

Food Storage Newsletter #0028 - FREE monthly Email newsletter - April 2002:

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

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Quotation:

"More than ever before, we need to learn and apply the principles of economic self-reliance. We do not know when the crisis involving sickness or unemployment may affect our own circumstances. We do know that the Lord has decreed global calamities for the future and has warned and forewarned us to be prepared. For this reason the Brethren have repeatedly stressed a "back to basics" program for temporal and spiritual welfare." - Ezra Taft Benson, "Prepare for the Days of Tribulation," Ensign, Nov. 1980, page 32

Spiritual Goal:

Study the Scriptures daily.

Provident Living Goal:

Find alternate uses for food storage items. (For example, plant seeds, use milk in fertilizer, use herbs for potpourri, use oil for lamps, etc.)

Home Storage Goal:

Dairy - 50 lbs.

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

NOTES:

Dry milk weights: 64 oz. box/50 lb. bag dry | #10 can=4.13 lbs. dry milk

1 gal dry noninstant milk =5 lbs | 6.5 lbs noninstant=30 lbs | 1 gal instant=3 lbs | 6.5 gal instant=20 lbs

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:

Dishrag; dishwashing liquid; toilet tissue; pocket knife; fishing gear

First Aid Kit Goal:

1-inch adhesive tape roll - 1 per person

Shelf Life:

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Milk Alternate, Morning Moo brand powdered - 5 years in original bag (7 years in bucket) <http://www.bluechipgroup.net/>

Milk, aseptic packaging - Pkg. date

Milk, Canned, Condensed - 12 months

Milk, Canned, Sweetened Condensed - 24-36 months

Milk, Canned, Evaporated - 12-36 months (Invert can every 2 months.)

Milk, Evaporated, Publix - 18-24 months

Milk, Powdered (Instant Non-fat) - 6-15 months

Milk, Powdered (Nonfat dry) - 3 years (in Mylar pouch)

Milk, Powdered (Non-Instant) - 24-48 months

Buttermilk Powder - 24-36 months

Cream, Half and Half, Light and Heavy (refrigerated) - 7-10 days (frozen 2 months)

Cream, ultra pasteurized (unopened/refrigerated) - 21-30 days

Cream, Sour (refrigerated) - 2 weeks

Cream, Sour, Dips, commercial (refrigerated) - 2 weeks

Creamer, non-dairy, Creamora - 24 months

Creamer, Non-Dairy - 9-36 months

Cheese, Brick (Hard and wax coated) (opened/refrigerated) - 2 months

Cheese, Brick (Hard and wax coated) (unopened/refrigerated) - 3-6 months (frozen 6 months)

Cheese, Cheddar (Hard and wax coated) (opened/refrigerated) - 2 months

Cheese, Cheddar (Hard and wax coated) (unopened/refrigerated) - 3-6 months (frozen 6 months)

Cheese, Cottage cheese (original container @ 38 - 40° F. refrigerator) - 10-15 days

Cheese, Cream cheese (original container @ 38 - 40° F. refrigerator) - 21 days

Cheese, Cream, Neufchatel (refrigerated) - 4 weeks

Cheese, dehydrated - 5-8 years

Cheese, Dry cheeses (original container @ 60 - 70° F. basement) - 3 months

Cheese, Edam (Hard and wax coated) (opened/refrigerated) - 2 months

- Cheese, Edam (Hard and wax coated) (unopened/refrigerated) - 3-6 months (frozen 6 months)
- Cheese, Gouda (Hard and wax coated) (opened/refrigerated) - 2 months
- Cheese, Gouda (Hard and wax coated) (unopened/refrigerated) - 3-6 months (frozen 6 months)
- Cheese, natural (vacuum package @ 38 - 40° F. refrigerator) - 6 months
- Cheese, Parmesan, grated - 12 months
- Cheese, Parmesan, Romano (opened/refrigerated) - 2-4 months
- Cheese, Parmesan, Romano (unopened) - 10 months
- Cheese, processed (vacuum package @ 38 - 40° F. refrigerator) - 8 months
- Cheese, Powdered - 36 months
- Cheese, Processed Cheese Products (refrigerated) - 3-4 weeks (frozen 4 months)
- Cheese, Ricotta (refrigerated) - 5 days
- Cheese spreads/dips (original container @ 38 - 40° F. refrigerator) - 21 days
- Cheese, Swiss (Hard and wax coated) (opened/refrigerated) - 2 months
- Cheese, Swiss (Hard and wax coated) (unopened/refrigerated) - 3-6 months (frozen 6 months)

This Month's Cooking with Food Storage Ideas:

Crumb Muffins

- 1 large egg, slightly beaten
- 1 c. milk
- 1/4 c. melted margarine
- 1 c. dry bread crumbs
- 1 c. flour
- 1 Tbs. sugar
- 1/2 tsp. salt
- 1 Tbs. baking powder

Preheat oven to 375 degrees F. Combine in mixing bowl: egg, milk, margarine, and bread crumbs. Stir and set aside. Sift together: flour, sugar, salt, and baking powder. Fold dry ingredients into liquids. Stir just until all is moistened. Fill greased muffin tins 2/3 full. Bake 25 minutes at 375 degrees F. -- Makes 12 muffins.

