

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

Quotation:

“Church members can begin their home storage by storing the basic foods that would be required to keep them alive if they did not have anything else to eat. Depending on where members live, those basics might include water, wheat or other grains, legumes, salt, honey or sugar, powdered milk, and cooking oil.” ... “When members have stored enough of these essentials to meet the needs of their family for one year, they may decide to add other items that they are accustomed to using day to day.” ... “Families who do not have the resources to acquire a year's supply can begin their storage by obtaining supplies to last for a few months. Members should be prudent and not panic or go to extremes in this effort.” – The First Presidency of The Church of Jesus Christ of Latter-Day Saints in a letter to General Authorities; Area Authority Seventies; Stake, Mission, and District Presidents; Bishops and Branch Presidents January 20, 2002

Spiritual Goal:

Have daily family prayer (or twice or three times daily).

Provident Living Goal:

Prepare, practice, and maintain a Family Disaster Plan.

Home Storage Goal:

Herbs – 20 lbs.

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

NOTES:

Herb container weights: 0.75 oz to 1 lb. bag

Cooking: 1 teaspoon of dry herbs = 3 teaspoons of fresh herbs

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:

Lantern; flashlight; candles; alarm clock; radio

First Aid Kit Goal:

Adhesive bandages (Band-aids) – 10 per person

Shelf Life:

Herb, Garlic - 5-8 months (Keep in cool, dry, ventilated area.)

Herbs, ground - 6-36 months (in airtight container in dry place away from sunlight and heat)

Herbs, whole - 12-48 months (in airtight container in dry place away from sunlight and heat)

Herb Leaves, flowers, roots, and other herb parts - 12 months after harvesting (in cool place)

Herbs, Frozen (in freezer bags) - 6 months

Herbs, Green, Leafy - 12-36 months

Herbs, Whole Seeds - 3-4 years

Herb or Spice Extracts - 4 years

Herbs, Seasoning Blends - 12-24 months

Herbal Essential oils - indefinitely

Herbal Extracts (Commercially prepared) - expiration date

Herbal Infusions - Make fresh daily. Store in refrigerator or cool place.

Herbal Decoctions - Consume within 48 hours. Store in refrigerator or cool place.

Herbal tablets or capsules (Commercially prepared) - expiration date

Herbal Tea (comfrey leaf or root) - 24 hours

Herbal Tinctures (Alcohol based) - 2-4 years

Herbal Tinctures (Vinegar based) - 12-24 months

Herbal Tinctures, syrups, and essential oils - Keep for several months or years. Store in dark glass bottles in a cool environment away from sunlight. Store syrup in the refrigerator for up to 1 month.

Herbal Ointments, creams, and capsules - Keep for several months. Store in dark glass jars (or plastic containers.)

This Month's Cooking with Food Storage Ideas:

Millet Stew (for Crockpot)

1 cup millet
4 cup water
2 onions - cut in wedges
2 potatoes - cut in large chunks
2 carrots - cut in large slices
1 cup celery - cut in large slices
1/2lb mushrooms - chopped
2 bay leaves
1/2 tsp basil
1/2 tsp thyme

Toast millet in dry skillet for about 5 minutes. Stir constantly to prevent burning. Add all ingredients to crockpot and cook 4 hours at high or 8 hours at low. (Yield: 6 Servings.)

Source: McDougall Cookbook - Volume 1

From International Vegetarian Union

<http://www.ivu.org/recipes/main/millet-j.html>

Vegetable Barley Soup

1 1/2 quarts beef broth
1 can (48 oz.) V-8 juice
2 cups water
1 cup diced celery
1 cup diced peeled potato
1 cup sliced carrots
1 cup chopped onion
3/4 cup uncooked barley
4 garlic cloves, minced
2 tablespoons Italian seasoning
1 to 2 teaspoons lemon-pepper seasoning
2 teaspoons dried rosemary, crushed
1 teaspoon fennel seed
1 teaspoon dried mint
Parmesan cheese, optional

In a large kettle or Dutch oven, combine all ingredients except the cheese; bring to a boil. Reduce heat; cover and simmer for 3 hours. Top each serving with cheese if desired. Yield: 12-14 servings (3 1/4 quarts)

