

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

Quotation:

"Life is made up of small daily acts. Savings in food budgets come by pennies, not only by dollars. Clothing budgets are cut by mending stitch by stitch, seam by seam. Houses are kept in good repair nail by nail. Provident homes come not by decree or by broad brushstroke. Provident homes come from small acts performed well day after day. When we see in our minds the great vision, then we discipline ourselves by steady, small steps that make it happen." (Barbara B. Smith, former Relief Society general president - *Ensign*, Nov. 1980, p. 86.)

Spiritual Goal:

Involve yourself in at least one service project a month.

Provident Living Goal:

Take at least one educational class or workshop a month.

Home Storage Goal:

Grain – 300 lbs.

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

NOTES:

Grain weights: 50 lb. bags | #10 can=5.8 lbs. wheat or 3.2 lbs. rolled oats

1 gal wheat=7 lbs | 6.5 gal wheat=50 lbs | 1 gal oatmeal=3 lbs | 6.5 gal oatmeal=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:

Compass; whistle; games; important documents

First Aid Kit Goal:

Cotton-tipped swabs – 10 per person

Shelf Life:

Grain, Barley, Whole (a soft grain) - 5-8 years (at room temperature sealed without oxygen)

Grain, Barley, pearled - 12 months

Grain, Buckwheat (a hard grain) - 10-12 years+ (at room temperature sealed without oxygen)

Grain, Buckwheat (kasha) - 6-12 months

Grain, Corn, Whole, dry - 2-5 years (indefinitely resealed in a food grade container w/oxygen absorber or vacuum-sealed in a food grade bag)

Grain, Corn, Whole, dry (a hard grain) - 10-12 years+ (at room temperature sealed without oxygen)

Grain, Flax (a hard grain) - 10-12 years+ (at room temperature sealed without oxygen)

Grain, Kamut® (a hard grain) - 10-12 years+ (at room temperature sealed without oxygen)

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

Grain, Millet (a hard grain) - 10-12 years+ (at room temperature sealed without oxygen)

Grain, Oat Groats (a soft grain) - 8 years (at room temperature sealed without oxygen)

Grain, Oats - 2-5 years (indefinitely resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)

Grain, Oats, Rolled (a soft grain) - 1-8 years (at room temperature sealed without oxygen)

Grain, Quinoa, Whole (a soft grain) - 5-8 years (at room temperature sealed without oxygen)

Grain, Rice - 24-48 months (indefinitely resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)

Grain, Rice, brown – 1-6 months

Grain, Rice, white – 24-48 months

Grain, Rice, white - 4 years (in mylar pouch)

Grain, Rice, wild – 24-36 months

Grain, Spelt (a hard grain) - 10-12 years+ (at room temperature sealed without oxygen)

Grain, Triticale (a hard grain) - 5-12 years+ (at room temperature sealed without oxygen)

Grain, Wheat, Whole (a hard grain) - 10-12 years+ (at room temperature sealed without oxygen - possibly indefinitely)

Granola - 1-3 months

This Month's Cooking with Food Storage Ideas:

Basic Wholegrain Muffins

2 c whole wheat flour
1 t baking soda
1/4 c brown sugar or honey
1 t ground cinnamon (optional)
1/8 t ground cloves (optional)
1/2 t salt
1/2 c raisins
1 egg, beaten
1 c buttermilk, yogurt, or sour milk
3 T oil or melted butter

Mix all dry ingredients thoroughly, including raisins. Make a well in the center and add egg, milk and oil. Mix only until dry ingredients are moist. Fill greased muffin pans half full and bake at 375 d. for about 15 minutes. Good hot or cold. Makes 12 to 16 muffins.

Variations:

Omit raisins. Add 1 cup blueberries or chopped fruit.

Add nuts or seeds, if desired.

Omit 1 cup or more whole wheat flour and replace it with rye, soy or triticale flour, rolled oats or oat flour, wheat germ, or bran.

Omit baking soda and buttermilk. Add 2 teaspoons baking powder and 1 cup milk.

- From Arielle's Recipe Archive <http://recipes.alastra.com/breads-muffins/wholegrain.html>

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: 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

Baked Cereal

1/2 cup whole wheat
1/2 cup pearl barley
1/2 cup oat groats
1/2 cup millet
3/4 teaspoon salt
4-1/2 cups water

Combine all ingredients in a 2-quart casserole. Cover with a glass lid or aluminum foil. Bake overnight at 150o to 200o. Serve with honey and milk. Refrigerate unused portion in an airtight container.

