

Food Storage Newsletter #4 - FREE monthly Email newsletter - April, 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. Grain & dehydrated potatoes or other potato items (50 lbs. each)
- Week 2. Juice (6 gallons)
- Week 3. Oil-vegetable oil or shortening (20 lbs.)
- Week 4. Light source (batteries/flashlights, candles/matches, lanterns, etc.)
- Week 5: Water (14 gal. per person is 1 week supply.)

Shelf Life for This Month's storage items:

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The soft grains (Barley, Oat Groats, Rolled Oats, Quinoa, Rye) will keep for 8 years at room temperature sealed without oxygen. The hard grains (Buckwheat, Corn, Flax, Kamut, Millet, Wheat, Spelt, Triticale) will keep 10 to 12 years or more at room temperature sealed without oxygen. Dehydrated vegetables will also keep 8 to 10 years under the same circumstances. - from <http://waltonfeed.com/grain/life.html>
Fruit juices (canned) keep 18 to 36 months in a cool, dry place. Salad oils keep 6 to 9 months. - <http://www.ces.uga.edu/pubcd/b914-w.html>

(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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"If ye are prepared, ye shall not fear." D & C 38:30

Spiritual Goal---Attend the Temple one more session than you normally do this month.

Provident Living Goal---If you normally do not grow a garden, plan to grow at least one vegetable this year. if you already have a garden either 1)grow a vegetable you haven't tried before OR 2) try a new method or technique this year.

Storage Goal:

- 2 pounds yeast per person
- 2 pounds baking powder per person
- 1 pound soda per person
- 1 gal vinegar per person
- 10 cans evaporated milk per person
- 10 pounds peanut butter per person
- spices, condiments and vanilla

72 hour kit:

- 4 granola bars per person
- 2 sticks beef jerky per person
- 1 package chewing gum per person
- hard candies or lollipops--at least 12 per person (note these items will be rotated every 6 months--see Oct.)

This Month's Cooking with Food Storage Ideas:

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HEALTHY CORNBREAD

- 3/4 c Corn meal
- 1 c Whole wheat flour
- 4 t Baking powder
- 3/4 t Salt
- 1/4 c Honey (or use molasses!)
- 2 T Applesauce
- 3/4 c Soy milk, milk or water
- 1 Egg (or 1/4 cup egg Substitute) beaten
- 1/2 c Water *

Sift together corn meal, flour, baking powder and salt. Add remaining ingredients; mix well with a spoon. Pour into a 9" round teflon baking dish (or spray a 9" round glass baking dish with "oil & flour" non-stick spray). Bake at 350 degrees for 25 minutes, or until golden brown. - from <http://soar.Berkeley.EDU/recipes/baked-goods/breads/cornbreads/healthy1.rec>

WHOLE WHEAT BROWNIES

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- 3/4 C. vegetable oil or melted shortening
- 2 C. sugar
- 4 eggs
- 1 C. applesauce
- 2 tsp vanilla
- 2 C. whole wheat flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp baking soda

1/2 C. cocoa

Cream oil or shortening and sugar. Add eggs, applesauce, and vanilla. In a separate bowl, combine flour, baking powder, salt, baking soda, and cocoa. Grease 13X 9 pan and pour in batter. Bake at 350 for 35-40 minutes. You can add chocolate chunks, fruit, or nuts for variety. NOTE: If you have a grain mill, grind your wheat on the finest setting. They are more like a cake than a brownie, but are still good.

Frosting:

1/2 C. melted margarine

2 T cocoa

2 C. powdered sugar

1 tsp vanilla

Mix with milk to spreading consistency. (from food-storage email list)

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

This Month's Suggested Books:

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"PDR for Herbal Medicines" (First Edition) (From the publishers of the Physician's Desk Reference)

ISBN: 1-56363-292-6 \$59.95 (This is a must-have for the home natural pharmacy!)

"The Big Book of Preserving the Harvest" by Carol W. Costenbader

ISBN: 0-88266-978-8 \$18.95

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

This Month's Date Code Info:

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Capri Sun (800)227-7478 Capri Sun - Juice in pouches

CODE: First digit is the year (8 = 1998). Next three digits is the day on Julien calendar

SHELF LIFE: 18 months

Motts (800)426-4891 Apple juice

CODE: After WA, first number is year, second two are month, next two are day.

SHELF LIFE: One year

Welches (800)240-6870 Grape Juice - Plastic bottle

CODE: First number is year, letter is mgt plant, next 2 numbers is day of month, next letter is month A=Jan, B=Feb, etc.

SHELF LIFE: One year

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

This Month's Frugal Living Tip:

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These tips were posted to the Y2KSurvivalFood email discussion list:

Arthritis tonic and treatment; 2 spoonfuls of apple cider vinegar and honey in a glass of water several times daily.

- 60 Uses of Vinegar - <http://www.familyfunzone.com/vinegar.html>

For an invigorating yet gentle facial scrub, refresh tired skin. Apply a paste of 3 parts Baking Soda to 1 part water in a gentle circular motion after washing face with soap and water. Leaves skin deep down clean.

- Using Baking Soda - <http://www.armhammer.com/join.htm>

To make your own baking powder, stir and sift together 2 parts of Cream of Tartar to 1 part baking soda and 1 part cornstarch.

- 60 Uses of Baking Soda - http://forfree.com/rep_household/hhold050.shtml

Test the freshness of eggs in a cup of salt water; fresh eggs sink; bad ones float.

- 60 Uses of Salt - http://forfree.com/rep_household/hhold048.shtml

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

This Month's Additional Buying & Storage Tips:

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Food Storage Central has a fabulous article on storing grains and legumes at <http://www.foodstorage.net/guides6.htm>

Walton Foods has more on the hows and whys of wholegrains at <http://waltonfeed.com/grain/>

All you could possibly want to know about powdered eggs or powdered milk can be found in the Sports Solutions newsletters. You can join their email list at <http://www.sportsolutionsinc.com/y2k-products.html> If you've not on their mailing list, you can read the newsletters online from the links at the bottom of <http://www.sportsolutionsinc.com/y2k-food.html>

An excellent publication on maintaining food quality in storage is <http://www.ces.uga.edu/pubcd/b914-w.html>

Battery care tips can be found at <http://www.execpc.com/industrialelectronics/duracell/propcare.htm>

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

More ideas:

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I know you've probably heard of FREE Internet access and though, yeah, right! I've found a source that checks out, though. <http://www.netzero.com/> is a FREE ISP to get you online access with local dialup access for most major cities similar to AOL or other ISPs. The only "catch" is that you have to tolerate a JAVA banner on your browser window. You can drag the banner to a corner of the screen (within the browser window) to get it out of the way. The FREE Internet access doesn't seem to be any slower than my regular ISP. I wouldn't change to the FREE access only; but for those who are missing out on the Internet because they only have Juno or other non-Internet email, it could open the world to you. You can download the setup files at your local library or from a friend's computer. The 3 MB file can be put on 3 floppy disks for easy transportation. The minimum system requirements are: 486 system, with 16 MB of RAM, about 12 MB of free disk space, Windows 95, a 14.4 modem and an SVGA monitor. If you order the software by phone or mail, there is a \$6.95 shipping & handling fee. For

CDs only, you can call toll-free 24 hours a day 877-638-3117 (for major credit card payment.) To order with a check or money order, write:

Net Zero

P.O. Box 3009

Thousand Oaks, CA 91359

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>