

Food Storage...On The Path to Preparedness

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Food Storage Blues (you tube video song): <http://www.youtube.com/watch?v=aKl2QyHFzy0>
Top 10 Reasons Why I Don't Have My Food Storage by Wendy DeWitt/Debbie Kent (See attached)

<http://everythingunderthesunblog.blogspot.com/>

<http://www.theideadoor.com> (to watch a video of her presentation and download her booklet)

#10) My Ward Members/Family have their Year Supply they will feed me.

#9) I've paid tithing for 20 years...the church will give me food.

#8) If anything DOES happen, the government will take care of me!

#7) I am a church going, temple attending, Elder's Quorum President...the Lord will send Manna.

#6) The boat and the 4 wheelers are taking up all my storage space. (no space)

#5) The Prophets have been saying that for 100 years and we haven't needed it yet.

#4) I can't afford scrap booking, the gym, my cell phone AND food storage.

#3) Oh, I have it, my pantry's full of food. (unrealistic view of how long that will last)

#2) I am waiting for Freeze-Dried Pizza (I would never eat that stuff, why store it)

And the #1 reason why I don't have my year's supply of food? A year? I thought it was 72 hours!!

Why Should You be Prepared?

Quote: "I stand before the Church this day and raise the warning voice. It is a prophetic voice... It is a voice calling upon the Lord's people to prepare for the troubles and desolations which are about to be poured out upon the world without measure. Great trials lie ahead. All of the sorrows and perils of the past are but a foretaste of what is yet to be... we must prepare ourselves temporally and spiritually. . . ."

Bruce R. McConkie *Ensign*, May 1979, pp. 92-93.



Famine/Drought: "... lay up "food" that can be preserved; for you will see a day when you will want it; and it will be when we shall feel the effects of famine, and **when** the United States has not any food."Heber C. Kimball, May 1857



Pestilences: Pandemics, viruses, Aids, Black Flu, biological/chemical terrorism, etc. The only way to protect your family against wide spread of disease is by having enough storage and supplies that you don't have to go out into the world during the time of an epidemic.



Earthquakes: in diverse places and increasing in intensity worldwide. When a major earthquake hits the Antelope Valley we will be essentially cut off from traveling south for a time. Plan on being able to take care of yourselves, friends and neighbors. They will be your support system.

Quote: "The Lord is not going to disappoint either Babylon or Zion with regard to famine, pestilence, earthquake or storms, he is not going to disappoint anybody with regard to any of these things, they are at the doors. . . . Lay up your wheat and other provisions against a day of need, for *the day will come* when they will be wanted, and no mistake about it. "

President Wilford Woodruff (*Journal of Discourses*, 18:121.)



Hurricanes
Hurricane Ike



and Flooding: Increased flooding and hurricanes in the US; Flooding in Mid-West, 2008

"And also cometh the testimony of the voice of thunders, and the voice of lightnings, and the voice of tempests, and the voice of the waves of the sea heaving themselves beyond their bounds. And all things shall be in commotion; and surely, men's hearts shall fail them; for fear shall come upon all people (D&C 88: 88-91)



Terrorism: With one attack already, the enemies of the US are poised for more attacks.

War: "...Ye shall hear of wars and rumors of wars" Matt. 24:6

"...Nation will rise up against nation, kingdom against kingdom, and states against states, in our own country and in foreign lands."Brigham Young ,Journal of Discourses, Vol 8, pg 123



Economies Fail: This seems to be unfolding before us on a daily basis: Job loss, stores closing, bank failures, Stock Market Crash, housing market crash, national and person debt, bailouts, dollar devalued, etc.

Quote: "Too often we bask in the comfortable complacency and rationalize that the ravages of war, economic disaster, famine and earthquake cannot happen here. Those who believe this are either not acquainted with the revelations of the Lord or they do not believe them. Those who smugly think these calamities will not happen, that they will somehow be set aside because of the righteousness of the Saints, are deceived and will rue the day they harbored such a delusion. The Lord has warned and forewarned us against a day of great tribulation and given us counsel, through His Servants, on how we can be prepared for these difficult times. Have you(we) heeded His counsel? Ezra Taft Benson, Jun '80



Is this freaking you out??? That is NOT my purpose, but you do need to be very aware of what is happening and will continue to happen. It is *scary* if you just think of the events themselves but when you put them in perspective as being the means to cleanse the earth of evil before Christ comes again then it makes more sense. These signs are given to us so we can know that this is what is happening and that He is in control. These signs are not to frighten us but to enlighten us. To give us HOPE that we not only can survive but that we were actually saved "For Such a Time As This".