- from More-with-Less Cookbook by Doris Janzen Longacre, Mary E. Showalter (Introduction) ISBN: 0836117867

Basic Muffins (with dried eggs)

- 2 1/2 Tbs. dried whole egg
- 4 1/2 Tbs. baking powder
- 3/4 tsp. salt
- 3 Tbs. sugar
- 1/4 c. melted shortening
- 1 2/3 c. water
- 3/4 c. dried milk
- 1 3/4 c. flour

Sift together the dried egg mix, flour, baking powder, salt and sugar. In a separate bowl, combine the shortening, water and dry milk. Add to dry ingredients, stirring only enough to moisten. Fill greased muffin pans two-thirds full with the mixture. Bake at 375 degrees F. for 20 minutes. -- Makes 12 large or 14 medium muffins.

Variations: blueberries, chopped nuts, bananas, carrots, apple dices, raisins, or granola.

From "Cookin' With Dried Eggs" by Peggy Layton

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

(B&A <http://www.baproducts.com/foodbook.htm>)

Bread in a Bag

- 2 cups white bread flour
- 1 cup whole wheat flour
- 3 tablespoons powdered milk
- 3 tablespoons sugar
- 1 teaspoon salt
- 1 package Rapid Rise yeast
- 3 tablespoons vegetable oil
- 1 cup hot water (125 to 130 degrees F)

Extra flour to use during the kneading process

Combine white flour, whole wheat flour, yeast, sugar, salt and powdered milk in a 1 gallon heavy duty Ziploc freezer bag. Squeeze upper part of bag to force out the air. Shake and work bag with fingers to blend ingredients. Add hot water and oil to dry ingredients. Reseal bag. Mix by working bag with fingers, until the dough is completely mixed and pulls away from the bag. On floured surface, knead dough 5 minutes, or until smooth and elastic. Put dough back into bag and let it rest 10 minutes. If working in teams, divide dough in half and shape. Let rise until double in bulk. Bake at 350 for 20 to 30 minutes or until golden brown. Remove from pan and cool on wire rack or dish towels.

Courtesy of Laurie Lauth, Montana State University Extension agent in Big Horn County

(See also Tips from an experienced "bread-in-a-bagger")

<http://www.montana.edu/wwwpb/yuth/recipe.html>

Peanut Butter Balls

- 1/2 c. peanut butter
3 1/2 T. dry powdered milk
A bit of honey

Combine ingredients, roll into balls and store in fridge. Optional ingredients: raisins, nuts, coconut, wheat germ, sunflower seeds, and brown sugar for rolling.

From "Feed Me I'm Yours" by Vicki Lansky ISBN: 0671884433

Goodie Balls

- Combine:
1/2 c. peanut butter 1 c.
peanut or soy nuts
1/2 c. honey 1/2
c. Sunflower seeds
1/2 c. cocoa or carob powder 1 c. toasted
wheat germ

Roll into balls and roll in coconut. Refrigerate.

From "Feed Me I'm Yours" by Vicki Lansky ISBN: 0671884433

Cornbread (with dried eggs)

- 2 c. cornmeal
1/2 tsp. soda
2 tsp. baking powder
1 tsp. salt
1 c. dry buttermilk
1 3/4 c. water
1/3 c. dry whole egg
2 Tbs. oil

Sift together dry ingredients. Combine water, dry buttermilk, dry egg, and oil, blend well. Add to dry ingredients, stirring just enough to moisten. Pour into a greased 8 x 8 - inch pan. Bake at 425 degrees F. for 30 minutes.

From "Cookin' With Dried Eggs" by Peggy Layton

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

(B&A <http://www.baproducts.com/foodbook.htm>)

Rich Hot Chocolate Mix - large quantity

Make this in the early fall and you will have hot chocolate to last you until spring thaw. Cheap, too. Or, put it in tins and give it away for Christmas presents. Everyone loves it. This makes a lot.

- 1 13 oz. jug malted milk
1 22 oz. container coffee creamer
1 4 lb. box powdered milk
1 32 oz. bag powdered sugar
2 28 oz. containers chocolate milk mix
2 1 lb. bags mini-marshmallows

Warning: This is a messy job.

