

Food Storage Newsletter #6 - FREE monthly Email newsletter - June, 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 - pasta 50 lbs.

Week 2. Pudding mixes

Week 3. Gelatin mixes - count toward sugar

Week 4. Emergency cooking equipment -- barbecue, propane stove, firewood

Week 5: Water (14 gal. per person is 1 week supply.)

Shelf Life for This Month's storage items:

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Pasta – 2 to 3 years - <http://www.louisville.com/khf/ease4.shtml>

Pudding Mixes – 1 year

Gelatin Mixes – 18 months - <http://www.lis.ab.ca/walton/grain/faqs/vc.html>

Rice/Pasta Mixes – 6 months

Rice-a-Roni & Pasta-Roni – Exp. Date -

<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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"We will see the day when we live on what we produce." Pres. Marion G. Romney

Spiritual Goal--Prepare at least one family name for Temple work.

Provident Living Goal--Make a goal to have 6 months wages in savings for emergencies. Write out a realistic plan to make it happen.

Storage Goal: First aid kit--should include scissors, knife, thermometer, measuring cup, medicine dropper, hot water bottle, triangular bandages, soap, matches, razor blades, needles, safety pins, adhesive tape, elastic bandages, paper bags, gauze bandages, bicarbonate of soda, Ipecac syrup (induces vomiting), ammonia, hydrogen peroxide, calamine lotion (insect bites and sunburn), rubbing alcohol, diarrhea remedy, antibiotic ointment, first aid instruction book, prescription medication, waterproof matches.

72 hour kit: Container for holding kit. Large garbage cans with wheels OR a back pack for each family member recommended. Find a place in your home that is easily accessible for storing the kit. You need to be able to grab it at a moment's notice to leave your home. Note: Your first aid kit is also part of the 72 hour kit. Note: your 72 hour kit is also part of your general storage, but your general storage CANNOT be part of your 72 hour kit. When you need it there may not be time to gather it together for transport. - <http://www.nursehealer.com/Storage.htm>

This Month's Cooking with Food Storage Ideas:

Trading Post Pasta Skillet Dinner (Dried Foods)

1 dehydrated beef patty OR 1 cup ground beef gluten OR 1 cup mock hamburger (TVP)
1 ½ cup elbow macaroni
2 Tbs. Dehydrated green peppers
1 cup tomato powder OR 2 cans tomato sauce
¼ cup dehydrated celery
2 Tbs. Dehydrated sweet corn
¼ cup dehydrated onions
Chili powder to taste
Italian seasoning to taste
Salt to taste
Pepper to taste

Reconstitute beef and vegetables. Boil macaroni until tender. Drain. Break beef into pieces. Saute with onions, green pepper, and celery. Add tomato sauce, corn and seasonings and water as needed. Simmer 5 – 10 minutes. Add cooked macaroni and mix well. - from "Cookin' With Home Storage" by Peggy Layton and Vicki Tate -
<http://www1.icserv.net/D100001/X100043/books.html>

Hamburger Helper – Home-Style

Brown in a skillet: ¾ lb. Ground beef, 1 tsp. Salt, ¼ tsp. Pepper
Add: 1 Tbs. Finely chopped onion, 1 stalk chopped celery, ¼ cup frozen or canned peas, 2/3 cup fresh or canned tomatoes, chopped
While beef is browning, cook in salted water: 1 cup crinkly noodles
Drain noodles and spread over meat mixture. Sprinkle over all: ½ ¾ cup shredded cheese OR 1/3 cup grated Parmesan cheese
Simmer uncovered 15 minutes to blend flavors. Serve from skillet. - Serves 4
- from "More-with-Less Cookbook" by Doris Janzen Longacre ISBN 0-8361-1786-7

Hawaiian Jell-O Dessert

1 can (1 lb, 4 1/2 oz) crushed pineapple
1 package (3 oz) Jell-O lime or lemon gelatin
1/2 cup milk
1/4 teaspoon almond extract
3/4 cup crushed ice

Drain pineapple, reserving 3/4 cup syrup. Bring syrup to a boil; add Jell-O Gelatin, stirring until gelatin dissolves. Combine pineapple and milk in an electric blender; blend well. Add gelatin mixture, extract, and ice. Mix thoroughly in blender. Pour into dessert dishes. Chill until set, about 1 hour. Makes about 3 cups, or 6 servings.
- from <http://www.lr.k12.nj.us/site/lenape/contest/Boer/tempbm.html>

Lemon Jell-O Cake #2

1 - Yellow Cake Mix
1 - small pkg. lemon jello (dry)
Mix above together.