Warnings and Where they can be Found

Prophecies of the Last Days: Wars and rumors of wars, famines, desolating scourge, cursed waters, hailstorms, pestilences, earthquakes, persecution, great tribulation, perilous times, happen with no warning, men's hearts fail them (fear) (Matt.24, D&C 5:19,2Tim.3:1,D&C 29,84,61:14)

Latter-Day Warnings: "The Times in Which we Live" Gordon B. Hinkley,Oct.01, "If Ye Are Prepared Ye Shall Not Fear" L. Tom Perry Oct.'95 "Preparation for the Second Coming" Dallin Oaks, Apr 04, "Prepare for the Days of Tribulation" Ezra Taft Benson, Oct.'80 "Faith through Tribulation Brings Peace and Joy:" Robert D. Hales, April 2003, "Raise the Bar" Elder Henry B. Eyring Jan.05, BYU Devotional, "Lay up in Store" McMullin, April 2007

Resources for more information: providentliving.org, lds.org, standeyo.com, fema.gov, ldspreparedness.com,



The Scriptures say, “If we are prepared Ye Shall Not Fear”. They promise us that if we do our part, He will do his in protecting our families. So, what are the Brethren telling us to do? In 2007, they issued some changes to the traditional “year supply”. They did this via a pamphlet entitled “All is Safely Gathered In”. This was distributed worldwide to every ward and branch. Then in August it was featured in the Ensign, in an article entitled “Are You Prepared”. So what are the changes?

The NEW Food Storage Plan

August 2007 Ensign “Are You Prepared”

- 90 Days – Open and Eat, normal foods
- Water
- Establish a Financial Reserve
- Long-Term: 300 lbs Grains, 60 lbs beans

90 Days the Easy Way- Think SOS

Simple- in case of illness or disaster

One Pot- easy and less dishes

Storable- Shelf Stable food, that can be stored at least 6 months

To Do this: Make a list of meals for breakfasts that your family likes to eat: pancakes, muffins, cereal, oatmeal, cream of wheat, toast and jam, eggs and hashbrowns, coffee cake, granola, etc.

If you will eat once a week, multiply ingredients by 12, if 2 times a month, multiply by 6.

Then do the same for lunch, dinner and snacks.

Example: If you were making pancakes you would need: pancake mix, syrup and tang to drink.

The following table shows the breakdown of amounts of ingredient; how many days you will eat in a 3 month period; how much that totals up to; how much is in a package; how many packages you would need for 3 months. You can do this on index cards: one for each meal or on a chart or whatever works for you. The important thing is to pick your meals and list ALL the ingredients. When you do this and have it all on your shelves then you will have the means to make meals that your family will LOVE to eat.



Meal	Ingredients	Amount	# of days	Totals	Pkg Amt	Needed
Pancakes	Pancake Mix	4 c	12	48 c	24 c	2
	Syrup	1/2 c	12	6 c	6 c	1
	Tang	1/2 c	12	6 c	6 c	1
Oatmeal	Oats	2 c	52	104	12 c	9
	Brown Sugar	1/2 c	52	26 c	12 c	2.25
	Cinnamon	1 t	52	52 t	108 t	0.5
	Dried Fruit	1/4 c	26	7 c	4 c	1.75
	Tang	1/2 c	12	6 c	6 c	1

When you are done with this list, the totals become your shopping list. Take this list with you when you go shopping and pick up a few items each week. Before you know it you will have your 90 Day Supply of open and eat foods.

*Repackaging these in mylar bags with O2 absorbers will greatly increase their shelf life.

WATER: Water is essential for life. Most of us just take it for granted. We turn on the faucet and clean clear water comes out day and night. It is not until some major disaster or calamity occurs that the true value of water truly becomes apparent. In some cases it becomes “more valuable than gold.” Many of us may be prepared with our 72 hour emergency kits which contain a bottle or two of water. But how many of us are really prepared for an emergency that could last for a week, a month, several months....and yes, perhaps even up to a year.”

“Store enough drinking water for circumstances in which the water supply may be polluted or disrupted.

Water is more essential than food in sustaining life.” (Providentliving.org)

There is much differing information out there about storing water. The following are some ideas of what is the best and safest way to store and treat water.

Store clean water *before* the crisis.



