

Food Storage Newsletter #11 - FREE monthly Email newsletter - November, 1999

This Month's Food Storage Guidelines:

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This Month's FOOD STORAGE 52 Week Acquisition Plan to Acquire One Year's Storage:

- 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
 - Week 5: Water (14 gal per person is 1 week supply.)
- (- <http://www.nursehealer.com/FS9.htm>)

Shelf Life & Date Codes for This Month's storage items:

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- Wheat (5 1/2 years without oxygen absorbers, indefinitely with oxygen absorbers)
 - Betty Crocker Cake Mixes (8-12 months)
 - Pillsbury Cake Mix (18 months)
 - Frosting Mix (9 months)
 - Corn Meal (18 months)
 - Pancake Mix (6-9 months)
 - Pie Crust Mix (8 months)
 - Pudding Mixes (12 months)
 - Most Powdered Sauces, Gravies and Soup mixes (12 months)
 - Most Busquit, cake, muffin, brownie mixes, pancake mixes (9 months)
 - Most cake mixes (12 months)
 - Angel Food Cake Mix (9 months)
 - Jiffy Baking Mixes (12-24 months) L8234 = 8 is year, 234 is Julian year.
 - Krusteaz (18-24 months) Baking Mixes AB8543 = 8 is year, 543 are month and day.
- (- More shelf life information: <http://www.nursehealer.com/ShelfLife.htm>)

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

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"The time will come that gold will hold no comparison in value to a bushel of wheat."
President Brigham Young

Spiritual Goal---Have personal prayers and scripture study every day.

Provident Living Goal---Make a goal to reduce your family garbage by recycling more.

Storage Goal:

- 100 pounds wheat per person
- 1 #10 can juice mix with vitamin C per person
- Hand/shower soap

light bulbs

At least one month prescription ahead for all doctor prescribed medication.

72 hour kit:

soap

toothbrushes and toothpaste

shaving supplies

infant needs

feminine needs

disinfectant

aluminum foil

(- <http://www.nursehealer.com/FS10.htm>)

This Month's Cooking with Food Storage Ideas:

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Wheat in a Thermos

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½ cup wheat kernels

1 qt. Boiling water

Place wheat in thermos and pour water to fill thermos. Screw on lid. Sit 2 hours or overnight. Strain.

- from "Cookin' with Home Storage" by Peggy Layton

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

Serve with honey or sugar as breakfast cereal.

Whole Wheat Bread (in Breadmaker)

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1 ¾ cups water

2 T. oil

¼ cup sugar

2 T. applesauce

4 ½ C. whole wheat flour

1 T. gluten flour

2 tsp. salt

2 ½ tsp. yeast

Place all ingredients in bread pan in the order listed. Place pan in bread maker and close lid. Set bread to cook on Whole Wheat setting. Remove from pan when done.

- from <http://lds.about.com/culture/religion/lds/library/foodstorage/blrecipes.htm>

Cream of Wheat or Oatmeal Breakfast Cereal

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2 cups freshly ground whole wheat berries or oat groats

3 cups water

Place water in saucepan. Add flaked wheat or rolled oats. Bring to rolling boil.

Reduce heat. Simmer for 2 minutes. Remove from heat and let stand 5 minutes. – from “Cooking and Baking with Freshly Ground Grains” by Christine Downs

Fruit Cobbler

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- 2 cans of pie filling
- 1 white or yellow cake mix
- 4 T butter or butter flavor Crisco

Melt butter in Dutch oven or cast iron skillet. Add pie filling and bring to boil. Mix cake mix according to package directions, substituting powdered milk and Just Whites or powdered eggs for fresh if necessary. Pour evenly over fruit. Cover and cook at medium low for 30 minutes or more until done. Serves 6-8
- from Y2K Kitchen <http://www.y2kKitchen.com/>

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

This Month's Suggested Books:

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"Food Storage for the Clueless" by C. Kidd
ISBN: 157008680X

"15 Minute Storage Meals: Quick, Healthful Recipes and Food Storage Handbook" by Jayne Benkendorf
ISBN: 0965199029

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

This Month's Frugal Living Tips:

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Natural Homemade Household Cleaners

All Purpose Cleaners:

- 1) Vinegar and Salt. Mix together for a good surface cleaner.
- 2) Baking Soda. Dissolve 4 tablespoons baking soda in 1 quart warm water for a general cleaner.
- 3) Baking soda on a damp sponge. Baking soda cleans and deodorizes all kitchen and bathroom surfaces.
- 4) Use liquid castile soap and baking soda or Borax in different ratios. Use a little soap and soda/borax with lots of water on floors, walls and counters. Use more soap, soda/Borax for tubs sinks, cat boxes, anything that can be well rinsed.
- 5) For a general, all-purpose cleaner, try a paste made from baking soda and water or mix salt and water with a little vinegar.
- 6) 3 tbsp. vinegar, 1/2 tsp. washing soda, 1/2 tsp. vegetable oil based liquid soap, 2 cups hot water. Mix ingredients in spray bottle or bucket. Apply and wipe clean.

