

Food Storage Newsletter #5 - FREE monthly Email newsletter - May, 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. 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
- Week 5: Water (14 gal. per person is 1 week supply.)

Shelf Life for This Month's storage items:

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- Peas & Beans, dry - 24 months
 - Bouillon - 24 months Keep dry and covered.
 - Soup Mix - 12 months
 - Spices & Herbs, whole - 12-24 months
 - Spices & Herbs, ground - 6 months
- Store spices & herbs in airtight container in dry place away from sunlight and heat.
Check aroma - replace if faded. Whole cloves, nutmeg, and cinnamon sticks maintain quality beyond 24 months.
- from GlitchProof <http://www.glitchproof.com/glitchproof/storlifofgro.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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"The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah." Pres. Ezra Taft Benson

Spiritual Goal---Share a Book of Mormon with a non-member

Provident Living Goal---Make a goal and plan to exercise regularly.

Storage Goal:

100 pounds variety of cereal grains-rice, oatmeal, cornmeal, etc. per person

24 rolls paper towels per person

24 packages flavored gelatin per person

garden seeds

1 small bottle olive oil (for consecrating)

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

72 hour kit:

battery powered radio

battery powered light

batteries

This Month's Cooking with Food Storage Ideas:

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Crockpot Bean Soup

3 cups any dried beans

1 med. Onion

1/4 tsp. garlic powder

1/4 c. dried soup blend

1/4 tsp. savory seasoning

2 stalks chopped celery

Sort and wash the beans. Put them in a crockpot or kettle and add water to fill the crockpot about 2/3 full. Add remaining ingredients, turn the crockpot on high and let it simmer all day. If you are cooking in a kettle, simmer for about 3 to 4 hours. Check occasionally to see if more water is needed. Do not salt beans until they are soft. - from Betty Jenkins - "Cookin' With Home Storage" by Peggy Layton and Vicki Tate

Bar-B-Q'd Lentils

Recipe By : USA Dry Pea & Lentil Council

Serving Size : 8

2 1/3 c. Lentils -- rinsed

5 c. Water

1/2 c. Molasses

2 Tbs. Brown Sugar

1 Tbs. Vinegar

1/2 c. Ketchup

1 tsp. Dry Mustard

1 tsp. Worcestershire Sauce -- or vegetarian kind

16 oz. Tomato Sauce

2 Tbs. Minced Onions

1/4 tsp. Liquid Barbecue Smoke® -- optional

Add lentils to water, bring to a boil and simmer for 30 min or until tender but whole.

Add remaining ingredients to the cooked lentils and bake at 350 degrees F for 45 min. - <http://soar.Berkeley.EDU/recipes/beans-grains/barbeque-lentils.html>

Mock Pumpkin Pie (with beans)

(Creamy pumpkin pie taste from mashed white beans.)

3 eggs

2 tbsp light molasses

1/8 tsp baking soda

1 tsp salt

1/4 tsp nutmeg (ground)

1/2 tsp ginger (ground)

1/4 tsp cloves (ground)

1/2 tsp cinnamon (ground)

3/4 cup(s) honey

2 cup(s) warm water

2/3 cup(s) nonfat dry milk powder

2 cup(s) cooked white beans, mashed

Combine all ingredients in order into mixing bowl. Blend until smooth. Pour mixture into chilled pie shell(s). (Makes one 10-inch or two 8-inch pies.) Bake for 10 minutes at 450 degrees F, then reduce heat to 350 degrees F. Bake an additional 20 to 50 minutes at 350 degrees F., or until knife inserted into pie comes out clean.

NOTE: If crust gets done before the middle, bake covered.

(I've made this. It's good with ice cream. Eat it the first day it's baked for best flavor.)

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

This Month's Suggested Books:

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"Cookin' With Home Storage" by Peggy Layton

You can order this book from:

Peggy Layton

P.O. Box 44

Manti, Utah 84642 435-835-0312

Email splayton@sisna.com

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

"The Food Storage Bible" by Jayne Benkendorf

You can order this book from:

Jayne Benkendorf

P.O. Box 1828

Edmond, OK 73083-1828

1-800-580-1414

Email jayne@healthfulfood.com

<http://www.healthfulfood.com>

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

This Month's Date Code Info:

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Campbell(800)871-0988 Soup
CODE: Stamped with expiration date.
SHELF LIFE: 18-24 months

Hormel(800)523-4635 Dinty Moore Stew / chili
CODE: Second and third number is month, next two are day, last number is year.
SHELF LIFE: 5-8 years

Progresso(800)200-9377 Black Beans
CODE: First letter is month, Next number is year, next letter is mfg. plant, next two numbers, day of month. L7N26 = 12/16/97
SHELF LIFE: 2 years

Progresso(800)200-9377 Soups
CODE: First letter is month, Next number is year, next letter is mfg. plant, next two numbers, day of month. L7N26 = 12/16/97
SHELF LIFE: 3 years

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

This Month's Frugal Living Tip:

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Budgeting Food Storage Money:

There is no need to go into debt to build storage. Priorities should be used in budgeting financial needs with food storage purchases. The following are a few ideas to increase money available for purchasing food storage.

