

Food Storage Newsletter #1 - NurseHealer.com monthly Email newsletter - January, 1999

I am honored to be called as Hurst First Ward Food Storage Specialist. I have a strong testimony of food storage that I look forward to sharing with you at the appropriate time. I want to let you know about an email Food Storage Newsletter that I am making available to the general public through my email discussion list, and to our Ward members through direct email. The first issue is below; but I won't send any further newsletters unless you reply that you would like to receive them. I have no intention of filling anybody's email box up with unwanted email. You can, of course, read the newsletter from the discussion list; but ward members will also get a personal LDS message from me if they let me know they would like to receive the newsletter.

As I prepared for this calling, I felt prompted to read Genesis 41, the record of Pharaoh's dreams and Joseph's interpretation that led him to establish storehouses in preparation for the seven years of famine. I felt blessed to read through the telling of these events. I am impressed that we are blessed to have been given a similar vision from modern prophets.

"For over forty years, in a spirit of love, members of the Church have been counseled to be thrifty and self-reliant; to avoid debt; pay tithes and a generous fast offering; be industrious; and have sufficient food, clothing, and fuel on hand to last at least one year. Today there are compelling reasons to reemphasize this counsel." - Ezra Taft Benson, October Conference, 1980

"If you are without bread, how much wisdom can you boast, and of what real utility are your talents, if you cannot produce for yourselves and save against a day of scarcity those substances designed to sustain your natural lives?" - Brigham Young, "Journal of Discourses"

There are many, many pages of quotations from the prophets at The Blast Shelter <http://members.aol.com/rafleet/ldsprophecy.htm> Some very moving letters and discourses are among those found there. I have lots more of LDS links at <http://www.nursehealer.com/LDS.htm>

I think of Noah, who was asked to prepare for devastation of his world. Genesis 6: 21-22 "And take thou unto thee of all food that is eaten, and thou shalt gather it to thee; and it shall be for food for thee, and for them. Thus did Noah; according to all that God commanded him, so did he." How fortunate we are to only be asked to prepare for our families in the troubling times ahead! And how fortunate we are to have a living prophet to deliver the instructions of our Father in Heaven to us.

Send me an email if you would like to receive the monthly Food Storage Newsletter

Many blessings,  
Cathy Miller

The first issue of the Food Storage Newsletter is below:

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Food Storage Newsletter #1 - NurseHealer.com monthly newsletter

Preparedness is an important topic to the Nursehealer email list. Food storage and storage of basic supplies are an important part of preparedness. This newsletter will provide food storage guidelines, acquisition plans, shelf life information, cooking and food preparation ideas, and buying and storage tips. These ideas are gathered from numerous resources. Further food storage ideas can be found at <http://www.nursehealer.com/Storage.htm>

### Food Storage Plan for One Person for One Year

#### FOOD STORAGE REQUIREMENTS - ONE PERSON/ONE YEAR

(amounts for adults -- for children, divide by 2, except for milk)

GRAIN: 300-400 LBS

(wheat, flour, pasta, rice, popcorn, oats, potatoes, baking mixes)

SALT: 5 LBS

(store iodized rather than plain & in original container)

LEGUMES: 35-60 LBS

(beans - all sorts, lentils, peanuts, dry soup mixes)

MILK: 17 LBS per adult....75 LBS per child

(instant, regular dehydrated, canned 6 cans=1lb)

SUGAR: 100 LBS

(granulated, brown, syrups, honey, flavored jellos, syrups)

OIL: 25-35 LBS

(oil, shortening, margarine/butter, mayonnaise, peanut butter)

(1 gal oil=6 lbs.; 1 qt mayo=1.5 lbs. oil; 1 lb. peanut butter=.5 lbs. oil)

WATER: 7-14 GAL WEEK (1 to 2gal/day)

FUEL: gas, kerosene, propane, wood, charcoal, candles, matches, starters

#### EXPANDED FOOD STORAGE - PER PERSON PER YEAR

FRUIT: 80 QUARTS (canned, bottled, dried)

VEGETABLES: 150 LBS

MEATS: (According to your needs and tastes)

BAKING SUPPLIES: yeast, baking powder, baking soda, spices/seasonings

DETERGENTS: bleach, laundry soap, cleansers, dish soap

PERSONAL PRODUCTS: toilet tissue (1 roll/wk), hand soap, shampoo, toothpaste, deodorant, razors, feminine hygiene products

INSTANT MEALS: canned soups, canned pastas, canned chili

#### 52 WEEK ACQUISITION PLAN TO ACQUIRE ONE YEAR'S STORAGE

## MONTH 1

Week 1. Grain 45-50 lbs.

Week 2. Canned meats: beef, turkey, chicken, tuna

Week 3. Baking supplies: yeast, baking soda, baking powder

Week 4. Vegetables: spaghetti sauce, salsa, other tomato products

## MONTH 2

Week 1. Sugar-granulated, brown, powdered 50 lbs.

Week 2. Canned/bottled fruits

Week 3. Salt-5 lbs.

Week 4. Water purification tablets/bleach - learn to use the method stored

## MONTH 3

Week 1. Milk-dry/canned (17 lbs. adult/75 lbs. child)

Week 2. Canned/bottled fruits

Week 3. Sugar-syrups 12 lbs.

Week 4. Powdered eggs or egg substitute (necessary for most baking)

## MONTH 4

Week 1. Grain-dehydrated potatoes or other potato items 50 lbs.

Week 2. Juice

Week 3. Oil-vegetable oil or shortening 20 lbs.

Week 4. Light source (batteries/flashlights, candles/matches, lanterns, etc.)

## MONTH 5

Week 1. Legumes - beans 30 lbs.

