

Food Storage Newsletter #3 - FREE monthly Email newsletter - March, 1999

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, LDS Monthly Plan to Acquire Food Storage and 72-Hour Kit in One Year with Monthly Goals, & 52 Week Acquisition Plan to Acquire One Year's Storage - <http://www.nursehealer.com/Storage.htm>

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. Milk-dry/canned (30 lbs.)
- Week 2. Canned/bottled fruits (30 qts.)
- Week 3. Sugar-syrups (10 lbs.)
- Week 4. Powdered eggs or egg substitute (necessary for most baking) (5 lbs.)
- Week 5: Water (14 gal. per person is 1 week supply.)

Shelf Life for This Month's storage items:

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- Milk, Canned Condensed or Evaporated - 24 to 36 months
  - Milk, Powdered (Instant Non-fat) - 6 months
  - Milk, Powdered (Non-Instant) - 24 to 48 months
  - Milk, Morning Moo brand powdered - 5 years in original bag (7 years in bucket)
  - Eggs, dehydrated or freeze-dried powdered - 60 to 96 months
  - Gelatin (Egg substitute) - 18 months
  - Honey - 12 to 24 months
  - Jams & Jellies - 12 months
  - Molasses - 12+ months
  - Sugar, Brown - 18 months
  - Sugar, Confectioners - 24+ months
  - Sugar, Granulated - 24+ months
  - Syrups - 12 months
  - Fruit, Canned - 12 months
  - Fruit, Dried - 6 months

(More shelf life information: <http://www.mycpc.com/shelflife.html> or <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 Lord has warned us of famines, but the righteous will have listened to the Prophet and stored at least a year's supply of survival food." Ezra Taft Benson

Spiritual Goal--Have family prayer at least once a day. Twice is better.

Provident Living Goal--Learn a new skill or read a book pertaining to your career.

Storage Goal:

50 cans of soup, stew or chili per person

5 pounds of salt per person

20 pounds fat, oil or shortening per person

aluminum foil, plastic wrap, storage bags, etc.

At least 5 gallons water per person--recommended is 14 gallons / person for 2 weeks

72 hour kit:

1 pound dried fruit or trail mix per person (can use fruit leather)

1 package soda crackers per person (4 per box)

1 package graham crackers per person (4 per box)

2 liters tomato or orange juice per person (Note: these items will be rotated every 6 months-see Sept)

ALSO make a goal to always have the fuel tanks on ALL vehicles at least half full.

This Month's Cooking with Food Storage Ideas:

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Egg Substitute (from gelatin)

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1 tsp gelatin, unflavored (2 grams)

3 tbsp cold water (45 ml)

2 tbs. (plus 1 tsp.) boiling water (35 ml)

Preparation Steps:

1) Combine gelatin with cold water.

2) Add boiling water, and stir until mixed well.

3) Use this mixture as a substitute for one egg in other recipes.

Tips: Use immediately after preparation.

Sweetened Condensed Milk

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1 1/2 cup(s) instant dry milk powder (or 3/4 cup non-instant milk powder)

3/4 cup(s) granulated sugar

1/2 cup(s) hot water

Preparation Steps:

1) Combine milk and sugar in mixing bowl.

2) Pour hot water into blender.

3) While blending on medium speed, add the milk and sugar mixture, and blend until

smooth.

4) Use as substitute for canned sweetened condensed milk in recipes.

5) NOTE: A rotary beater may be used in place of blender.

Tips: If sweetened condensed milk is replacing shortening in a recipe, add 4 Tbs. butter to the hot water.

**Powdered Milk:**

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1 c. whole milk = 1/3 c. instant dry milk solids (or 1 1/2 Tbs. non-instant dry milk powder)  
+ 1 c. water

1 c. whole milk = 1 c. reconstituted nonfat dry milk + 1 Tbs. butter

1 c. skim milk = 1/3 c. instant nonfat dry milk (or 1 1/2 Tbs. non-instant dry milk powder)  
+ 3/4 c. water

1 c. whipping cream = 1 c. nonfat dry milk powder (or 1/2 c. non-instant dry milk powder),  
whipped with 1 c. ice water

Sweetened condensed milk: Mix 1 cup plus 2 tablespoons dry (powdered) milk and 1/2 cup warm water. When mixed, add 3/4 cup granulated sugar.