Add:

3/4 cup oil

4 eggs

1 1/3 c water.

Bake in 9 x 13 pan - 350 degrees - 45 minutes.

Glaze: Grate 2 lemons - juice of 2 lemons and 2 c. powdered sugar.

When cake is done, poke holes in it, with wooden spoon or fork, and pour glaze over.

Cool and EAT. Enjoy!

- from <http://hazel.ddb.com/Jello/jello4a.html>

Quick Fried Rice

1 Tbs. Vegetable oil

2 eggs, beaten

1 pkg. (6.1 oz) RICE-A-RONI With 1/3 Less Salt Fried Rice

1/4sp. Ground ginger

2 cups cooked pork or ham, cut into short thin strips

1 cup sliced mushrooms

3 green onions, cut into 1/2inch slices

In large skillet, heat oil over medium heat. Add eggs. Cook without stirring, 2 minutes or until eggs are set. Loosen eggs from pan with spatula; slide onto plate. Cut egg mixture into short thin strips. Set aside; keep warm. In same skillet, prepare Rice-A-Roni Mix as package directs, adding ginger with water and contents of seasoning packet. Bring to a boil over high heat. Cover; reduce heat. Simmer 15 minutes. Stir egg mixture, pork, mushrooms and onions into rice during last 5 minutes of cooking - 4 servings. - from "RICE-A-RONI? & NOODLE RONI? Recipes for Busy Cooks" ISBN 0-7853-1196-3

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

This Month's Suggested Books:

"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>

"Stocking Up" by Carol Huppig and the Staff of the Rodale Food Center

ISBN 0-671-69395-6 A Fireside Book Published by Simon & Schuster

“Cookin’ with Powdered Milk” by Peggy Layton

<http://www.ut-biz.com/homestoragecookin/> OR

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

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

This Month’s Date Code Info:

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Jello 24mo. Kraft Foods 1-800-543-5335 - <http://www.nursehealer.com/ShelfLife.htm>

Pasta, American Beauty – Hershey YMMDDxxx (12 – 36 months, unopened)

Rice & Sauce – Lipton YMDxx (Month: A-H=Jan-Aug, X=Sept, J-L=Oct-Dec) 10 – 15 months (Cheddar Broccoli – 10 months/Alfredo, beef flavor, Asian style, chicken broccoli, chicken flavor, mushroom, Spanish, teriyaki – 12 months/butter & herb, Asian style rice & bean – 15 months.)

Noodles & Sauce – Lipton YMDDxx (Months same as above) 12 – 24 months (alfredo w/broccoli, butter & herb, chicken & broccoli, creamy chicken, parmesan, sour cream & chives, stroganoff – 12 months/alfredo – 15 months/beef flavor, butter – 18 months/chicken flavor – 24 months)

Pasta & Sauce – Lipton YMMDDxx (Months same as above) 9 – 12 months (mild cheddar – 9 months/all other flavors – 12 months)

Y=Year Packaged, MM-Month Packaged, DD=Day Packaged, xxx=not significant to shelflife

- <http://www.glitchproof.com/glitchproof/storlifofgro.html>

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

This Month’s Frugal Living Tips:

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Ideas for lunchables from Frugal Tip of The Week:

“I like homemade muffins for lunchboxes. You can make them nutritious by using wholesome ingredients like fruit and oatmeal, or a few nuts for protein. Most recently we have also made them low-fat by substituting applesauce for oil or butter. They are also a great way to use up aging bananas. You can freeze them individually, pop them in a lunchbox frozen and they will be thawed by noon.”

“My daughter, Renée, is about to complete her first year at school. When school started last September I didn’t like the idea of buying a milk box every day. I place in the freezer the night before a cup with milk only filled half way. In the morning I fill the cup with fresh milk and it thaws out by lunch time and the milk is cold with no fear of it spoiling during the morning. Also, this “fresh milk” is dry skim milk which also saves approximately half my milk costs in a month as the milk in our area is quite expensive.”