FEMA recommends at least 1 gallon of water person for 2 weeks, or at least 14 gallons. Allow more for first aid, cooking, cooling down, etc. (minimum 2 gallons per person per day)

(my recommended minimum: 2-55 gallon barrel per person = 4 - 8 week supply)

The above are some examples of this 2 week supply: 3-5gallon jugs, 5-cases of 4 oz water pouches; 3-5 gallon bottles; 4-cases of 16 oz bottles, 14-1 gallon jugs(will leak after 1 year); 55-gallon drum (1 months worth of water). PETE bottle like 2 liter soda bottles or juice bottles can also be used if washed really well. Bleach or Soap bottles CANNOT be used for drinking water, but washing only.



Other Supplies Needed: 55 gallon drum; siphon or pump for 55 gallon drum; bung wrench to open and close 55 gallon drums; Aerobic Stabilized O₂; 5 gallon jug; Water purifier for cleaning new water.

New 55 gallon food grade barrels (blue) BEST for drinking; Cheapest and easiest way to store water. ***New barrels*** are safest for drinking water as they will not taint the water in any way and do not provide a residual food source for bacteria or any residual tastes. ***Used barrels*** are safe for washing or drinking **IF** you can purify and filter to be sure water is safe. **Cost:** New \$55-90 Used: \$10-20.

Where to Store

Store where easily accessible for emergency use and water source to fill. Best stored in dark, cool place. Can be stored ***outside, off of ground, covered, in shade if possible.*** Store away from insecticides, petroleum or anything else with a strong odor.

Cleaning Barrels

FEMA recommends that *used* containers to be used for storing water be rinsed with a diluted bleach solution of 1 part bleach to 10 parts water before filling and roll around to clean then empty and rinse thoroughly 3 times (use regular Clorox Bleach - must not contain soaps or scents). Also can be cleaned with hot, soapy pressure washer at car wash. New barrels just need to be rinsed out.

Filling 55 Gallon Barrels

Put barrel where it will be stored (weighs @450 lbs when full). Use white plastic hose* to fill *allowing water to run clear for a few minutes before filling to wash out any sitting water*. Clean water in, clean water out. Fill, leaving 2”space at top to allow for freezing. Use bung wrench to tighten tops when done filling
Do to the changes that have already taken place (or may soon take place) in our water treatment process, storing any water in plastic drums can become toxic within six months of storing. Adding Aerobic Stabilized Oxygen prevents this chemical change.

New Barrels: fill with clean water and Aerobic Stabilized Oxygen.

Used Barrels : clean water and Aerobic Stabilized Oxygen; if possible, purify with good filter before drinking.

***White Plastic Drinking Water Safe Hose:** (can be found at RV suppliers / Walmart) **NOT** rubber garden hose (Consumer Report May 2003 “Dare you Drink from a Garden Hose”)

Aerobic Stabilized Oxygen: (oxygenforlife.net) Aerobic Oxygen is safe, non-toxic, and destroys harmful bacteria without the need to boil the water. Unlike chlorine or iodine, Stabilized Oxygen acts selectively and DOES NOT harm beneficial aerobic bacteria which is needed for good health. It kills any infectious disease such as: Salmonella, Cholera, E.Coli, Streptococcus, Pseudomonas, and Staphylococcus A and Giardia-Lambliia.

Directions: Immediate Drinking: 20 drops per gal. for potable water purification; 20 drops per 8 oz. of questionable water; 20 drops per gal. for water storage. ½ bottle per 55-gallon barrel. Bacterial contamination on food: 60 drops to a gal. of water, spray or dip food for 30 seconds or more. It can be used as "natural" antibiotic and to disinfects scratches, cuts and minor wounds. It has an unlimited shelf life.

Rotating

New: 2 years or 5 years (with additive) **Used:** every year with additive

Water Storage Ideas and Rotating Systems



Financial Reserve



"We encourage you wherever you may live in the world to prepare for adversity by looking to the condition of your finances. . . . If you have paid your debts and have a financial reserve, even though it is small, you and your family will feel more secure and enjoy greater peace in your hearts." "All is Safely Gathered In" Ensign, Feb. 2007

There is no set amount for your family financial reserve. But do what you can. Setting aside even a few dollars each week, or even your change and quickly add up into a nice savings.

*IF you plan to store this at home, which I am not telling you to do: store small bills; in fire/water proof container; well hidden. Gold and silver are always safe additions, especially in turbulent times when the dollar may not hold its value.