Disinfectants:

- 1) Regular cleaning with plain soap and hot water will kill some bacteria.
- 2) Borax has long been recognized for its disinfectant and deodorizing properties. Mix 1/2 cup Borax into 1 gallon hot water or undiluted vinegar and clean with this solution.
- 3) Mix a half-cup of borax with 1 gallon hot water. Add a few sprigs of fresh thyme, rosemary or lavender. Steep for 10 minutes, strain and cool. Or add essential fragrant oils instead of fresh herbs. Store in a plastic spray bottle.
- 4) 2 tablespoons borax, 1/4 cup lemon juice, 2 cups hot water. Combine the borax and lemon juice with the water in a spray bottle. Use as you would any commercial all-purpose cleaner.
- 5) Isopropyl Alcohol is an excellent disinfectant. Sponge on and allow to dry. Use in a well-ventilated area and wear gloves.

Scouring Powders:

- 1) Use a non-chlorine scouring powder such as Bon Ami
- 2) Baking Soda or Dry Table Salt. These are mild abrasives and can be used as an alternative to chlorine scouring powders. Simply put either baking soda or salt on a sponge or the surface, scour and rinse.

Toilet Bowl Cleaners:

- 1) Baking Soda and Vinegar: Sprinkle baking soda into the bowl, then squirt with vinegar and scour with a toilet brush. Cleans and deodorizes.
- 2) Borax and Lemon Juice. For removing a stubborn stain, like toilet bowl ring, mix enough borax and lemon juice into a paste cover the ring. Flush toilet to wet the sides, then rub on paste. Let sit for 2 hours and scrub thoroughly. For less stubborn toilet bowl rings, sprinkle baking soda around the rim and scrub with a toilet brush.
- 3) 1 cup borax, 1/2 cup white vinegar. Flush to wet the sides of the bowl. Sprinkle the borax around the toilet bowl, then spray with vinegar. Leave for several hours or overnight before scrubbing with a toilet brush.
- 4) Denture tablets are an excellent substitute for toilet cleaner. Drop two tablets into the bowl and clean as you would with toilet cleaner.
- 5) Liquid castile soap and baking soda or Borax, scrub with a toilet brush.

Drain Cleaner:

For slow drains, use this drain cleaner once a week to keep drains fresh and clog-free.

1/2 cup baking soda

1 cup white vinegar

1 gallon boiling water

1/2 a used lemon

Pour baking soda down drain/disposal, followed by vinegar. Allow the mixture to foam for several minutes before flushing the drain with boiling water.

Tub And Tile Cleaners:

- 1) Baking Soda. Sprinkle baking soda like you would scouring powder. Rub with a damp sponge. Rinse thoroughly.
- 2) Vinegar and Baking Soda. To remove film buildup on bathtubs, apply vinegar full-

strength to a sponge and wipe. Next, use baking soda as you would scouring powder. Rub with a damp sponge and rinse thoroughly with clean water.

3) Vinegar. Vinegar removes most dirt without scrubbing and doesn't leave a film. Use 1/4 cup (or more) vinegar to 1 gallon water.

4) Baking Soda. To clean grout, put 3 cups baking soda into a medium-sized bowl and add 1 cup warm water. Mix into a smooth paste and scrub into grout with a sponge or toothbrush. Rinse thoroughly and dispose of leftover paste when finished.

5) Rub the area to be cleaned with half a lemon dipped in borax. Rinse, and dry with soft cloth.

- from <http://geocities.com/Heartland/Prairie/8088/clngm.html>

(More Frugal Living resources: <http://www.nursehealer.com/Frugal.htm>)

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(The newsletter goes to all three groups; so you need to join only one.)
You can also view the archives of the FREE Monthly Email Food Storage Newsletter
online at <http://www.nursehealer.com/Storage.htm>

Many blessings,
Mary Catherine ("Cathy") Miller

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^_^ "By small and simple things are great things brought to pass."
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