Evaporated milk: Mix 1 cup plus 2 tablespoons dry (powdered) milk and 1/2 cup warm water.

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

**This Month's Suggested Books:**

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**Making the Best of Basics: Family Preparedness Handbook**

by James Talmage Stevens

ISBN: 1882723252

**The TVP Cookbook: Using the Quick-Cooking Meat Substitute**

by Dorothy R. Bates

ISBN: 0913990795

**Mary Bell's Complete Dehydrator Cookbook**

by Bell, Mary

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

Motts (800)426-4891 Apple Sauce - Glass Jar  
CODE: After WA, first number is year, second two are month, next two are day.  
SHELF LIFE: One year

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

#### This Month's Frugal Living Tip:

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Save money on spice blends by making your own. Grow your own herbs or buy dried herbs in bulk. Use a mortar and pestle or coffee grinder to turn whole herbs into powdered. Combine your own blends such as Apple Pie Spice, Poultry Seasoning, or Italian Seasoning and store in airtight jars away from sunlight and heat.

#### Chili Powder

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##### Ingredients:

- 1 Tbs. cayenne pepper
- 5 Tbs. cumin powder
- 1 Tbs. oregano
- 2 Tbs. basil
- 1 Tbs. salt
- 1 Tbs. garlic powder

Mix all well. Keep in glass container with seal. Use to taste in chili.

#### Poultry Seasoning

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- 3 Tbs. parsley flakes
- 3 Tbs. salt
- 3 Tbs. crushed minced onion
- 1 Tbs. crushed sage leaves OR 1 ½ tsp. sage powder
- 1 tsp. Garlic powder
- ¼ tsp. Finely crushed bay leaf OR ¼ tsp. bay leaf powder
- ¼ tsp. black pepper

Mix all ingredients together until well mixed. Store in an airtight container. Use in Turkey stuffing and other recipes, omitting salt in other recipes (This seasoning has salt in it.)

#### Pumpkin Spice

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- ¼ c. cinnamon
- 2 Tbs. cloves
- 2 Tbs. allspice
- 1 ½ Tbs. ginger

Mix all together until well mixed. Store in an airtight container. Use in Pumpkin Pie, Pumpkin Bread, and other recipes.

#### Italian Seasoning

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- 1/3 c. crushed oregano leaves
- 1/4 c. crushed basil leaves
- 1 Tbs. crushed rosemary weed
- 2 Tbs. salt
- 1 Tbs. onion powder
- 1 Tbs. garlic powder

Crush oregano, basil, and rosemary together well, but do not powder. Mix all together until thoroughly mised. Store in an airtight container. Use in Italian recipes. Stir well before using. – Makes approx. 3/4cup.

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

#### This Month's Additional Buying & Storage Tips:

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I will be organizing a group order for the Mid-Cities area in the Dallas/Fort Worth, Texas area for herbs and essential oils during the month of March. I will have order forms ready mid-March, with a deadline to turn in orders mid-April. Delivery will be somewhere in the Mid-Cities area, depending on the size of the order. You will have to pick up your herbs on the delivery date at the designated place. I will post the order form to the email list. I should have the price list together by March 16th. I plan to order from San Francisco Herb Company. You can preview what they have to offer online at <http://www.sfherb.com/> I will also be giving a presentation open to the public on Healing and Cooking with Herbs and Spices at the Mid-Cities Y2K Preparedness Coop meeting on Tuesday, March 16th at 7 PM in Bedford, TX. Details of meeting place and time are on the MYCPC webpage at <http://www.mycpc.com/>

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

Many blessings,  
Mary Catherine ("Cathy") Miller,  
Hurst, Texas LDS First Ward Food Storage Specialist

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^^ "By small and simple things are great things brought to pass."  
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NurseHealer and LDS Food Storage Email Discussion Lists with FREE Monthly Food

Storage Newsletter

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