From Linda's Herb Recipes

<http://www.geocities.com/Heartland/Ridge/3706/index-r.html>

Homemade Beef Gravy Mix

1 1/3 cups instant nonfat milk powder
3/4 cup instant flour
3 tablespoons instant beef bouillon granules
1/8 teaspoon ground thyme
1/4 teaspoon onion powder
1/8 teaspoon ground sage
1/2 cup butter or margarine
3 teaspoons brown sauce for gravy

Combine milk powder, instant flour, bouillon granules, thyme, onion powder and sage. Stir with a wire whisk to blend. Cut in butter or margarine until evenly distributed. Drizzle brown sauce for gravy over mixture. Stir with wire whisk until blended. Spoon into a 3-cup container with a tight-fitting lid. Label with date and contents; store in the refrigerator. Use with 4-6 weeks. -- Makes about 2 2/3 cups Homemade Beef Gravy Mix.

Beef Gravy W/Homemade Beef Gravy Mix

1 cup cold water
1/2 cup beef gravy mix

Pour water into a small saucepan. Use a whisk to stir beef gravy mix into water. Stir constantly over medium heat until gravy is smooth and slightly thickened. This will take about 2-3 minutes. Makes about 1 cup.

Crockpot Bean Soup

3 cups any dried beans
1 med. Onion
1/4 tsp. garlic powder
1/4 c. dried soup blend
1/4 tsp. savory seasoning
2 stalks chopped celery

Sort and wash the beans. Put them in a crockpot or kettle and add water to fill the crockpot about 2/3 full. Add remaining ingredients, turn the crockpot on high and let it simmer all day. If you are cooking in a kettle, simmer for about 3 to 4 hours. Check occasionally to see if more water is needed. Do not salt beans until they are soft.

From "Cookin with Home Storage" by Peggy Layton and Vicki Tate

ISBN: 1893519015

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

<http://www1.icserv.net/D100001/X100043/books.html>

Herb and Garlic Grilled Chicken

1 Tablespoon olive oil
2 cloves garlic, minced
1 Tablespoon each chopped Tarragon, Rosemary, Thyme, Oregano, and Mint leaves (or 1 teaspoon each, dried)
1/2 teaspoon freshly ground black pepper
2 whole chicken breasts, split and skinned if desired

Combine oil, garlic, herbs and pepper in shallow dish or plastic bag. Add Chicken; turn to coat. Cover and refrigerate at least 6 hours or overnight. Grill or broil chicken 6-8 inches from heat source 5-6 minutes per side or until chicken is tender, basting frequently with remaining herb mixture.

From Neff Family Farm Home Page

<http://www.nefffamilyfarm.com/herbrec.htm>

Cup of Split Pea Soup

Grind or pulverize 3 tablespoons of dried split peas, real fine. Set aside.
Dissolve 1 tsp chicken bouillon (or 1 cube) in 3/4 cup of hot water.
Add onion powder, cayenne pepper (my favorite) or black pepper, another 1/4 c water (or half and half).
Heat to almost boiling and add powdered peas. Sprinkle in real Hormel bacon bits, if desired.

From Food Storage Forum/Newsgroup

<http://www.1source.com/~pollarda/foods/foodforum.html>

Pizza with Dried Herb

1 tsp. Oregano
1/2 tsp. Thyme
300ml. / 1/2 pt. thick tomato sauce
175g / 6 oz. Mozzarella cheese
2 Tblsp. Parmesan cheese
2 Tblsp. Olive oil
(This will top 2 dough circles approximately 25cm. /10 ins. across.)

Lay the circles of dough on an oiled baking sheet and cover each one with 1/4 pt tomato sauce spreading it evenly over each pizza base. Sprinkle the Parmesan cheese on top, pour a trickle of olive oil [1Tbsp.each one]. Bake for 12 mins.. In 220 C 425 F /gas mark 7.