Place all ingredients in a large plastic trash bag. (No, I'm not kidding.) Firmly hold onto top of bag, and turn bag upside down and around until ingredients are mixed. Pour into every container you can find because this makes a ton of mix. When preparing cocoa, mix one part mix with two to three parts water.

<http://www.activemeasures.com/recipes/CHOCOLAT.HTM>

Powdered Milk Candy (Polvoron)

3 cups sifted flour
1 cup sifted powdered milk
3/4 cup sifted sugar
1/2 cup pound melted butter
1 teaspoon lemon or vanilla extract

Toast flour in a heavy skillet or saucepan over moderate heat until light brown, stirring constantly. Remove from heat and cool. Add powdered milk, sugar, melted butter, lemon or vanilla extract. Form little cakes the diameter of a silver dollar but about a quarter-inch high. Wrap individually in wax paper.

<http://www.recipehound.com/Recipes/1990.html>

Bread Pudding (Pioneer Recipe)

pudding:

2 eggs OR (2 1/2 Tbs. dry egg and 2 1/2 Tbs. water)
1/2 c. bread crumbs, soft
1 1/4 c. water mixed with 3/8 c. powdered milk
1/4 tsp. cinnamon and nutmeg
dash of salt

1 Tbs. honey
1 Tbs. sugar

Sauce:

1 c. sugar
3 c. water
1 Tbs. butter
1/4 c. flour mixed with 1/4 c. water
salt, vanilla, cinnamon

Beat eggs. Combine with other ingredients. Put in a pudding dish or custard cups. Set in a larger pan of hot water. Bake slowly at 300 degrees F. for 25 minutes. Serve with sauce.

To make the sauce, melt the sugar in a pan. Add 3 c. water and dissolve by heating to boiling. Thicken it with a flour paste made from (1/4 c. flour and 1/4 c. water). Add salt, vanilla, cinnamon, and 1 Tbs. butter to taste. Pour over pudding.

From "Cookin' With Powdered Milk" by Peggy Layton

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

(B&A <http://www.baproducts.com/foodbook.htm>)

Peanut Butter Teddy Bears

1 c Smooth peanut butter
1/4 c Honey
1/2 c Instant nonfat powdered milk
Toothpick
Green food coloring

In small mixing bowl, combine peanut butter, honey, and powdered milk. (If mixture is too sticky, add more powdered milk.) Break off marble-sized piece of mixture and roll into a ball for bear's head. Roll another ball about twice that size for his body and attach to head. Roll out 6 tiny balls and pinch flat. Attach to head for ears and body for arms and legs. Dip blunt end of toothpick into food coloring and paint on eyes, nose, mouth, and coat buttons. Place bear on wax paper-lined foil tray or pie pan until set. You should be able to make 7 or 8 bears from one batch.

From Just Kids Recipes: <http://www.melborponsti.com/kids/index.shtml>

<http://www.melborponsti.com/kids/cookie/cook0003.shtml>

Regular Powdered Milk:

"In your baking at home, substitute 1/8th the amount of regular powdered milk for the liquid milk called for in your recipe. Add the powdered milk to your other dry ingredients. Then increase your water measurement to include the measurement of liquid milk called for and add this water to your recipe when you add your other liquid ingredients. For example, if your recipe calls for 2 cups of liquid milk, (2 cups divided by 8) use 1/4 cup of regular powdered milk and two cups of water."

From Walton Relf-Reliance "Regular Powdered Milk" <http://waltonfeed.com/self/regmilk.html>

Emergency Substitutions:

milk, whole fresh 1 c. = 1/2 c. evaporated milk plus 1/2 c. water

milk, whole fresh 1 c. = 1/3 c. instant dry milk solids (or 1 1/2 Tbs. non-instant dry milk powder) + 1 c. water

milk, whole 1 c. = 1 c. reconstituted nonfat dry milk + 1 Tbs. butter

milk, skim 1 c. = 1/3 c. instant nonfat dry milk (or 1 1/2 Tbs. non-instant dry milk powder) + 3/4 c. water

milk, sour 1 c. = 1 c. buttermilk

milk, sour 1 c. = 1 c. yogurt

<http://www.nursehealer.com/Recipes6.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 daily.

“Study. Study the word of the Lord in the scriptures on a daily basis—at least a chapter each day. Often our answer will be found in the scriptures. At other times, this study will enlarge our vision and humility to the point that prayer can bring our answer.” - Rex W. Allred, “Spiritual Strength: A Planned Process,” New Era, Feb. 1977, page 49

Achieving Spiritual Goals ... Why? --

“A person with a high spiritual motive to succeed may be characterized by a love of righteousness, a positive force attracting him toward exaltation. He seeks to attain a spiritual standard of excellence. He strives to achieve spiritual goals because he loves the Lord and his commandments. A person with a high spiritual motive to avoid failure may also have a desire to live the commandments. However, he is motivated more by a negative force repelling him away from the punishments of hell than he is by the positive attraction of the rewards of heaven. If he lives the Lord’s commandments, it is because he feels he ought to rather than because he really wants to.”