- From "Pantry Cooking: Unlocking Your Pantry's Potential" by Cheryl F. Driggs

ISBN: 0965890929

<http://www.simplyprepared.com/>

Herbed Whole-Oat Salad

1 cup whole oats
1/2 cup minced onion
1 large shallot if desired, minced
1 1/8 teaspoons ground allspice
1 teaspoon salt
2 tablespoons fresh lemon juice, or to taste
2 tablespoons olive oil (preferably extra-virgin), or to taste
1/2 cup finely chopped fresh mint leaves
1 cucumber, peeled if desired, seeded, and chopped
1 cup vine-ripened cherry tomatoes, quartered

In a large saucepan of salted boiling water cook oats 25 minutes. Drain oats in a colander and rinse under cold water. Set colander over a kettle of boiling water (oats should not touch water) and steam oats, covered with a kitchen towel and lid, until fluffy and fry, 5 to 10 minutes (check water level in kettle occasionally, adding water if necessary). While oats are cooking, in large bowl stir together onion, shallot, allspice, and salt. Stir in hot oats and cool. Stir in lemon juice, oil, parsley, mint, and salt and pepper to taste. Add cucumber and tomatoes and toss salad gently. Bring salad to room temperature before serving.

Yield: 4 to 6 servings

- From Food Network <http://www.foodtv.com/foodtv/recipe/0,6255,11941,00.html>

Quinoa Croquettes

1 cup quinoa, washed
2 cups water
1 teaspoon sea salt
1/8 teaspoon cayenne
1 Tablespoon flax seeds, ground, optional
2 cups corn, frozen
1 cup black beans, cooked
6 garlic cloves, minced

Be sure to wash quinoa well. Place quinoa in sauce pan with water, sea salt, and cayenne. Cover and bring to a boil. Once boiling, simmer for 15 to 20 minutes. When finished cooking, stir in garlic, ground flax seed, corn and cooked black beans. Mixture could be refrigerated at this point (for up to 4 days), and the croquettes could be made later. Oil a baking sheet if it is not nonstick. Let quinoa mixture cool just enough so the mixture can be handled without burning your hands (this should happen quickly since the frozen corn will lower the temperature.) Using your hands, take about 2 tablespoons of mixture, shape it into a log shaped piece, and place it on the baking sheet. Repeat using all mixture. You should end up with about 28 small logs/croquettes. 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.

Makes 14 servings. (1 Serving = 2 croquettes)

Variations:

For richer croquettes, add ground pumpkin seeds.

Add finely chopped-seasoned tempeh instead of black beans.

Make larger croquettes, and serve as an entrée.

- From "A Taste of Vitality: Nutrient-Dense Cooking"

<http://www.vitalita.com/>

File also available in pdf format in Files section of FSRecipes Group <http://groups.yahoo.com/group/FSRecipes/>

File info: ATasteOfVitality.pdf A Taste of Vitality: Nutrient-Dense Cooking 119 pages 773 KB

Hardtack (Unleavened Bread)

1 c. water
4 Tbs. vegetable oil
2 Tbs. honey OR brown sugar
1 tsp. salt
1 c. yellow corn meal
2/3 c. whole wheat flour

Mix together water, oil, honey, and salt. Add corn meal & flour. Stir well and bake 1 hour and 15 minutes at 350 degrees F. This may be sliced before it becomes hard and is stored.

- From "Make a Treat with Wheat" by Hazel Richards ISBN: 0967077605

Unleavened Bread Sticks (Early Settlers)

4 c. wheat flour

1 Tbs. salt

1/2 c. oil

1 c. milk

3 Tbs. brown sugar OR honey

Mix together flour, salt, oil. Add milk and sugar or honey. Knead a little and roll into sticks the size of your finger. Bake on cookie sheet at 375 degrees F. about 20 minutes.

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

ISBN: 1893519015

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

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

(Some of these recipes online <http://waltonfeed.com/grain/cookin/>)

Wheat and Almond Pilaf

1 Tablespoon Oil

1 1/2 cup slightly cooked or presoaked wheat kernels

2 medium carrots, coarsely grated

1/4 cup slivered almonds

2 green onions, chopped

1 3/4 cups broth, boullion or water

Heat oil in a non-stick skillet. Saute wheat, carrots, almonds and onions 3 minutes. Stir in liquid. Cover and simmer 10 to 12 minutes. Keep covered and allow to stand 5 minutes before serving. Pilaf will have a nutty flavor and chewy texture.

