

Food Storage Newsletter #0031 - FREE monthly Email newsletter - July 2002:

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

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Quotation:

"How on the face of the earth could a man enjoy his religion when he had been told by the Lord how to prepare for a day of famine, when, instead of doing so, he had fooled away that which would have sustained him and his family." - Elder George A. Smith, Journal of Discourses, Volume 12, page 142.

Spiritual Goal:

Daily recite the prayer, "Not my, but thine." (See Luke 22: 42)

Provident Living Goal:

Learn new first aid skills.

Home Storage Goal:

Fruit - 30 lbs.

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

NOTES:

Canned fruit weights - #303 can=1 lb(2 c) | #10 can=6 lbs. 13 oz(13.5 c) | 1 pt=1 lb | 1 qt=2 lbs

1 lb dried apples=4-5 c | 1 lb dried apricots=3 c | 1 lb dried bananas=4 1/2 c

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:

Camp shower; towel; washcloth; soap; metal mirror; survival manual

First Aid Kit Goal:

Alcohol preps - 10 per person

Shelf Life:

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Fruit, Apples (can), Comstock - 24-36 months 1-800-270-2743

Fruit, Apples, fresh (separated in boxes @ 32° F. mod. moist cellar) - 6 months

Fruit, Apple Chips, dried - 8+ years (in #10 can with oxygen absorber)

Fruit, Apple Slices, Dried - 24 months [8 years (in mylar pouch)]

Fruit, Applesauce, Motts - 12 months

Fruit, Bananas - 2-3 days (until ripened, then refrigerate)

Fruit, Banana, Dried Chips - 8 months

Fruit, Bananas, fresh (ventilated container @ 60 - 70° F. basement) - 1 week

Fruit, Berries, fresh (ventilated container @ 38 - 40° F. refrigerator) - 1-2 weeks

Fruit, Canned - 12-24 months (in the original container at 70 degrees F. in a dry basement)

Fruit, Canned fruits (original container @ 70° F. dry basement) - 2 years

Fruit, can, Del Monte - 18-26 months

Fruit, can, Comstock - 18-26 months

Fruit, can, Libby's - 36 months+ 1-888-884-7269

Fruit, Citrus fruit, fresh ventilated container @ 32°F. mode. moist cellar) - 8 weeks

Fruit Cocktail, Canned - 24 months

Fruit, Cherries, Bottled - 24 months

Fruit, Coconut, shredded, canned or packaged - 12 months

Fruits, dried - 6-12 months (Keep cool, in airtight container; if possible)

Fruit, Dehydrated - 6-8 months

Fruit, Dehydrated - 5 years (Hermetically sealed in the absence of oxygen at a stable temperature of 70 degrees F. - They should keep proportionately longer if stored at cooler temperatures.)

Fruit, Dehydrated fruits (air/moisture proof @ 70° F. dry basement) - 8 months

Fruit, Frozen fruits (original container @ 0° F. freezer) - 12 months

Fruit, Jams & Jellies (original container @ 70° F. dry basement) - 18 months

Fruit, Peach, canned - 24 months

Fruit, Peaches, Del Monte - 24-30 months 1-800-543-3090
Fruit, Pear, canned - 24 months
Fruit, Pear halves, Del Monte - 24-30 months 1-800-543-3090
Fruit, Pears, fresh (ventilated container @ 32° F. mod. moist cellar) - 4 months
Fruit, Pie Fillings, Comstock - 18-26 months
Fruit, Pineapple, canned - 24 months

This Month's Cooking with Food Storage Ideas:

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Apricot Health Bars

3/4 cup butter or margarine, softened
1/4 cup packed brown sugar
1 egg, slightly beaten
1 teaspoon vanilla extract
1 1/2 cups quick or old-fashioned oats, uncooked
1/2 cup all-purpose flour
1/4 cup wheat germ
1 teaspoon cinnamon
1/2 teaspoon salt
3/4 cup diced, dried apricots
1/2 cup chopped walnuts
1/2 cup shredded coconut

Preheat oven to 350f F. In large bowl, cream butter and sugar; stir in egg and vanilla. Add oats, flour, wheat germ, cinnamon and salt. Mix until well blended. Stir in apricots, walnuts and coconut. Spread dough evenly in a 12x8-inch baking pan. Bake for 18 to 20 minutes until golden. Cool slightly, then cut into bars. Makes about 2 dozen.