From Northampton Cambridge Herb Recipes

<http://www.dailybread.co.uk/food/herbs.htm>

Quick Pork Tenderloin Cutlets

1 pork tenderloin, about 1 1/2 pounds
1 teaspoon (freshly ground) black pepper
1 teaspoon salt
1 teaspoon dried thyme
1 teaspoon dried oregano
1 to 2 tablespoons olive oil or vegetable oil
1 cup white wine or chicken broth

Cut pork tenderloin on a severe diagonal to make about 6 pieces. (If your pork is smaller than 1 1/2 pounds, you may want to make fewer pieces and reduce the salt, pepper, etc., a little.) Mix the seasonings and sprinkle over the sliced pork. Heat olive oil in a wide skillet over medium heat (you'll need less oil with a non-stick skillet) and add the pork slices so that they aren't touching. Cook about 5 to 6 minutes on each side and remove to a plate. Repeat with remaining slices if necessary.

If you have wine or chicken broth, pour that into the pan and, scraping the bottom of the pan to loosen any stuck bits of meat on the bottom, boil it over high heat for 5 or 10 minutes, until it has concentrated somewhat (it will still be thin). Spoon juice over pork.

Serves 4 to 6.

Serve with sliced fresh tomatoes and oven-roasted potatoes.

From Sarah's Kitchen

<http://www.courier-journal.com/sarah/1999/0804newpotatoes.html>

Savory Grain and Bean Pot (with bulgar or cracked wheat)

Heat in large kettle:

2 Tbs. olive oil or other oil

Add and saute:

1 c. chopped onions

2 c. chopped vegetables (carrots, mushrooms, celery)

Add:

1 c. cooked soybeans

1 c. cooked tomatoes

2-3 peppercorns

pinch cayenne

1/4 tsp. each basil, tarragon, oregano, celery seed, summer savory

pinch each thyme, rosemary, marjoram, sage

2 Tbs. soy sauce

1/2 c. brown rice

1/3 c. bulgar or cracked wheat

6-8 c. vegetable stock or broth

Bring soup to a boil. Reduce heat and simmer 1-2 hours until grains are tender, or pressure cook 10-15 minutes.

Option: Soup may be further enriched with 3 Tbs. soy grits if available. Combine grits with a little liquid and add to soup with grains. (Serves 8-10)

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; Designed by Mary E. Showalter ISBN: 0836117867

Wheat Chili

3 cups water

3 Tbs. beef broth

1 1/2 cup whole wheat

1 onion, chopped

1 cup tomato sauce

1 tsp. chili powder

1/2 Tbs. brown sugar

1 bay leaf

1/2 tsp. sweet basil

1/2 tsp. ground cumin

Place all ingredients in crockpot and cook on high for 6-8 hours.

From <http://www.lds.net>

Fresh Herb Dip

(This nearly fat-free dip is a wonderful change from traditional high-fat varieties. If fresh herbs are unavailable, you can substitute 1/4 teaspoon of dried herbs for 1 teaspoon of fresh.)

1/2 cup nonfat yogurt
1 cup low-fat cottage cheese
1 1/2 teaspoons lime juice
2 teaspoons onion, finely grated
1 teaspoon minced fresh dill
1 teaspoon minced fresh thyme
1 teaspoon minced fresh oregano
1 teaspoon minced fresh basil
1/4 teaspoon salt

Combine ingredients in the container of an electric blender or food processor. Process until smooth. Cover and chill.

Yield -- 12 servings (2 tablespoons each)

Per serving:

Calories 11

Protein 3 g

Carbohydrate 2 g

Fat 0 g

Sodium 124 mg

Diets -- Appropriate for the following diets: healthy family, heart healthy, vegetarian, diabetes

Menu Idea -- Serve with raw vegetables or whole grain crackers.

Sharon Howard, R.D., M.S., C.D.E. FADA

Date Published: March 22, 1999

From Koop's Kafe

<http://www.planet-pets.com/koops.htm>

Garlicky Quinoa Patties

1 cup quinoa, washed
2 cups water
1/2 teaspoon sea salt
3 tablespoons pine nuts
1 teaspoon ume vinegar
6 garlic cloves, minced
1/2 teaspoon sea salt
1/3 cup pumpkin seeds, roasted, ground, optional
2 cups corn, frozen
1 cup water
1 tablespoon ume vinegar

At least 4 hours before wanting to make the patties, cook the quinoa:

Once quinoa is washed, place in sauce pan with water and sea salt, bring to a boil. Once boiling, turn to low, and simmer for 15 to 20 minutes. Refrigerate.