Week 2. Soup - dry mixes or canned

Week 3. Spices, herbs, seasoning, vinegars

Week 4. First aid supplies - basic kit or expand what you have

## MONTH 6

Week 1. Grain - pasta 50 lbs.

Week 2. Pudding mixes

Week 3. Gelatin mixes - count toward sugar

Week 4. Emergency cooking equipment -- barbecue, propane stove, firewood

## MONTH 7

Week 1. Milk - dry/canned (add what amt. you are still missing)

Week 2. Jams/jellies - 20 lbs.

Week 3. Vegetables - canned

Week 4. Personal essentials - hygiene, feminine, baby needs

## MONTH 8

Week 1. Grain - oats or rice 50 lbs.

Week 2. Nuts - dry roasted keep best

Week 3. Canned meats

Week 4. Medicinal supplies - basic meds and prescriptions

#### MONTH 9

Week 1. Sugar - honey 20 lbs.

Week 2. Vitamins/mineral supplements

Week 3. Dry fruit - raisins, leather, chips, dehydrated

Week 4. Detergents/cleansers

#### MONTH 10

Week 1. Grain - flour 50 lbs.

Week 2. Oil - peanut butter, mayonnaise, butter powder - 15 lbs.

Week 3. Baking extras - cocoa, coconut, chocolate chips, nuts

Week 4. Emergency sewing supplies

#### MONTH 11

Week 1. Grain - wheat 50 lbs.

Week 2. Dry mixes - pancake, breads, cakes, cookies, other

Week 3. Clothing and bedding - evaluate and update

Week 4. Condiments

#### MONTH 12

Week 1. Legumes - 30 lbs.

Week 2. Seeds/sprouting supplies

Week 3. Fruits or vegetables - finish up needs

Week 4. Paper supplies - toilet tissue, plastics/foils

#### FIFTH WEEKS

1. WATER

2. WATER

3. WATER

4. WATER

(14 gal per person is 1 week supply.)

Shelf Life for January's storage items:

wheat (5 1/2 years without oxygen absorbers, indefinitely with oxygen absorbers)

canned meats (12 months unopened; 1 -2 months opened, refrigerated)

yeast (expiration date on package)

baking soda (24 months)

baking powder (18 months unopened)

tomato sauce (12 months unopened; 3 days opened, refrigerated)

pasta sauce (24 months unopened; 2 weeks opened, refrigerated)

canned tomatoes (30+ months unopened; 2 - 3 days opened, refrigerated)

canned vegetables (24 - 48 months unopened)

## Cooking with Food Storage

### Whole Wheat Bread

#### INGREDIENTS

3 cups hot water

2 Tbs. yeast

1/4 cup oil

1/4 cup honey

1/4 cup applesauce

1 Tbs. gluten flour

1 Tbs. salt

6-7 cups whole wheat flour

Mix first 6 ingredients (speed 2) plus about 3-4 cups of the flour. Add remaining flour a little at a time just until dough pulls away from sides of bowl. Let mixer knead dough for about 5-10 minutes. Remove dough from bowl and shape into loaves. Let the loaves rise in warm oven (150 degrees) until just over the tops of the pans (about 15-20 minutes). Bake at 350 degrees for 35 minutes.

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

### Biscuit Mix

Number of Servings: 48

#### INGREDIENTS

6 cup(s) flour, all-purpose

3 tbs. baking powder

1 tbs. salt

1 cup(s) shortening

- 1) Sift dry ingredients together.
- 2) Cut in shortening.
- 3) Blend until mixture is the consistency of fine bread crumbs.
- 4) Store in airtight container in cool, dry place up to 4 months.
- 5) Use as any baking mix according to package directions to make biscuits, dumplings, pancakes, etc.
- 6) (Makes about 7 cups of mix.)

### Wheat Chili

#### INGREDIENTS

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>

Baked Tuna Sandwiches  
Number of Servings: 6

#### INGREDIENTS

1 tsp. dry minced onion (or 1/2 tsp. onion flakes)  
1 tsp. lemon juice (optional)  
1 can(s) tuna fish (7 ounces)  
1 can(s) condensed cream of mushroom soup

- 1) Mix all ingredients together in a mixing bowl.
- 2) Spoon 1 to 2 tablespoons of mixture onto slices of bread.
- 3) (NOTE: Bread may be brushed with melted butter for added flavor.)
- 4) Top with another slice of bread.
- 5) Bake at 400 degrees F. for 10 to 15 minutes.
- 6) Serve hot.

Additional tips:

January is a good month for canned good sales in the grocery stores. Take advantage of sales to stock up on vegetables and other canned goods.

Keep food storage 6 inches off the floor to protect it from rodents and condensation. Store at room temperature in dark, dry place. Use only appropriate food storage containers.

Life Latch Food Storage Containers are available from:

Sports Solutions, Inc.

2536 Manana

Dallas, Texas 75220

Phone: (800) 969-6450 or (214) 351-2834

Fax: (214) 351-2609

<http://www.sportssolutionsinc.com/y2k-products.html>

Food Storage Program LDS Food Storage Program -

<http://www.geocities.com/Athens/Forum/5499/fs.html> This download is a freeware program developed by the General Relief Society of the LDS Church. It was developed several years ago, in MS-DOS format, but is still a great tool to develop a basic plan for establishing your year's supply.

Further food storage ideas can be found at <http://www.nursehealer.com/Storage.htm>

Many blessings,  
Mary Catherine ("Cathy") Miller,  
aka Cat =^;^=

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^\_^ "By small and simple things are great things brought to pass."  
( 0.0 )<http://NurseHealer.com/> <mailto:MCM@NurseHealer.com>  
> ' < ICQ Pager <http://www.mirabilis.com/2839630>  
"Cat" =^;^=

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NurseHealer.com Email Discussion List  
<http://www.nursehealer.com/Listbot.htm>