- From Zoria Farms <http://zoria.com/>

Dried Apples

Dried apples are an excellent snack right out of the can.

To reconstitute them use equal parts of dried apples to boiling water. For example:

2 cups dried apples 2 cups boiling water

Let this set at least 5 minutes.

- From "New Ideas for Cooking with Basic Food Storage", pamphlet from The Church of Jesus Christ of Latter-Day Saints Bishop's Storehouse (cannery cookbook)

Peanut Butter and Fruit

1 cup creamy peanut butter
2 tablespoons honey
1/4 cup chopped dried apricots
1/4 cup chopped golden raisins
Hot toast or warm muffins

Blend together peanut butter and honey; stir in dried fruit. Store mixture in a tightly covered container at room temperature. To serve, spread on toast or muffins. Makes 1-1/2 cups spread.

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

ISBN: 0965890929

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

Fruit Honey Candy

1/4 c. dried prunes
1/4 c. dried apricots
1/4 c. dried figs
1/2 c. chopped nuts (or coconut)
1/2 c. dates
1/2 c. raisins
1/3 c. honey

Let clean dried prunes and apricots stand in boiling water for 5 minutes. Run all the fruit through a food chopper. Add honey. With buttered hands, shape into balls. Roll in chopped nuts or coconut. Nuts may be added or other dried fruits, like peaches or pears substituted.

- From "The Wonderful World of Honey" by Joe Parkhill ISBN: 0936744014

Apricot Pumpkin Muffins

2 cups buttermilk baking mix
1/2 cup chopped California dried apricots
1/4 cup sugar
1/2 teaspoon cinnamon
1/2 teaspoon ginger
1/2 teaspoon nutmeg
1/2 cup milk
1/2 cup canned pumpkin
1 egg

In a medium bowl, combine baking mix, apricots, sugar, cinnamon, ginger and nutmeg. Mix together milk, pumpkin and egg until well blended. Combine 2 mixtures; beat vigorously 1/2 minute. Fill 12 greased medium muffin cups 2/3 full. Bake in 400^f F oven 15 to 20 minutes or until lightly browned on top. Remove from cups and serve warm. Makes 12 muffins.

- From Zoria Farms <http://zoria.com/>

Harvest Cake

2 3/4 C. Dried Apples (soak in warm water for about an hour)
2 C. Sugar
3 C. Flour (can use white or whole wheat or combination)
1 C. Oil
1 C. Chopped Nuts (optional)
2 tsp. Soda
2 tsp. Vanilla
2 Eggs

Mix apples and sugar. Let set for an hour. Sift together soda and flour. Beat eggs, oil, and vanilla together. Add apples and oil mixture to flour. Mix and bake in greased & floured tube pan for 1 hour in 350 degrees oven.

- From Pittsburgh North Stake <http://www.andrew.cmu.edu/~jinhee/stake/srecipe.html>

Dried Fruit Balls

1/2 c. dried peaches
1/3 c. dried apricots
2 Tbs. graham cracker crumbs
1/2 c. whole, pitted dates
1/3 c. golden raisins

In a food processor bowl with metal blade, combine all ingredients except graham cracker crumbs; process until finely chopped. Shape mixture into 1-inch balls; roll in graham cracker crumbs. Store in airtight container in refrigerator.

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

Lemon Pie Filling Fruit Salad

1 can lemon pie filling
8 ounces Cool Whip®
1 can fruit cocktail
1 can pineapple chunks in water
1 can mandarin oranges
optional 1/2 package marshmallows -- miniature colored

Drain the fruit Fold together the Cool Whip and pie filling. Add fruit and marshmallows. Chill and serve.

- From <http://www.cookingindex.com/public/Recipes/sal/sal05.asp>

Apricot Whole Wheat Bread

3 cups whole wheat flour
3 teaspoons baking powder

1 teaspoon cinnamon
1/2 teaspoon salt
1/4 teaspoon nutmeg
1 1/4 cups milk
1 cup honey
1 egg, slightly beaten
2 tablespoons salad oil
1 cup chopped dried California apricots
1 cup chopped walnuts

In a medium bowl, stir together flour, baking powder, cinnamon, salt and nutmeg. Combine milk, honey, egg and oil; pour over dry ingredients. Stir just enough to dampen flour. Gently fold in apricots and walnuts. Pour into greased 9³/₄ x 13³/₄ loaf pan. Bake in 350^f oven 60 to 70 minutes or until done. Remove from oven; let stand on rack about 10 minutes. Remove from pan. Store overnight for easiest slicing. Makes one loaf. (This high-fiber treat is especially delicious buttered and warmed under the broiler.)