- Kenneth L. Higbee, “Achieving Spiritual Goals ... Why?” Ensign, Nov. 1971, pages 18-19

This Month's Suggested Book:

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“How Do We Eat It?” by Deborah P. Vanderneit
ISBN: 0877479054

About this book:

You've got your food storage. Now what do you do with it?

In How Do We Eat It? author Deborah Pedersen Vanderniet gives creative, practical ideas for using your food storage grains. From main casseroles to breads to soups to desserts, this cookbook offers dozens of recipes that not only are nutritious but taste great. In addition to giving you recipes, this book teaches you different methods for cooking with such grains as wheat, oats, rice, and corn. It also teaches you how to adjust recipes to your own taste. From sloppy joes and tacos to chocolate chip cookies and apple crisp, your family will love the recipes in How Do We Eat It?

Don't just store your food storage—learn to use it. How Do We Eat It

Review from http://deseretbook.com/store/product?product_id=100015494

This Month's Frugal Living Tips:

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Find safe alternate uses for your dry milk that has been stored too long to use as a beverage or baking item.

Update on Milk Storage --

Following are questions often asked about long-term storage of powdered milk for a family's supply of food:

- What kind of milk is best to store? Non-fat milk, either regular or instant, stores well when packaged properly and kept at room temperature or cooler. In the past, many felt that non-instant milk would store better. There is actually no difference in shelf life between instant and non-instant powdered milk.
- What are the best containers? Milk stored in airtight, low-oxygen cans has been found to last longer and stay fresher tasting than milk stored in boxes or plastic bags.

- How long can powdered milk be stored? Optimal storage life of non-fat dry milk stored in cans at room temperature is two years before noticeable stale flavors begin to develop. However, when stored at cooler temperatures, it can be kept much longer. Rotation of powdered milk can be accomplished through personal use or by giving it to others who will use it promptly.
- How much powdered milk should be stored? Guidelines for quantities of dry milk to store are found in the 1979 booklet published by the Church called Essentials of Home Production and Storage. The booklet recommends that members store an equivalent of 300 quarts of dry milk, or approximately 75 pounds of dry milk per person per year.

However, since that time, as a result of a U.S. government study on maintaining nutritional adequacy during periods of food shortage, a second option has been recommended that suggests 64 quarts, or 16 pounds, per family member per year. Equivalent to approximately one glass of milk a day, that amount will maintain minimum health standards. Keep in mind, however, that the needs of children and pregnant or nursing mothers will require more than the minimum amount of stored milk. It is recommended that families who opt to store only the minimum 16 pounds of milk per person should also increase storage of grains from the recommended 300 pounds per person to 400 pounds per person to compensate nutritionally for this change.

- How can it be determined if milk is past its prime shelf life? Milk develops off-flavors as it ages. However, it still retains some nutritional value, and unless spoilage has occurred from moisture, insects, rodents, or contamination, it is still safe to use.
- What can be done with milk that is too old to drink? It is important to think of milk in terms of optimal shelf life rather than waiting until it is too old to use. Older nonfat dry milk can be used in cooking as long as it has been protected from spoilage. If powdered milk has spoiled, however, it can be used as fertilizer in the garden.

From "Update on Milk Storage," Ensign, Mar. 1997, page 70 <http://www.lds.org/> (Gospel Library)

Milk Bath Recipe

Cleopatra, Queen Of The Nile was known for her charm and beauty secrets. She would have approved of our version of the milk bath. Leaves your skin gently scented and feeling like silk.

3 cups powdered milk

1/4 cup oatmeal

1/4 cup dried orris root (has a soft violet scent)

1/3 cup almond meal

1 capsule vitamin E (break open into dry ingredients)

1/3 cup cornstarch

Makes enough for a few baths. Combine ingredients make sure its completely mixed. Store in a container. When you are ready to add it to your bath, scoop the desired amount of the mixture and tie securely in a muslin bag or even a facecloth will do. Tie to the faucet allowing the warm water to run over the bag.

* To make almond meal: Using a blender, grind up blanched or slivered almonds to a powdered consistency.

From Pioneer Thinking

<http://www.pioneerthinking.com/milk.html>

Home Face Makeup (for kids – just for fun)

Nonfat powdered milk

Water

Food coloring

This is an edible paint that is easy to make. Mix powdered milk and water to a thick consistency. Paint on your face with your fingers or a makeup sponge. Add food coloring if desired.

From Kids Craft Recipe Factory

<http://members.aol.com/sail2957/special.html>

(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

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

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

Cat AntiVirus Note: I do NOT open email attachments.