

Food Storage Newsletter #12 - FREE monthly Email newsletter - December, 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. Legumes - (30 lbs.)
 - Week 2. Seeds/sprouting supplies
 - Week 3. Fruits and/or vegetables (20 qts. each)
 - Week 4. Paper supplies - toilet tissue, plastics/foils
 - 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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- Legumes, bottled or canned - 24 - 36 months
 - Peas & Beans, dried - 12 months
 - Fruits, dried - 6 months
 - Vegetables, dried - 12 months
 - Vegetables, dehydrated flakes - 6 months

(- 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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"No man is truly free who is in financial bondage. 'Think what you do when you run in debt', said Benjamin Franklin, 'you give another power over your liberty.'" Ezra Taft Benson

Spiritual Goal---Decide as a family how you can better remember and celebrate the true meaning of Christmas.

Provident Living Goal---Review your insurance coverage, life, household, vehicle. Do you have enough? Could you replace your vehicle or household foods with the coverage you have?

Storage Goal:

- 40 pounds dried beans per person
- matches
- candles
- batteries

72 hour kit:
garbage bags

candles
matches
can opener

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

This Month's Cooking with Food Storage Ideas:

Hearty Soup mix

1 (14 oz.) pkg. dry green split peas
1 (12 oz.) pkg. pearl barley
1 (14 oz.) pkg. alphabet macaroni
1 (12 oz.) pkg. lentils
1 and 1/2 cups brown rice
4 cups dry minced onion

Combine ingredients in a large, airtight container. Stir to evenly distribute ingredients. Label container. Store in a cool, dry place. Use within 6 months. Shake before using. Makes about 12 and 1/2 cups of mix.

Quick Vegetable Soup

1 can (15 ounces) mixed vegetables, undrained
2-1/4 cups vegetable juice cocktail
Salt and pepper, to taste

Combine ingredients and heat to boiling. Season with salt and pepper. Serves 3.
(from Pantry Cooking by Cheryl Driggs)

Cream of Bean Soup

2 Tbs. Salad oil
2 Tbs. Flour
2 Tbs. Butter or margarine powder OR 2 Tbs. Real butter or margarine
3 1/4 cups water
1/2 tsp. Salt
3/4 cup powdered milk
3 cups cooked dry beans
4 tsp. Chopped onion
4 tsp chopped peppers

Add the flour to the oil and blend. Add the butter or margarine powder. Real butter or margarine can be substituted. Stir in all remaining ingredients and cook on low heat until thickened. – Serves 4 From "Cookin' with Powdered Milk" by Peggy Layton

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

Lentil Soup cooked in a Thermos Bottle

Pour 6 ounces of lentil soup mix into a 32-ounce steel "outdoor" thermos bottle. Salt and pepper can be added for seasoning. Fill the bottle with fast boiling water and lay it on its side for even distribution of the soup mix. Leave for 9 hours. – from "How To Start Your Emergency Preparations Even If You Only Have a Dollar To Spare" CMC Publications, P.O, Box 1049, Gardiner, MT 59030 - <http://www.y2kmanual.com/index.html>

Cream of Broccoli Soup

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2 Tbs. Salad oil
2 Tbs. Flour
2 Tbs. Butter or margarine powder OR 2 Tbs. Real butter or margarine
3 ¼ cups water
¼ tsp. Salt
¾ cup powdered milk
2 cups fresh broccoli, chopped OR 1 cup dried broccoli, rehydrated
Onion, salt, and pepper to taste

Add the flour to the oil and blend. Add the butter or margarine powder. Real butter or margarine can be substituted. Stir in all remaining ingredients and cook on low heat until thickened. – Serves 4 From "Cookin' with Powdered Milk" by Peggy Layton <http://www1.icserv.net/D100001/X100043/books.html>

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

This Month's Suggested Books:

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"Root Cellaring: Natural Cold Storage of Fruits and Vegetables"
by Mike Bubel & Nancy Bubel
ISBN: 0882667033

"Becoming Self-Reliant: Survival - How to be Less Dependent on Society and Y2K with Disaster Preparedness"
by Ken Larson
ISBN: 0964249715

"Beginners Guide to Family Preparedness : Food Storage, Back to Basics, Survival Facts"
Rosalie Mason
ISBN: 088290082X

(More Books <http://www.nursehealer.com/Bookstore.htm>)

This Month's Date Code Info:

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Comstock(800)270-2743 Apples in can

CODE: On second line, first digit is plant, middle 3 are Julien day of year, next is year, then space, and military time.

SHELF LIFE: 2-3 years

Del Monte(800)543-3090 Vegetables

CODE: First number is year, next is Julien calendar day

SHELF LIFE: 2 years.

Green Giant(800)998-9996 Vegetables

First letter is year, next is month, then year

SHELF LIFE: beans 2 yrcorn/peas 3 yrmushrooms-4 yr, Hungry Jack Instant Potatoes 1.5 year

Healthy Choice 714-680-1431 870T4 = 8 is year, 7 is month.