- From Zoria Farms <http://zoria.com/>

No Bake Apricot Balls

1 and 1/2 cup dried apricot halves, chopped
2 cups coconut flakes
2/3 cup sweetened condensed milk or yogurt
Powdered sugar

In bowl, stir together apricots and coconut. Stir in milk. Use hands to shape into balls. Roll in powdered sugar. Let stand until firm or refrigerate (or put in a jar and put the jar outside in the cold winter) to quicken process. Note that powdered milk that has been re-hydrated or yogurt may be substituted for condensed milk.

- From Y2K for Women Recipes <http://www.y2kwomen.com/recommended/recipes.html>

Dried Fruit Pie

1 1/2 lb. sweet pastry
2 cups pitted prunes
2 cups dried apricots
1 cup golden raisins
1/2 cup dried apples
3/4 cup sugar
1/2 cup almonds or walnuts, chopped coarsely
4 oz. butter, melted
1 egg
sugar
apricot glaze

Roll out two-thirds sweet pastry about 1/8 inch thick on a lightly floured surface. Line an 11" pie plate with the pastry, trim off the excess dough, prick the bottom of the shell with a fork and chill at least 30 minutes. Place the dried fruit in a large saucepan and cover with cold water, bring to a boil, and simmer gently for 10 minutes. Drain the fruit in a colander and chop it coarsely. In a bowl combine the fruit with the sugar, almonds and melted butter. Roll out the remaining one-third of the pastry and brush the dough lightly with beaten egg and sprinkle with sugar. With a saw-toothed pastry wheel, cut 12 strips from the dough. Fill the shell with the fruit mixture, mounding it in the center, moisten the edge of the shell with the beaten egg, and arrange the strips in lattice fashion over the fruit, pressing the ends onto the edge of the shell. Make a decorative border on the rim of the pie. Bake the pie on the bottom third of a preheated 425 degree oven for 30 minutes. Reduce the heat to 375 degrees and bake the pie for 20-30 minutes more, or until the pastry is browned. Remove from the oven and brush the fruit with melted apricot glaze.

Serves 8.

- From Tante Marie <http://www.tantemarie.com/>

Dutch Apple Pie

One pie crust
Filling:
2 cups dried apples firmly packed
2 cups boiling water.

Pour over apples and let set for at least 5 minutes.

Mix together:

1 cup sugar
2 tbsp. flour

1/2 tsp. cinnamon

Add to the apple mix and continue cooking until thick. Stir constantly to prevent scorching. Pour mixture into pie shell and dot with 1 tbsp. butter

Topping:

1 cup packed brown sugar

1/2 cup flour

1/4 cup butter

Cut in till crumbly. Sprinkle over the apple mixture and place in 350° oven for 55 minutes.

- From "New Ideas for Cooking with Basic Food Storage", pamphlet from The Church of Jesus Christ of Latter-Day Saints Bishop's Storehouse (cannery cookbook)

Dried-Apple Tart with Crisp Crumble Topping

12 ounces dried apples

1/4 cup packed light brown sugar

4 cups water

2 cups apple cider

1 tablespoon fresh lemon juice

4 (3-inch) cinnamon sticks

6 tablespoons cold, unsalted butter, cut into

1/4-inch pieces

3/4 cup all-purpose flour

1/4 cup granulated sugar

1 recipe pastry dough of your choice, rolled out and fit into an 11-inch tart pan with a removable fluted rim

Whipped cream or vanilla ice cream as garnish

In a large kettle simmer the first 6 ingredients with a pinch of salt, covered, about 15 minutes or so until the apples are plumped. Simmer uncovered, stirring occasionally, about 1 hour or until thick. Discard cinnamon sticks. Filling may be made 2 days ahead and cooled before being chilled, covered. Preheat oven to 375 degrees F.

In a food processor pulse butter, flour and granulated sugar until crumbly. Transfer topping to a bowl and chill, covered, until ready to use. Line pastry shell with foil and bake in middle of oven until shell is set, about 12 minutes. Gently remove foil and bake shell until edge is golden, about 5 minutes. Immediately spoon filling into shell and crumble topping evenly over filling. Bake tart in middle of oven 30 minutes or until topping is golden. Cool tart in pan on a rack. Serve tart with whipped cream or ice cream. Serves 8.