Long Term Food Storage – One Person/One Year (in addition to your 90 Day Supply)

“Perhaps if you would think in terms of not what you regularly eat but in terms of what it would take to keep you alive if there was nothing else available” Pres. Gordon B. Hinckley

For Personalized List: <http://lds.about.com/library/bl/faq/blcalculator.htm>



- 300 lbs Grains (wheat, rice, oats, pasta, barley, popcorn, rye, millet, spelt, etc)
- 60 lbs Beans (pinto, black, navy, split peas, lentils, canned meat) bean/grain comp.protein)

THEN ADD:

- 60 lbs Sugar (white, brown, powdered, honey, jello, fruit drinks, corn syrup, jelly)
- 8 lb Salt (at least ½ iodized)
- 16 lb Dry Milk (triple amount for small children)
- 4 gal. Oil (vegetable, canola, olive, shortening, mayo, peanut butter)
- 2 lb. Baking Soda, 2 lb Baking Powder and 2 lb. Yeast
-

Why Store These?

- Long Shelf Life (if stored properly)
- Most Nutrition for the volume (2200 calories, 13 buckets)
- Least Expensive (\$300 per person per year for basics)
- Provide all vitamins but A & C (tomatoes/Tang contain these)
- Basis of a Healthy Disease Prevention Diet (low fat, high fiber, high complex carbs)
- Because the Prophet said So!

I Have a Year Supply...That's All I Need



“Church members are encouraged to prepare for adversity by building a basic supply of food, water, money, and, over time, longer-term supply items. Beyond this, Church members may choose to store additional items that could be of use during times of distress.” **providentliving.org**

What will this provide per day?

Wheat (9oz @ 1-1/4c) = 2 c. flour	Rice (3.5oz @ ½ c) = 1 1/2 c. cooked
Oats (2.2oz @ ½ c) = 1 1/4 c. cooked	Pasta (2oz @ ½ c) = 1 ¼ c. cooked
Popcorn(1.3oz @ 3T) = 3 c. popped	salt (1 3/4 t.)
Sugar/honey (3oz @ 1/3 c)	Oil (1T)
Beans(2.5oz @ 1/3c dry beans)=1 c. cooked	or 1/4 c. meat
Milk, dry (3T) =1c.milk	

MENU using Basic Year Supply



<u>Breakfast:</u>	1 ¼ c. oatmeal
<u>Lunch:</u>	1 ¼ c. pasta, ½ c beans, 1 piece flat bread
<u>Dinner:</u>	1 ½ c. rice, ½ c. beans, 1 piece flat bread
<u>Dessert:</u>	3 c. popcorn

Survival Mode

A Basic Year Supply is about the same amount of food the Handcart Pioneers had per day



Avoid **Appetite Fatigue** (a term coined during Post War WWII. The cities had been almost destroyed. But the people grew and scrounged for food. They had food, but they only had a few different kinds of food so they ate the same thing, everyday; the older people and children just stopped eating and died. You know how children are if it is not something that is familiar to them, that they like, they just say they aren't hungry.

Lesson learned: Add Variety and Comfort Foods to your storage.

Menu Planning



Think in terms of meals with your long term storage. What can you make using the basics of grains and beans for breakfasts, lunches, dinners and comfort foods and store accordingly.

Using your Year Supply

- Takes 3 months to get used to eating whole grains and beans
- Can cause severe side effects.
- Experiment Now (buy extra for this)
- Find out What you Like or Don't
- What else you need to Make Meals (example: pasta:-sauce, parmesan cheese)
- Cookbooks, sharing recipes, converting recipes, family food storage cookbook, classes

Storing Your Food Storage

Protecting Your Investment



Optimally, store in your basement or storm cellar where temperatures remain stable and below 70°. If not possible garage works for most grains and even canned goods if you rotate often, but definitely **NOT** for dehydrated foods. They are greatly and quickly affected by heat. Store these in house: top of closets, under beds, false walls, **rotating shelves**. After you have done all you can, pray that Heavenly Father will bless and protect your food storage.



Make sure you **DATE** all items. Using and **ROTATING** is best and easiest way to ensure good quality of your food storage. There are four things that affect the quality (flavor, appearance, texture, vitamins) of your stored food, these are known as **HALT**. Also bugs and little critters.

- **H**umidity (moisture)
- **A**ir (oxygen)
- **L**ight
- **T**emperature (temp. above 70 degrees cut storage life by half each year)

More info about effects of long term storage on BYU website: ndfs.byu.edu/foodstorage



Types of Storage Containers (store all off of floors)

Mylar Bags: re-sealable, not puncture or rodent proof, store in other container,

#10 Cans: Make sure seal is tight, not re-useable, not airtight once opened, stackable.