At any time, prepare the pine nuts:

Toast pine nuts on baking sheet in a 300 degree F (150 degree C) oven for about 15 minutes. Mix nuts on sheet, and continue to bake, watching to make sure they do not burn. This should not take more than an additional 15 minutes. When done, splash with ume vinegar and toast again briefly to dry.

To make the patties:

Combine the refrigerated cooked quinoa with the pine nuts, garlic, sea salt, ground pumpkin seeds (if desired), and corn.

Add water and ume vinegar to the quinoa/corn mixture (this helps it bind together), and mix well. If it seems a little dry or crumbly, add more water until it gets a little mushy so that patties can be formed.

Oil a baking sheet if it is not non-stick. Shape mixture into patties (it should make about 16 patties), and place on the baking sheet. Bake in a 350 degree F (175 degree C) oven (no need to preheat oven) for 45 minutes, or until they are golden brown and have crispy edges.

VARIATIONS:

- For richer patties, use more pine nuts and/or pumpkin seeds.

- Use 2 ounces of ground up corn chips in place of the sea salt when making the patties. This is a good use of the left over broken up chips in the bottom of corn chip bags. Note: this will add more fat to the dish.

Makes 8 servings.

- From "A Taste of Vitality: Nutrient-Dense Cooking" by Mark Foy

Complete Cookbook Available in pdf format in file section of FSRecipes

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

File Data:

ATasteOfVitality.pdf

A Taste of Vitality: Nutrient-Dense Cooking (119 pages) 773 KB

(NOTE: You need Adobe Acrobat Reader to view pdf files. It is a FREE download from <http://www.adobe.com/>)

NOTE: ume vinegar --

umeboshi vinegar = umeboshi plum vinegar = ume vinegar = ume plum vinegar = pickled plum vinegar = plum vinegar

Notes: This is more salty than acidic. Substitutes: soy sauce (darker)

From Cook's Thesaurus: Vinegars

<http://www.foodsubs.com/Vinegars.html>

Dutch Oven Lasagna

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 Email Group:

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

File Info:

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Filename: DOCookbk.doc

Dutch Oven Cookbook

U.S. Scouting Service

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

54 pages

File Size: 137 KB

Filename: DOCookbk.pdf

Dutch Oven Cookbook

U.S. Scouting Service

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

53 pages

File Size: 101 KB

Poultry Seasoning

3 Tbs. parsley flakes

3 Tbs. salt

3 Tbs. crushed minced onion

1 Tbs. crushed sage leaves OR 1 ½ tsp. sage powder

1 tsp. Garlic powder

1/2 tsp. Finely crushed bay leaf OR ¼ tsp. bay leaf powder

1/2 tsp. black pepper

Mix all ingredients together until well mixed. Store in an airtight container. Use in Turkey stuffing and other recipes, omitting salt in other recipes.

More Herb & Spice Blends: <http://www.nursehealer.com/Recipes3.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:

Have daily family prayer.

“When God placed man on the earth, prayer became the lifeline between mankind and God. Thus, in Adam's generation, men began "to call upon the name of the Lord." Through all generations since that time, prayer has filled a very important human need. Each of us has problems that we cannot solve and weaknesses that we cannot conquer without reaching out through prayer to a higher source of strength. That source is the God of heaven to whom we pray in the name of Jesus Christ. As we pray we should think of our Father in Heaven as possessing all knowledge, understanding, love, and compassion.” – from “The Lifeline of Prayer” by President James E. Faust, Second Counselor in the First Presidency, 172nd Annual General Conference, April 2002

“We can pray whenever we feel the need to communicate with our Heavenly Father, whether silently or vocally. Sometimes we need to be alone where we can pour out our souls to him (see Matthew 6:6). In addition, we can pray during our daily activities. We can pray while we are in a Church meeting, in our house, walking down a path or street, working, preparing a meal, or wherever we may be and whatever we may be doing. We can pray any time of the day or night. We can pray when we are alone or when we are with other people. We can keep our Heavenly Father in our thoughts at all times (see Alma 34:27).” – from 31110, Gospel Principles, Unit Three: Communication between God and Man, 8: Praying to Our Heavenly Father, pg 41