From GMA Food Correspondent Sara Moulton. Adapted from a Gourmet Magazine recipe.

- From WCHS TV <http://www.wchstv.com/gmarecipes/xgividiredappletart.html>

Apricot Nut Bread, Steamed

1 1/2 cups dried apricots

2 cups flour

4 tsp baking powder

1/2 tsp baking soda

1 tsp salt

1 cup sugar

1 1/2 cups milk

2 eggs, slightly beaten

2 tbs grated orange peel

2 tbs olive oil

1 cup whole wheat flour

2 cups chopped walnuts

Place the apricots on a chopping block and chop finely. Mix flour, baking powder, baking soda, salt, and sugar together in large pot. Combine milk, eggs, orange peel, and oil in a medium pot. Add to flour mixture and add whole wheat flour. Mix well. Add apricots and walnuts. Mix well. Divide mixture evenly into two well greased and floured 1 lb coffee cans, cover tightly with foil. Place into large clean pot, add 3 cups water, cover with lid and steam for 2-3 hours.

- From AAOOB Storable Foods <http://www.aaobfoods.com/>

Oatmeal Dried Fruit Cookies

1-1/4 cups butter or margarine, softened

1-1/4 cups brown sugar

1 egg

2 teaspoons vanilla extract
1-1/2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
3 cups quick cooking oats
1 cup dried cranberries, or other dried fruit

Preheat oven to 375 degrees F (190 degrees C). In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the egg, then stir in the vanilla. Sift together the flour, baking soda, salt, cinnamon and nutmeg; gradually stir into the creamed mixture. Finally, stir in the quick oats and dried fruit. Drop by rounded spoonfuls onto the unprepared cookie sheet. Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely. Make 3 dozen. (36 servings)

- From Cookie Recipe <http://www.cookiecipe.com/>

Dried Apple Pie

2/3 to 3/4 lb quality dried apples
22 to 24 oz quality dry cider (see notes)
about 1 tsp ground cinnamon
about 1/2 tsp fresh-grated nutmeg
Vermont maple syrup (preferably Grade C), to taste.
1 pie crust, with extra for latticing

Preheat your oven (the impoverished student ALWAYS preheats the oven!) to a good pie-baking temperature. I think I usually use 350. Bake the pie shell until it's about done. (This is a slightly unusual pie, as you'll see, and it isn't going to be in the oven long enough for the crust to cook later, so cook it now.) While the crust is cooking, put the apples into a coverable saucepan with the dry cider. Cook them, uncovered, a few minutes, until they begin to fluff up. If you want to fancify this up, you can add some dried cherries (I'd use sour ones, but it's up to you), dried cranberries, or even raisins. It doesn't need them, mind you, but I don't think they'd hurt it. Add the cinnamon and nutmeg and maple syrup. Stir, cover, and cook 5 or 10 more minutes, until the liquid is just about completely absorbed. Watch the heat, or stir frequently to prevent it from burning. If the liquid fails to disappear, drain the apples before you pour them into the pie shell. You may also be able to reduce the liquid and pour it over the apples in the shell. I encourage you, when you've poured about half the apples into the crust, to place a liberal and pleasant number of fresh pecans atop them before you finish the pour. This provides a delicate and refreshing (etc.). Basically, if you want it a little bit richer, add pecans or maybe walnuts. Make a lattice over the top with the extra crust; bake until the lattice is done.

- From Bazilian Recipes <http://www.bazilians.org/recipes/recipe.dried.apple.pie.html>

Dried Apricot Pie

Dried apricot pie filling:
2 1/2 cups dried apricots
Water
1 cup sugar
1 tablespoon cinnamon
2 1/2 tablespoons Minute tapioca

Put dried apricots into microwave safe bowl, add just enough water to cover fruit. Microwave for 15 minutes or until tender. Add sugar, cinnamon and tapioca. Set aside.