1. Shop sales - be cautious of damaged, poor quality, or outdated goods which may be on sale - shop for quality.
2. Buy foods in season when prices are lower.
3. Buy in bulk - price compare to ensure bulk price is really cheaper, also be sure bulk will be used before shelf life expires.
4. Use tax refund, bonuses, rebate checks, gift money, and other money not a part of fixed income.
5. Forego spending money on entertainment one time and use money saved on storage (exchange entertainment - for example rent a movie rather than purchase a movie ticket and use the difference on food storage, or watch TV instead.)
6. Choose less expensive vacation, shorten vacation, or stay home for vacation and use money saved on storage.
7. Use brown bag for lunch, stay home rather than eating out, cut out commercial snacks, cook from scratch, etc., and use money saved on storage (plus it uses the items stored and develops skills for using storage.)
8. Other ideas you think of.

- from "Use It or Lose It" written by Rebecca Low, USU Extension Home Economist in

Salt Lake County, and Deloy Hendricks, USU Extension Nutrition and Food Science Specialist.

<http://www.ext.usu.edu/publica/foodpubs.htm>

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

This Month's Additional Buying & Storage Tips:

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The bulk herb order for the Hurst First Ward and friends has been extended until May 11th. A POSTAL Money Order and self-addressed, stamped envelope should accompany your order form. Turn in orders to Cathy Miller. Order information can be found at <http://www.nursehealer.com/HerbOrder.htm> Contact information can be found at <http://www.nursehealer.com/Contact.htm>

Art's Emergency Food Storage Supplies

202 N. 700 E.

Provo, Utah 84606

FAX 801-221-1121

<http://www.1source.com/~pollarda/foods/>

Best Prices Storable Foods

2611 N. Beltline Rd., Suite 127

Sunnyvale (Dallas), TX 75182

972-226-9945

FAX 972-226-9927

<http://www.internet-grocer.com/>

<http://web2.airmail.net/foodstr2/>

Insight Discounts

P. O. Box 741

Winnsboro, TX 75494

903-365-7161

<http://www.insightdiscounts.com/y2k.htm>

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

More ideas:

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Just Published! Food Storage Cooking School: "Use It or Lose It" has just been published, written by Rebecca Low, USU Extension Home Economist in Salt Lake County, and Deloy Hendricks, USU Extension Nutrition and Food Science Specialist. The intent of the book is to assist individuals in practical acquisition and use of food storage. It is designed for personal use or as a teaching tool for non-profit groups. The book is available here in pdf format. (A paper copy can be ordered from the Extension Bulletin Room, 8960 Old Main Hill, Utah State University, Logan UT 84322-8960. Cost is \$6.50 for the book and \$3.15 postage for mail in USA (or \$9.65 for single copy). Call

435-797-2251 for postage costs on multiple copies).
FN 503 - Food Storage Cooking School: "Use It or Lose It" (1.3mb)
<http://www.ext.usu.edu/publica/foodpubs/fn503.pdf> (Adobe Acrobat File)
<http://www.ext.usu.edu/publica/foodpubs.htm>

Container Size and Approximate Food Weight

1 gallon = 7 lbs. Wheat, beans, rice, or sugar
1 gallon = 5 lbs. Powdered milk or flour
1 gallon = 4 lbs. macaroni
1 gallon = 3 lbs. Potato flakes, oatmeal, or instant milk
2 gallons = 15 lbs. Wheat, beans, rice, or sugar
2 gallons = 10 lbs. Powdered milk or flour
2 gallons = 8 lbs. macaroni
2 gallons = 6 lbs. Potato flakes, oatmeal, or instant milk
4 gallons = 30 lbs. Wheat, beans, rice, or sugar
4 gallons = 20 lbs. Powdered milk or flour
4 gallons = 15 lbs. macaroni
4 gallons = 13 lbs. Potato flakes, oatmeal, or instant milk
5 gallons = 35 lbs. Wheat, beans, rice, or sugar
5 gallons = 25 lbs. Powdered milk or flour
5 gallons = 20 lbs. macaroni
5 gallons = 15 lbs. Potato flakes, oatmeal, or instant milk
6.5 gallons (50 lb. can) = 50 lbs. Wheat, beans, rice, or sugar
6.5 gallons (50 lb. can) = 30 lbs. Powdered milk or flour
6.5 gallons (50 lb. can) = 25 lbs. macaroni
6.5 gallons (50 lb. can) = 20 lbs. Potato flakes, oatmeal, or instant milk
13 gallons (100 lb. can) = 100 lbs. Wheat, beans, rice, or sugar
13 gallons (100 lb. can) = 60 lbs. Powdered milk or flour
13 gallons (100 lb. can) = 50 lbs. macaroni
13 gallons (100 lb. can) = 40 lbs. Potato flakes, oatmeal, or instant milk
30 gal. Drum = 225 lbs. Wheat, beans, rice, or sugar
30 gal. Drum = 150 lbs. Powdered milk or flour
30 gal. Drum = 120 lbs. macaroni
30 gal. Drum = 90 lbs. Potato flakes, oatmeal, or instant milk
55 gal. Drum = 400 lbs. Wheat, beans, rice, or sugar
55 gal. Drum = 275 lbs. Powdered milk or flour
55 gal. Drum = 225 lbs. macaroni
55 gal. Drum = 160 lbs. Potato flakes, oatmeal, or instant milk

- from "Use It or Lose It" written by Rebecca Low, USU Extension Home Economist in Salt Lake County, and Deloy Hendricks, USU Extension Nutrition and Food Science Specialist.

<http://www.ext.usu.edu/publica/foodpubs.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."

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

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

"Cat" NurseHealer@listbot.com LDSFS@listbot.com LTCnShare@onelist.com

NurseHealer and LDS Food Storage Email Discussion Lists with FREE Monthly Food Storage Newsletter

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