Serves 4.

- From "Grains of truth about Wheat Kernels" by Wheat Foods Council

Also available in pdf format from the LDSFS Group Files Section <http://groups.yahoo.com/group/LDSFS/>

File Info: WheatKernels.pdf - Grains of truth about Wheat Kernels (Wheat Foods Council) 2 pages 11 KB

Three-Grain Peanut Bread

1 c. white flour

1/2 c. quick cooking oats

1/2 c. yellow cornmeal

1/2 c. dry milk powder

1/2 c. sugar

3 tsp. baking powder

1 tsp. salt

2/3 c. cream-style peanut butter

1 egg

1 1/2 c. milk

Preheat oven to 325 degrees F. Combine in mixing bowl flour, oats, cornmeal, milk powder, sugar, baking powder, and salt. Cut in peanut butter. Blend and pour in egg and milk. Mix well. Turn into greased and floured 9 x 5 - inch loaf pan. Spread batter evenly. Bake 1 hour and 10 minutes, or until cake tester inserted in center comes out clean. Cool 10 minutes and remove from pan. -- Makes 1 loaf.

- 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

Flaxseed Bread

1 3/4 to 2 cups all-purpose flour

1 1/4 cups whole wheat flour

1 envelope FLEISCHMANNiS RapidRise Yeast

1 teaspoon salt

1/2 cup milk

1/4 cup water

3 tablespoons honey

1 tablespoon butter or margarine

1 large egg

1/4 cup flaxseeds

1 tablespoon butter or margarine, melted

In large bowl, combine 1 cup flour, whole wheat flour, undissolved yeast and salt. Heat milk, water, honey and butter until very warm (120 to 130 degrees). Gradually add to dry ingredients. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add egg, flaxseed and 1/2 cup flour; beat 2 minutes at high speed. Stir in enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes. Roll dough to 12x8-inch rectangle. Beginning on short end, roll up tightly as for jelly roll. Pinch seam and ends to seal. Place, seam side down, in greased 8 1/2 x 4 1/2-inch loaf pan. Cover; let rise in warm, draft-free place until doubled in size, about 1 1/2 hours.

Yield: 1 loaf.

Bake at 350 degrees for 30 to 35 minutes or until done. Remove from pan; cool on wire rack. Brush with melted butter.

- From Breaking Bread <http://www.breaking-bread.com/archive.htm>

Ground Wheat Breakfast Cereal

Bring to a boil:

3 c. water

Combine separately and add:

1 c. cold water

1 c. ground wheat

2 tsp. Salt

Stir constantly while thickening to prevent lumps. Reduce heat and cook 15-20 minutes. Serve with milk and sugar, honey or molasses.

Serves 6.

- From "More-with-Less Cookbook" by Doris Janzen Longacre; Designed by Mary E. Showalter

ISBN: 0836117867

Wheat Sprout Meatballs

2 c. wheat sprouts

1 medium onion

1 tsp. salt

2 Tbs. oil

2 eggs, beaten

2 c. bread crumbs

Grind bread crumbs. Put sprouts and onion through food grinder, using fine disc. Add salt, oil, and beaten eggs. Shape into balls and brown in oil in frying pan until brown and heated through.

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

ISBN: 1893519015

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

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

(Some of these recipes online <http://waltonfeed.com/grain/cookin/>)

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:

Involve yourself in at least one service project a month. Your service project can be a personal service to a friend or neighbor, a community service, a group project, or a church-sponsored event that serves others.

“Over the years, many people, especially youth, have asked me, ‘Elder Cuthbert, how can I become more spiritual?’ My reply has always been the same: ‘You need to give more service.’ Service changes people. It refines, purifies, gives a finer perspective, and brings out the best in each one of us. It gets us looking outward instead of inward. It prompts us to consider others’ needs ahead of our own. Righteous service is the expression of true charity, such as the Savior showed.” - Derek A. Cuthbert, “The Spirituality of Service,” Ensign, May 1990, 12

Mosiah 2: 17 “And behold, I tell you these things that ye may learn wisdom; that ye may learn that when ye are in the service of your fellow beings ye are only in the service of your God.”