“When the Savior showed his disciples how to pray, he included the plea, ‘Give us this day our daily bread’ (Matt. 6:11). With this supplication, Jesus Christ taught us of our daily dependence on our Heavenly Father for sustenance—for all the good things of the earth which are “made for the benefit and the use of man, both to please the eye and to gladden the heart; ‘Yea, for food and for raiment, for taste and for smell, to strengthen the body and to enliven the soul’ (D&C 59:18-19). Like physical nourishment, spiritual food is a gift that comes from God. The Lord explained: ‘My Father giveth you the true bread from heaven. ... ‘... I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst’ (John 6:32, 35). As we commit to follow the Savior, we need to recognize that both our bodies and our spirits are nourished, strengthened, and sustained by our Heavenly Father’s bounty—and that both require our daily attention and care.” - from The Visiting Teacher “Our Daily Bread,” Ensign, Apr. 1996, pg 43

“Every family should hold daily family prayer. The whole family kneels together, and the head of the family offers the prayer or asks a family member to offer it. Everyone should be given a regular opportunity to lead the family in prayer. Small children can take their turns with their parents helping them. Family prayers are excellent occasions for teaching children how to pray and for teaching principles such as faith in God, humility, and love.” – from “Family Guidebook,” “ Teaching the Gospel in the Family” <http://www.lds.org/library/display/0,4945,28-1-1-4,00.html>

This Month's Suggested Book:

“Practical Preparedness: A Family-Friendly Guide to Food Storage and Emergency Preparedness” By Tina Monson

ISBN: 1886472580

Description:

Build Your Basics for Two on \$ 5 a week in One Year!

Practical Preparedness is for everyone that desires to be “basically” prepared. Compiled in this book are the essential elements of emergency preparedness and food storage in an overall beginner’s format. The information in this book will give you the insight on how to start focusing on important basics, staying within your budget and completing your goals without becoming completely overwhelmed.

This Month’s Frugal Living Tips:

Prepare, practice, and maintain a Family Disaster Plan and kit.

Use herbs for household and cosmetic uses.

Cream Deodorant

1 Tablespoon petroleum jelly

1 Tablespoon baking soda

1 Tablespoon talcum powder

Combine all ingredients in double boiler, stirring constantly until smooth. Let cool and put in nice jar with lid.

From Herbs and Cosmetics

<http://www.geocities.com/Heartland/Ridge/3706/index4.html>

Sachets

Crushed or powdered herbs can be sown into cheesecloth bags or sachets to be stored among clothes to guard against moths. You may use the following recipe: 4 parts dried, crushed mint, 4 parts dried, crushed rue, 2 parts dried, crushed southernwood, 2 parts dried, crushed rosemary, and 1 part powdered cloves.

From Algy’s Recipe Exchange – Tips for Using Herbs

<http://www.algy.com/herb/RECIPES/bev/13.html>

Basil Insect Repellent

Repel Insects: Rub the leaves on your skin or grow in a container near a troubled area to repel insects such as mosquitoes. You can also burn sprigs of it on the barbecue or fire to repel them. Place fresh sprigs of it over bowls of food to prevent flies from landing.

From Basic Fact Sheet

<http://www.creativehomemaking.com/articles/122701b.shtml>

Herbal Beauty Oils

For herbal oils pour a warm almond or grapeseed oil over dried herbs (when dry the herbs are less likely to have bacteria present).

Pour enough oil over the herbs for about an inch above them. Let stand in a warm place for 2 days. Strain and pour into a sterile bottle and cork.

From The Herbal Sampler

<http://www.burnslake.net/herbgardens/tips/>

Ant Repellent

Sprinkle red chili powder, cream of tartar powder, salt or sage near ant infestations.

From Alternative Household Product Recipes

http://216.239.39.100/search?q=cache:eO6pEpMrCUEC:ladpw.org/epd/splash_counter/hhw_recipes.cfm

Soothing Herb Bath Bag

2 tbsp. dried rosemary

1 tbsp. dried sweet basil

Wrap herbs in a muslin or double cheesecloth bag. Drop into water hotter than you intend to use in your bath. When the water cools to a comfortable temperature, swirl vigorously from one end of the tub to the other. Note: An herb bag will last for at least two baths.

From Pakadeva's Freebies

<http://www.pakadevasfreebees.com/beauty9.html>

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

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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.