonies need to be nourished and fed. President Lee wisely counseled: "If we are not reading the scriptures daily, our testimonies are growing thinner, our spirituality isn't increasing in depth." (Seminar for Regional Representatives of the Twelve, December 12, 1970.)

"Testimony is as elusive as a moonbeam; it's as fragile as an orchid; you have to recapture it every morning of your life." – from "Teachings of Presidents of the Church: Harold B. Lee," Chapter 5, page 43.

This Month's Suggested Book:

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"15 Minute Storage Meals: Quick, Healthful Recipes & Food Storage Handbook" by Jayne Benkendorf  
ISBN: 0965199029

“High energy, lowfat meals in 15 minutes or less! Everyday ingredients”

From the cover:

Are you a busy person who needs to get meals on the table quickly? With this cookbook you will get:

**A HEALTHFUL STORAGE PANTRY.** Learn what foods to store and how much to store for one adult for one month using recipes in this book!

**MEALS IN A FLASH.** Every meal takes 15 minutes or less to prepare.

**LOWFAT MEAL.** All meals are low in fat.

**HIGH ENERGY MEALS.** If you need more energy, these meals are for you. They are packed with high energy ingredients.

**WEIGHT LOSS.** If you need to lose weight, this cookbook can be your best tool for permanent weight loss.

**COMMON EVERYDAY INGREDIENTS.** Tired of recipes using ingredients you have never heard of? You're familiar with these!

**NO ADDITIVES OR PRESERVATIVES.** These meals are nutrient dense, using power-packed veggies and whole grains.

**ENZYMES.** Enzymes are vital to good health. Learn where to get them.

**SPROUTING.** Sprouting is simple and fun. Learn how, and include nutritious sprouts in your food plan.

**FAT GRAMS, CALORIES, ETC. LISTED.** All recipes include nutritional information.

This Month's Frugal Living Tips:

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Set up a monthly family budget you can live with. Your budget can be a blessing to your family as you strive to get out of debt and plan for the future.

President N. Eldon Tanner's "five principles of economic constancy are:

Pay an honest tithing.

Live on less than you earn.

Learn to distinguish between needs and wants.

Develop and live within a budget.

Be honest in all your financial affairs.

- From "Marriage and Family Relations Instructor's Manual, A": Strengthening Marriages, Lesson 8: Managing Family Finances, Purpose, page 35.

A good free resource is, "One for the Money: Guide to Family Finance" by Elder Marvin J. Ashton. This pamphlet has step-by-step practical suggestions on sound financial management. Pamphlet # 33293000 is available from the Salt Lake Distribution Center. Members of the Church of Jesus Christ of Latter-Day Saints may order online from <http://www.ldscatalog.com/> . Nonmembers should contact the nearest church office to order.

"As proper money management and living within one's means are essential in today's world if we are to live abundantly and happily, may I make some recommendations for improved personal and family financial management. The following 12 points will help each of us achieve this goal, I believe."

"1 Pay an honest tithing." . . . "If our tithing and fast offerings are the first obligations met following the receipt of each paycheck, our commitment to this important gospel principle will be strengthened and the likelihood of financial mismanagement will be reduced." . . .

"2 Learn to manage money before it manages you." . . . "Financial peace of mind is not determined by how much we make but is dependent upon how much we spend." . .

"3 Learn self-discipline and self-restraint in money matters. Learning how to discipline oneself and exercise constraint where money is concerned can be more important than courses in accounting." . . .

"4 Use a budget. Every family must have a predetermined understanding of how much money will be available each month and the amount to be spent in each category of the family budget. Checkbooks facilitate family cash management and record keeping. Carefully record each check when written, and balance the checkbook with the monthly bank statement." . . . "With the exception of buying a home, paying for education, or making other vital investments, avoid debt and the resulting finance charges." . .

"5 Teach family members early the importance of working and earning. 'In the sweat of thy face shalt thou eat bread' (Genesis 3: 19) is not outdated counsel. It is basic to personal welfare. One of the greatest favors parents can do for their children is to teach them to work." . . .

"6 Teach children to make money decisions in keeping with their capacities to comprehend. Based upon appropriate teaching and individual experience, children should be responsible for the financial decisions affecting their own money and suffer the consequences of unwise spending." . . .

"7 Teach each family member to contribute to the total family welfare. As children mature, they should understand the family financial position, budget, and investment goals and their individual responsibility within the family." . . .

"8 Make education a continuing process. Complete as much formal, full-time education as possible, including trade schools and apprentice programs. This is money well invested. Based on potential

lifetime earnings, the hours spent in furthering your education will be very valuable indeed." . . .

"9 Work toward home ownership. Home ownership qualifies as an investment, not consumption. Buy the type of home your income will support. Improve the home and beautify the landscape throughout the period you occupy the premises so if you do sell it, you can use the accumulated equity and potential capital gain to acquire a home more suitable to family needs."

"10 Appropriately involve yourself in an insurance program. It is most important to have sufficient medical, automobile, and homeowner's insurance and an adequate life insurance program. Costs associated with illness, accident, and death may be so large that uninsured families can be financially burdened for many years."

"11 Understand the influence of external forces on family finances and investments. Inflation continues to offset a major portion of average wage increases. A larger paycheck may not mean more purchasing power and should not be an excuse for extravagant purchases or additional debt. Beyond the emergency liquid savings, families should plan for and utilize a wise investment program preparing for financial security, possible disability, and retirement." . . .

"12 Appropriately involve yourself in a food storage and emergency preparedness program. Accumulate your basic food storage and emergency supplies in a systematic and orderly way. Avoid going into debt for these purposes. Beware of unwise food storage promotional schemes. Planting and harvesting a garden annually is helpful to the family in many ways, including the food budget. Eat nutritious foods and exercise appropriately to improve health, thus avoiding many medical costs."

- Marvin J. Ashton, "Guide to Family Finance," Liahona, April 2000, page 42.

(More Food Storage ideas are at <http://www.nursehealer.com/Storage.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](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>

(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](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>

(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](mailto:NurseHealer@yahoogroups.com)

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

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

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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/>

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> ' < Food Storage <http://www.nursehealer.com/Storage.htm>

Cat AntiVirus Note: I do NOT open email attachments.