Pie Crust:
2 cups All Purpose Flour
2/3 cups Crisco
1/8 teaspoon salt
1/4 cup ice water with 1 tablespoon vinegar

Cut Crisco into the flour and salt. Slowly add ice water and vinegar mixture to dry ingredients. Form dough into a ball. **DO NOT HANDLE TOO MUCH.** Roll 1/2 of dough into thin pie crust shell. Place shell into ungreased 9" pie pan. Fill shell with Dried Apricot Pie Filling. Roll last 1/2 of dough into top crust and cover filling. Crimp edges of top and bottom dough with fingers to close. Dab 1 tablespoon of milk on top of crust and sprinkle with about 1 teaspoon sugar. Bake at 400 F for 40-45 minutes or until the crust is golden brown. Yields one 9" apricot pie.

- From Zoria Farms <http://zoria.com/>

See also:

Basics for Canning Fruit

<http://ohioline.osu.edu/hyg-fact/5000/5343.html>

Fruit Related Consumer Publications

<http://www.ces.ncsu.edu/depts/foodsci/agentinfo/fruit/conspub.html>

Canning Fruit Pie Fillings

http://www.uaex.edu/Other_Areas/publications/HTML/FSHED-89.asp

Selecting, Preparing and Canning Fruit and Fruit Products

<http://www.ca.uky.edu/agc/pubs/fcs3/fcs3326/fcs3326.htm>

Jams, Jellies, and Other Fruit Spreads

<http://ohioline.osu.edu/hyg-fact/5000/5350.html>

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>

(More Food Storage Recipes - <http://www.nursehealer.com/Recipes.htm>)

This Month's Spiritual Preparation Ideas:

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Daily recite the prayer, "Not my, but thine." ("Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done." - Luke 22: 42)

When troubling times come, it may be difficult to pray unto our Heavenly Father a prayer of thankfulness; but, if we understand our eternal purpose in life, at least partially, we can thank the Lord for the opportunity to grow in knowledge, skill, enlightenment, understanding, faith, courage, and strength through adversity. We can truly say unto the Lord, "Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done." (Luke 22: 42)

"No one can criticize the Master's instruction. His very actions gave credence to His words. He demonstrated genuine love of God by living the perfect life, by honoring the sacred mission that was His. Never was He haughty. Never was He puffed up with pride. Never was He disloyal. Ever was He humble. Ever was He sincere. Ever was He true. Though He was led up of the Spirit into the wilderness to be tempted by that master of deceit, even the devil; though He was physically weakened from fasting 40 days and 40 nights and was 'an hungred'; yet when the evil one proffered Jesus the most alluring and tempting proposals, He gave to us a divine example of obedience by refusing to deviate from what He knew was right. When faced with the agony of Gethsemane, where He endured such pain that His sweat was as it were great drops of blood falling down to the ground, He exemplified the obedient Son by saying, 'Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done' (Luke 22:42)." - President Thomas S. Monson, First Counselor in the First Presidency, First Presidency Message "Strength through Obedience," Ensign, July 1996, 2

"No more poignant prayer was ever uttered than that given by the Savior in the Garden of Gethsemane. He withdrew from His Apostles, knelt, and prayed, 'Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done.' (Luke 22:42) An important element of all of our prayers might well be to follow the pattern of that prayer in Gethsemane: 'not my will, but thine, be done.' By this, then, we acknowledge our devotion and submission to the overriding purposes of the Lord in our lives. As He said, 'If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.' (John 15:7) What a glorious day it will be for each of us when we pray with confidence that 'if we ask anything according to his will, he heareth us.' (1 John 5:14)" - President James E. Faust, Second Counselor in the First Presidency, 172nd General Conference Sunday Morning Session, "The Lifeline of Prayer," Ensign, May 2002, 59

"Our greatest challenge as missionaries will be to lift people up, to literally remove them from the ways of the world—a world that is being rocked with immorality, weakened by unclean thoughts, eroded by selfishness, and riddled with human pride. May virtue garnish our thoughts unceasingly; then our confidence will be strong in His service. (See D&C 121:45.) We first must take ourselves out of the world as much as we can; then, standing on higher ground, we can reach out; we can lift up; we can then teach the truth. It shouldn't matter when the call comes. It shouldn't matter where we are asked to go. It may be within the ward, it could be halfway around the world; but as the Savior said during His most trying hour, 'Father, ... not my will, but thine, be done.' (Luke 22:42.) I wonder if each of us could say that right here tonight: "Not my will, but thine." – Elder Robert L. Simpson of the First Quorum of the Seventy, "Not My Will, but Thine," Ensign, May 1978, 36

This Month's Suggested Book:

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"The NEW Passport To Survival. 12 Steps to Self-Sufficient Living" by Rita Bingham, James Talmage Stevens, Esther Dickey, Clair C. Bingham ISBN: 1882314247

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Some excerpts from the book are available online at:
<http://waltonfeed.com/grain/passport/>

This Month's Frugal Living Tips:

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Learn new first aid skills. Take a CPR class, learn how to make homemade bandages, practice bandaging and splinting, participate in a first aid course, or just study on your own to learn new first aid skills that will help you and your family to be prepared for emergencies.