Buckets: Food Grade, Stackable, re-useable, re-sealable, better with gamma lids.

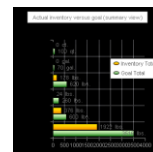
PETE bottles: Good for HA, re-useable, not stackable.

Everything but sugar/fruit drink powders need O2 packets to remove the air for long term storage.

Inventorying

A VERY Important part of your food storage program.

- Make a Master List (keep in safe place)
- Do at **LEAST** once a year
- Update when use (shop list) or adding to
- Keep track of:
 - Item, size, date and where it is stored
 - Amounts: goals, have, need



Many ways to track inventory; find what works best for you: Index cards/card file; card collector pages; ledger/notebook or trackmyfoodstorage.com (free)

- Set food storage goals
- Easily identify what you have and what you need.
- Keep track of your expiration dates so you can rotate foods without waste.
- Recipe file and much more!

How Can I Afford Food Storage?

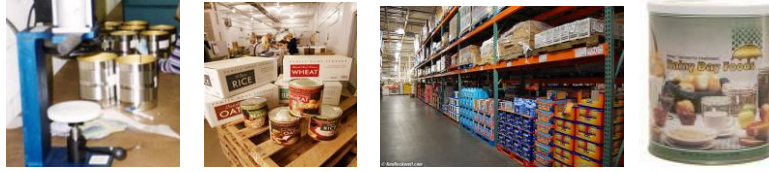


“Now you ask where do I get the money for these things. The Lord will make it possible, if we make a firm commitment, for every LDS family to have a year’s supply of food reserves...All we have to do is decide, commit to do it, and then keep the commitment. Miracles will take place: the way will be opened and we will have our storage areas filled. Vaughn J. Featherstone, April Conference. 1976

Story from Ensign, 1982, see attached

Where Do I Find all the Food I need?

Don't forget to DATE (magic marker)



Bishop's Storehouse- Limited Items

Updated price list can be found at providentliving.org

ldscatalog.com (order complete cases of basics or starter kit to be delivered anywhere in US)

Local Stores: Costco, Sam's Club and Winco

Other Sources: Walton Feed, Emergency Essentials, Honeyville Grain to name a few, local group orders

What are you going to do with this info?



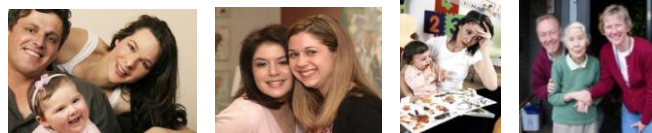
I hope you don't feel like hiding your head in the sand. We were not given these signs and warnings to scare us nor to pretend that they are not happening all around us. Even if you are not religious, surely you can see that our country and the world are not "safe" right now, not financially, nor from terrorists nor from natural disasters. The only way to protect yourselves and your families is by preparing. Having food and water; some clothes and shelter; means for light and cooking and having some money set aside seem prudent and wise.

Instead of hiding your head in the sand, I hope you will take these 6 Steps to Success

6 Steps to Success

- ✓ **Pray**, Make a Commitment
- ✓ **Inventory** what you have
- ✓ **Make List** of What you Need, Start with 90 Day, then Long Term Basics, Add for comfort and variety
- ✓ **DO IT!** Your survival will depend on it.
- ✓ **Use it!** Healthier, rotate, avoid problems, fill in the gaps (honey/5 lb vs 60lb), FSRC
- ✓ **Then add:** shelter, clothes, sanitation, fuels, etc.

Going the Extra Mile



So now you have your 90 day supply, water barrels, a financial reserve and a year supply of basics and other things to be able to make meals. You also have: shelter, sanitation, clothes and fuel. You are sitting back and feeling pretty confident. And yet you have this nagging urge to do more...what can it be??? Maybe your married children could use some help in getting their storage; maybe a sister and her family who don't have the means to do it; or what about that single sister in the ward who is struggling; or what about your neighbors??? This is a church that is governed by the Love Your Neighbor philosophy. If you are "done" then open your eyes, listen to the Spirit and see whom else you could be serving. I promise the promptings will come. Maybe it's to buy some extra food or children's clothes. Whatever the prompting, listen and do. Your life and the lives of others will be blest because of it.