SHELF LIFE: 2 yr for canned soups and canned pastas

Libby(315)926-3225 call collect Vegetables

CODE: 2nd dig is year, first letter is month, third dig is plant. Next 2 numbers is day of month

SHELF LIFE: 2 years Kraut 18 mo

(- More date codes: <http://www.waltonfeed.com/sett/lid.html>)

This Month's Frugal Living Tips:

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I've been experimenting with a lot of FREE stuff on the Internet lately. Communication has been a big focus with friends and family scattering. Here are my recommendations for FREEBIES:

FoneICQ - <http://www.foneicq.com/> You can send a FREE voicemail message using your telephone to anyone with ICQ with FoneICQ <http://www.icq.com/> Call toll-free 1-800-FONE-427. At the prompt, enter their ICQ number, press * and record a message up to 1 minute long. Your voice message will be delivered in RealAudio format to the email address specified in the recipient's ICQ software. If they are online, ICQ will notify them. RealAudio software can be downloaded from the site mentioned, or from <http://www.real.com/> This is the same software we were blessed to listen to General Conference online with in October (and the archives now at <http://www.generalconference.com/>).

Message Bay - <http://www.messagebay.com/> Send a voice message from the Internet to anyone with an email address.

FreeWay - <http://www.broadpoint.com/> FREE 2 hours a month long distance from phone.

MyFreeLD - <http://www.myfreeld.com/> FREE long distance from computer to phone

myTalk - <http://www.mytalk.com/> (Free email, voicemail, quick calls) Pick up your POP email & have it read to you over the phone. Get voicemail. Make FREE long-distance calls, all with Toll-free access

FAX4FREE - <http://www7.fax4free.com/> FAX from the Internet to phone

FREE Fax Email from XOOM.com - <http://www.xoom.com/xoomfax/> Get your very own, personal fax number. Incoming faxes will be delivered to you as an email attachment! People can send you faxes from anywhere! The toll-free fax-to-email number has a small fee; but the regular fax-to-email number is FREE

SMS MESSAGES GATEWAY- <http://www.lowwww.com/html/> SEND GSM SMS & FAX FROM the WEB Send a message to any mobile phone in the world for free. It's easy to add the Internet Pager to your own home page to allow people send an email and page your GSM phone. Send a fax to most of the globe for free, confirmation via Email. (I haven't tried this one yet.)

More FREE Stuff is at <http://www.nursehealer.com/Free.htm>
You can try my own FREE FAX, VoiceMail, etc. with the link above & at <http://www.nursehealer.com/Contact.htm>
My VoiceMail 1-800-366-3427 # 2839630 (to ICQ & email - I usually get these quickly)
My VoiceMail 1-877-205-6135 # 9255 (to phone - I don't get these messages as often.)
My FAX (801) 650-5185 (NOT toll-free. Long Distance outside the 801 area code.)
(More Frugal Living resources: <http://www.nursehealer.com/Frugal.htm>)

This Month's Additional Buying & Storage Tips:

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These are bulk food distributors I can personally recommend:
Blue Chip Group, Inc. <http://www.bluechipgroup.net/>
Honeyville Grain <http://www.honeyvillegrain.com/>
Sports Solutions <http://www.sportsolutionsinc.com/>
San Francisco Herb Co. <http://www.sfherb.com/>

(More food storage ideas and resources <http://www.nursehealer.com/Storage.htm>)

* * * SNEAK PREVIEW * * *

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Food Storage Newsletter #0001 - FREE monthly Email newsletter - January, 2000 - Food Storage for a New Millennium
<http://www.nursehealer.com/NL0001.htm>

NOTE: NurseHealer.com has a new Site Map with categories, web pages listed by filename, and keyword search capabilities. If you haven't stopped by lately, visit <http://www.nursehealer.com/>

Newsletter & Email List Information:

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This FREE Monthly Email Food Storage Newsletter is made available by joining any ONE of THREE Email lists (below). If you are on one of these lists; but would prefer the benefits of another list, simply unsubscribe from the list you are on, and subscribe to the one you prefer. If you are on more than one of these email lists, some posts will be duplicated (such as the newsletter), resulting in you receiving the same email more than once.

FREE Food Storage Newsletter Announce-Only Email List - This list provides ONLY the once-a-month newsletter without any discussion.

To SUBSCRIBE, write to FreeFSN-subscribe@listbot.com

To UNSUBSCRIBE, write to FreeFSN-unsubscribe@listbot.com

OR You can SUBSCRIBE and/or UNSUBSCRIBE to any of these email lists at <http://www.nursehealer.com/Listbot.htm>

You can view the archives online at <http://www.listbot.com/archive/FREEFSN>

LDS Food Storage Email Discussion List - This 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 to join the discussion by sending email to LDSFS@listbot.com

To SUBSCRIBE, write to LDSFS-subscribe@listbot.com

To UNSUBSCRIBE, write to LDSFS-unsubscribe@listbot.com

OR You can SUBSCRIBE and/or UNSUBSCRIBE to any of these email lists at <http://www.nursehealer.com/Listbot.htm>

You can view the archives online at <http://www.listbot.com/archive/ldsfs>

NurseHealer Email Discussion List - This list provides the newsletter and discussion on matters of preparedness, natural healing, nursing, longterm care, and wellness.

Members can email to the entire list to join the discussion by sending email to NurseHealer@listbot.com

To SUBSCRIBE, write to nursehealer-subscribe@listbot.com

To UNSUBSCRIBE, write to nursehealer-unsubscribe@listbot.com

OR You can SUBSCRIBE and/or UNSUBSCRIBE to any of these email lists at <http://www.nursehealer.com/Listbot.htm>

You can view the archives online at <http://www.listbot.com/archive/nursehealer>

You can SUBSCRIBE and/or UNSUBSCRIBE to ANY of these email lists at <http://www.nursehealer.com/Listbot.htm>

(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."

(0.0)<http://www.nursehealer.com/> <mailto:MCM@NurseHealer.com>

> ' < ICQ Pager <http://wwp.mirabilis.com/2839630>

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