Handouts for a first aid class are available online at:

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

Files in this zip file include:

- BandageMaking.doc "Bandage Making Ideas" - 1 page (22 KB)
- FirstAidKits.doc "First Aid Kit Checklists" - 2 pages (34 KB)
- FirstAidPoster.pdf "First Aid in the Home" - 3 pages (284 KB)
- FirstAidTips.pdf "First Aid Tips" - 2 pages (388 KB)
- Guide.doc "First Aid Kit Suggestions" - 2 pages (30 KB)
- Guide~1.htm "Humanitarian Project Guidelines" - 7 pages (14 KB)
- pgFirstAidGuide.htm "American EHS First Aid Guide" - 4 pages (17 KB)
- SchoolFirstAid.pdf "First Aid Guide for School Emergencies" - 71 pages (359 KB)
- Slings.doc "Slings" - 1 page (82 KB)
- Triang~1.doc "Triangular Bandages" - 2 pages (47 KB)
- WhatToDo.pdf "What to do in an Emergency" - 2 pages (95 KB)
- WhenWeb.pdf "When Minutes Count" - 6 pages (60 KB)

How to Make Homemade Cloth Bandages:

Strips of cloth from clean cotton bed sheets and pillow cases are measured and cut and then sewn together and wound into compact rolls. MCC (Mennonite Central Committee) bandages can be made from used white, colored or printed sheets. To make the bandages, tear off and discard the selvage. Tear material into strips 3" to 4"/7 cm to 10 cm wide. Sew the ends of the strips together by laying one strip on the other, making a flat seam. Roll tightly until the bandage roll measures 3"/7.6 cm in diameter. Tack the end of the roll with a few stitches to prevent unraveling. (From the Mennonite Central Committee <http://www.mcc.org/>)

Making Muslin Bandages:

Bandages may be made from soft, pliable, unglazed muslin. Unbleached muslin of medium quality is as good as the more expensive bleached material. If bandages are made by sewing together firm old muslin the seams should be flat. The following table exhibits the length, breadth, and proportion in which bandages should be prepared:

1st Length, 6 yds. - Breadth 4 in. - Prop. 2-10

2d Length, 6 yds. - Breadth 3 in. - Prop. 3-10

3d. Length, 6 yds. - Breadth 2 1/2 - Prop. 4-10

4th Length, 1 1/2 - Breadth 1 - Prop. 1-10

These should be evenly rolled, into compact cylinders, the free end securely fastened with two pins, and upon it the length distinctly marked. The rollers should then be made into packages of convenient size, by turning the free end of one roller around the remainder.

- From the April 27, 1861 issue of the Flushing Journal, page 2

<http://www.netwalk.com/~jpr/bandages.htm>

How to Make a Triangular Bandage:

A Triangular Bandage is a cloth (muslin) bandage in the shape of an equilateral triangle. Two triangle bandages can be made by cutting a 36-40 inch cloth square diagonally corner to corner. The triangle bandage is an excellent first aid dressing for scalp wounds and can also be used as a shoulder sling.

- From Virtual Naval Hospital: Standard First Aid Course – Chapter Five – Soft Tissue Injuries

<http://www.vnh.org/StandardFirstAid/chapter5.html>

How to Fold a Cravat Bandage:

The triangular bandage can be folded to make a cravat bandage, which is useful in controlling bleeding from wounds of the scalp or forehead. To make a cravat bandage, bring the point of the triangular bandage to the middle of the base and continue to fold until a 2-inch width is obtained.

- From Virtual Naval Hospital: Standard First Aid Course – Chapter Five – Soft Tissue Injuries

<http://www.vnh.org/StandardFirstAid/chapter5.html>

More First Aid and Safety links are at <http://www.nursehealer.com/Safety.htm>

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

Newsletter & Email List Information:

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(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.

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