

Food Storage Newsletter #7 - FREE monthly Email newsletter - July, 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. Milk - dry/canned (add what amount you are still missing)

Week 2. Jams/jellies - 20 lbs.

Week 3. Vegetables - canned

Week 4. Personal essentials - hygiene, feminine, baby needs

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

Shelf Life for This Month's storage items:

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Milk, noninstant powdered 24 – 48 months

Milk, evaporated canned – 24 – 36 months

Milk, sweetened condensed – 24 – 36 months

Corn, canned – 24 – 36 months

Tomatoes, canned – 36 months

Jellies, Jams – 12 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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"Ye Latter-day Saints, learn to sustain yourselves, produce everything you need to eat, drink or wear,..." Pres. Brigham Young

Spiritual Goal---Take the family names you prepared last month to the Temple.

Provident Living Goal---Make a goal to eat healthier. For example: less sweets, more fresh fruits and veggies, less meat, more fiber etc.

Storage Goal:

50 pounds sugar or honey per person

10--#10 cans (35 pounds total) powdered milk per person

2 toothbrushes per person

toothpaste

mouthwash

infant needs--formula, baby food, diapers, Tylenol etc.

72 hour kit:

Prepare blankets (the silver foil ones)

gather items to entertain your family and include in kit--UNO cards, coloring books and crayons, x-stitch kit etc. Be sure to include paper and pencils.
camp stove or portable BBQ and fuel
mosquito repellent
\$25 cash

- <http://www.nursehealer.com/Storage.htm>

This Month's Cooking with Food Storage Ideas:
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Basic Muffins (with dried eggs) -----

2 1/2 Tbs. dried whole egg
4 1/2 Tbs. baking powder
3/4 tsp. salt
3 Tbs. sugar
1/4 c. melted shortening
1 2/3 c. water
3/4 c. dried milk
1 3/4 c. flour

Sift together the dried egg mix, flour, baking powder, salt and sugar. In a separate bowl, combine the shortening, water and dry milk. Add to dry ingredients, stirring only enough to moisten. Fill greased muffin pans two-thirds full with the mixture. Bake at 375 degrees F. for 20 minutes. -- Makes 12 large or 14 medium muffins.

Variations: blueberries, chopped nuts, bananas, carrots, apple dices, raisins, or granola.

- from "Cookin' With Dried Eggs" by Peggy Layton
<http://www1.icserv.net/D100001/X100043/books.html>

(More Quick Bread Recipes at <http://www.nursehealer.com/Recipes7.htm>)

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 Corn Soup -----

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
1 can cream-style corn (dried corn can be reconstituted and used)
1 Tbs. Chopped onion
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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“Cooking and Baking With Freshly Ground Grains”

by Christine Downs

Grinding your own flour and flaking your grains with the Family Grain Mill is easy, quick, and fun. In this book you will see how to incorporate freshly ground and flaked grains into many wonderful recipes. There are chapters on Breads, Rolls & Buns, Breakfast Foods, Granola, Entrees and Side Dishes, Seafood, Side Dishes, Pita-Tortilla-Quiche-Crepe’s-Pizza, and Cookie-Snack-Desserts. (62 pages)

“Food Storage 101 – Where Do I Begin?”

by Peggy Layton

Everything you need to know to begin and maintain a food storage program. This is a workbook with an "Inventory & Planning Guide" as well as a 14-day menu planner to help you calculate how much food you need to continue eating the way you do now without having to change your diet in a crisis. This book is a must for everyone. It covers where to store food, how to store food, and how much to store. (107 pages)

- from <http://www.sportssolutionsinc.com/y2k-cookbooks.html>

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

This Month’s Date Code Info:

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Del Monte (1-800-543-3090)

CODE will indicate date the food was packed.

Example: 8200V4120 (translated: July 19, 1998)

8 = year = 1998

200 = the 200th day in 1998 = July 19

V2140 = plant information

SHELF LIFE: Product (unopened) is good for 2 years from packing date (i.e., July 19, 2000)

Green Giant Vegetables (800)998-9996
CODE: First letter is year, next is month, then year.
SHELF LIFE:: Beans 2 yrs. Corn/peas 3 yrs. Mushrooms-4 yr

Libby Vegetables (315)926-3225
CODE: 2nd digit is year, first letter is month, third digit is plant. Next 2 numbers is day of month
SHELF LIFE:: 2 years for most. Sauerkraut 18 months

Progresso Soups (800)200-9377
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 Tips:

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FREE stuff online, coupons, and rebates:
<http://www.planetrx.com/>
<http://www.webquarry.com/~free4us/new.htm>
<http://www.suzicoupon.com/>
<http://www.nursehealer.com/Free.htm>

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

This Month's Additional Buying & Storage Tips:

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The Hurst, Texas area group Pasta Order deadline was June 27, 1999; but orders are being accepted for the first few days of July. Ordering instructions and order forms are available online at <http://www.nursehealer.com/PastaOrder.htm>

We are ordering Morning Moo Milk again with a group order for the Hurst, TX area with a deadline near the end of July. Details of this order and order forms are available online at <http://www.nursehealer.com/MooOrder.htm>

I will be offering a group Herb Order again throughout August, with a deadline to be announced, in early September. Herbs will need to be picked up in the Hurst, Texas area around mid to late September. Details are at <http://www.nursehealer.com/HerbOrder.htm> For those outside the Hurst, TX area, group herb orders can be arranged through San Francisco Herb Co. at <http://www.sfherb.com/> or contact them at 800-227-4530 or 415-861-7174, 250 14th Street, San Francisco, CA 94103, Email: Comments@SFHerb.com

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

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,

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

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