“Service involves us in a process of growth. We learn how to be effective servants step by step over time, even as the mortal Savior’s youthful development was described as grace upon grace (see D&C 93:11-14).” - V. Dallas Merrell, “A Vision of Service,” Ensign, Dec. 1996, 10

“Service is an imperative for those who worship Jesus Christ. To followers who were vying for prominent positions in his kingdom, the Savior taught, ‘Whosoever will be chief among you, let him be your servant.’ (Matt. 20:27.) On a later occasion, he spoke of ministering to the needs of the hungry, the naked, the sick, and the imprisoned. He concluded that teaching with these words: ‘Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me. (Matt. 25:40.) In latter-day revelation the Lord has commanded that we ‘succor the weak, lift up the hands which hang down, and strengthen the feeble knees.’ (D&C 81:5.) In another section of the Doctrine and Covenants, he instructed us to be ‘anxiously engaged in a good cause, and do many things of [our] own free will, and bring to pass much righteousness.’ (D&C 58:27.) Holders of the Melchizedek Priesthood receive it upon a covenant to use its powers in the service of others. Indeed, service is a covenant obligation of all members of the Church of Jesus Christ. Whether our service is to our fellowmen or to God, it is the same. (See Mosiah 2:17.) If we love him, we should keep his commandments and feed his sheep. (See John 21:16-17.)” - Dallin H. Oaks, “Why Do We Serve?” Ensign, Nov. 1984, 12

This Month’s Suggested Book:

“Pantry Cooking: Unlocking Your Pantry's Potential” by Cheryl F. Driggs
ISBN: 0965890929
<http://www.simplyprepared.com/>

PANTRY COOKING contains more than 350 recipes using only storable foods. No fresh or frozen ingredients are required so that no matter what your circumstances are you can pull together a delicious meal from what is on hand. Recipes have been developed and tested over a 17-year period on groups large and small with great success.

PANTRY COOKING also offers an extensive chart of substitutions for the times you run short.

For those interested in long term storage, there are shelf life charts and a plan for determining needs based on a rotating menu plan.

This Month’s Frugal Living Tips:

Take at least one educational class or workshop a month.

Educational pursuits don’t always have to be from traditional sources, or even at traditional costs. Here is a list of a few places offering free educational classes over the Internet.

Free-Ed,Bet – Free Education on the Internet
<http://www.free-ed.net/>

Yahoo Education
<http://education.yahoo.com/>

Genealogy Classes
<http://www.genealogy.com/university.html>

Rootsweb Free Genealogy Classes
<http://www.rootsweb.com/~genclass/classes.htm>

Virtual University
<http://vu.org/>

4Tests.com – Your Free Online Practice Exam Site
<http://www.4tests.com/>

Check with colleges and universities for low-cost distance education, continuing education, and other courses offered.

Peterson’s – Colleges, Career Information, Test Prep and more

<http://www.petersons.com/>

Colleges Colleges – A Directory of Colleges and Universities in the USA

<http://www.collegescolleges.com/>

Learn other useful skills for frugal living. Here are a some useful sites.

USDA Complete Guide to Home Canning

<http://foodsafety.ifas.ufl.edu/canhome.htm>

Choosing a Grain Grinder

<http://www.internet-grocer.com/grinders.htm>

Expedient Processing of Grains and Soybeans (Build a Grinder)

<http://www.mercyseat.net/processing.html>

RepairClinic.com – Appliance Repair Tips & Help

<http://www.repairclinic.com/0003.asp>

British Berkefeld Water Filter Assembly (I have a home-made water filter from food storage buckets that uses these filters.)

http://www.911water.com/bs_06_bb.html

Katadyn Drip Filter Instructions (Similar design and excellent filter)

<http://www.katadyn.net/instructionstrk.html>

How to Get Water from a Drilled Well When the Power is Off (and How to Make a Hand Pump)

[http://www.countrysidemag.com/issues/1_1999.htm#drilled well](http://www.countrysidemag.com/issues/1_1999.htm#drilled%20well)

FEMA's Emergency Management Institute (EMI) Independent Study Program (ISP)

<http://training.fema.gov/EMIWeb/ishome.htm>

Beth's Preparedness Handouts

<http://www.waltonfeed.com/self/handout/index.html>

Emergency Shelter

<http://www.bagelhole.org/article.php/Survival/85/>

How to Make a Tent – step by step

<http://65.102.22.82/tents/maketent.htm>

Make Your Own Backpacking Equipment

<http://www.backpacking.net/makegear-left.html>

3 Steps to Family and Neighborhood Emergency Preparedness

http://www.pcncommunity.com/servlet/pcn_ProcServ/DBPAGE=cge&GID=00077000000967565804514492&PG=00087000000968700617992949

(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/readmain.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.