“Bake brownies in a mini muffin pan to include in the lunchable. They are less “crumbly” than brownies cut from a pan, can freeze easily, and are cute. “ - from <http://www.brightok.net/~neilmayo/prev3.htm>

Kitchen Gadget Ideas from Frugal/Mindful Living Resources:

/* Written 9:04 PM Dec 27, 1995 in [igc:misc.cons.frug](http://www.igc:misc.cons.frug) */

To my dying day I will maintain that all any kitchen needs is listed below:

1 large knife, 1 small knife, 1 cutting board, 1 manual (crank) can opener, 3 pots (small, medium, large), 2 frying pans (small, large), 1 colander, 1 casserole dish, 3 mixing bowls (small, medium, large)

That's all I have and all I care to have. I have been given just about every gadget known by well meaning friends and relatives and all of them have ended up going to some charity. - from <http://www.igc.apc.org/frugal/tips/cookinggen.html>

Make a Solar Oven -- Materials: large cooking pot with clear glass lid; smaller black pot with glass lid; rack; reflectors; brownie mix; pot holders. This works best if you do your cooking at noon.

Make two reflectors on stiff cardboard with foil and white glue. (See Make a Reflector activity below) Set large pot in front of reflectors. Angle the reflectors so they focus the sun's rays on the large pot. Put rack in large pot.

Mix the brownies according to the instructions. Put them into the small cooking pot. Set the small pot on the rack inside the large pot. Put the lid on the small pot and then the lid on the large pot. Cook the brownies one and one-half times the cooking time listed on the package.

Try making nachos by melting cheese on tortilla chips this way. Remember to use pot holders and start with food that is as close to room temperature as possible. It will take less time to cook.

Make a Reflector Activity -- Materials: a piece of notebook paper; a piece of aluminum foil; scissors; white glue

Cut a piece of notebook paper and a piece of aluminum foil the same size. Brush white glue onto the back of the foil. Smooth it carefully over the paper. Let it dry. Point the reflector at the sun.

- from Texas Solar Energy Society <http://www.txses.org/>

<http://www.infinitepower.com/fs5.html> HTML document

<http://www.infinitepower.com/fs5.pdf> 325 K pdf file

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

This Month's Additional Buying & Storage Tips:

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For those in the Hurst, TX Stake, Peggy Giroux is organizing a Pasta Group Order from OB Macaroni in Fort Worth.

Coleman Electronic Ignition 2-Burner Propane Stove - Equipped with two 10,000 BTU burners - Boils a quart of water in 4.5 minutes. One cylinder of Coleman propane (16.4 oz.) will last up to 4.5 hours. Can be operated from bulk cylinders with proper accessories - from Wal-Mart <http://www.wal-mart.com/>

Coleman 424 Dual-Fuel 2 Burner Stove - Versatile 2-burner stove runs on white gas or unleaded auto gas. Side windscreens fold down for compact carrying. 11.5 lbs. Compact size stores and travels well. Burns up to 2 hours on a full tank of fuel - from REI <http://www.rei.com/>

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

HELP! Ideas needed!

I am working on a presentation on Emergency Meals, as a follow-up to my presentation

on Emergency Preparedness, which is available online at <http://www.nursehealer.com/Safety.htm> underneath "Presentations". Please send me any ideas you may have. I am looking for ideas for emergency meals that could be prepared with alternative cooking sources, without electricity, or without water. Meals should be as nutritious as possible, using as little energy as possible, and easily stored. These are more along the lines of what you might prepare from your 72-Hour Emergency Kit or backpack while hiking. I'm looking for meals that could sustain you for the days following a flood, hurricane, tornado, etc. when resources are minimal, and you may be temporarily relocated to a shelter, woods, neighbor's home, cabin, barn, or tent. These are meals for one that could be expanded for the family. This presentation will also be added to the above webpage when completed.

Here are some examples:

Emergency Meal #1: Tuna Salad (tuna, pickles diced or relish, mayonnaise packet)/Crackers (saltines, wheat crackers, etc. in zip-lock bag)/Fruit Cocktail (small can with pop-top opening – no can opener needed)

Emergency Meal #2: Canned Soup (heat with solar heat or votive candle)/Crackers (saltines in zip-lock bag)/Sliced Peaches (small can with pop-top opening)

Emergency Meal #3: Potato Soup (Instant potatoes, butter powder, salt - heated with solar or candle)/Melba Toast (in zip-lock bag)/Granola Bar

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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