“It is true that ominous clouds gather around us, but just as the Savior’s words brought peace to the Apostles in the boat, they bring peace to us today. And when ye shall hear of wars and rumors of wars, be ye not troubled: for such things must needs be” Robert D. Hales, Liahona 2003

Quote: “Regularly put into your home storage a few wholesome, basic food items and some water that is safe to drink. Over time you can expand these modest efforts into a longer-term supply by adding such essentials as grains, legumes, and other staples that will keep you alive in case you do not have anything else to eat. As you do your very best, you can be confident that “the barrel of meal shall not waste, neither shall the cruse of oil fail.” You shall enjoy greater wisdom, security, peace of mind, and personal well-being. You shall be prepared, and because you are prepared, you “shall not fear.” Bishop Keith B. McMullin, “Lay Up in Store”

Why do we prepare? Because we love our families

The Path to Preparedness



We are all on different points on the path of preparedness. Some are just beginning on the path, not really sure where to go or what to take with them; others have been on the path for many years, have all the basics and all the fancy stuff; still others are in between, with most of the basics and trying to figure out what else they need..

Sometimes the path is a rocky one with obstacles in our way, sometimes it is smooth and level and easy. But all it is a faith walk: for none of us know what will be around the next turn in the path. Will it be more cliffs to climb or will it finally be a place to shelter with the Savior? What we do know is that the Lord has promised us that if we will gear up for the hike, He will lead the way and He will protect us.

“The Lord is anxious to lead us to the safety of higher ground, away from the path of physical and spiritual danger. His upward path will require us to climb. My mother used to say to me when I complained that things were hard, “If you are on the right path, it will always be uphill.” And as the world becomes darker and more dangerous, we must keep climbing. It will be our choice whether or not to move up or to stay where we are.” - Elder Henry B. Eyring *Raise the Bar*, BYU-Idaho Devotional, January 25, 2005

Why Do we Prepare?

“I believe it is time, and perhaps with some urgency, to review the counsel we have received in dealing with our personal and family preparedness. We want to be found with oil in our lamps sufficient to endure to the end. I would guess that the years of plenty have almost universally caused us to set aside this counsel. I believe the time to disregard this counsel is over. With events in the world today, it must be considered with all seriousness... The instability in the world today makes it imperative to take head of the counsel and prepared for the future.” Elder L. Tom Perry, *Ensign*, November 1995, pp. 35-37

He Comes Again



Will You be Ready?

Top 10 Reasons Why I Don't Have My Food Storage

by Wendy DeWitt w/updates by Debbie Kent

#10) My Ward Members have their Year Supply, they will feed me.

No, they don't. They don't have any food. Did you know that 85% of the members of the church don't have any food storage at all? If your idea of food storage is to eat someone else's food.....this is a really bad plan.

#9) I've paid tithing for 20 years...the church will give me food.

Many members believe that when the times get hard, the church is going to come through like Joseph in Egypt.

Absolutely not true. All the church storehouses and welfare farms across the country would only feed 4% of the members of the church. The church has been asking YOU to store food for 75 years. They're NOT storing food for you, thus, another bad plan.

#8) If anything DOES happen, the government will take care of me!

(laughter) Do you not remember what happened after Katrina? To make matters worse everyone knew this storm was coming and yet it still took over 5 days to get just basic necessities to the people. Did you know the government has been telling us that we need to have food storage? They're actually CALLING it food storage! We now have the government telling us to store food, water, medicines...whatever we will need to be able to stay in our homes for several months.

So far, all the reasons we don't have our food storage involve eating someone else's food. Please, don't put your family's temporal salvation in other people's hands. No one is storing food for you. Not your neighbors, not the government...not even the church.

#7) I am a church going, temple attending, Elder's Quorum President...the Lord will send Manna.

D&C 130: 20-21 "There is a law, irrevocably decreed in heaven before the foundations of this world, upon which all blessings are predicated— And when we obtain any blessing from God, it is by obedience to that law upon which it is predicated." To obtain the blessing from food storage you must have food storage.

#6) The boat and the 4 wheelers are taking up all my storage space.

I have had people who live in 4000 square foot houses tell me that they don't have any room for food storage. Really? Did you know you could fit a year supply of food under a twin bed? I had someone else tell me that they could only store about a month's worth because if they stored more they couldn't fit their cars in the garage.

#5) The Prophets have been saying that for 100 years and we haven't needed it yet.

They're always making way too much out of everything! We may not need this for 100 more years."

(Every prophecy that has ever been given WILL happen, we never know when, and we have been warned in the parable of the 10 Virgins, that half won't be prepared, will you be one of the foolish or the wise)

#4) I can't afford scrap booking; the gym; my cell phone; AND food storage.

Basic food storage can cost as little as a dollar a day. We live in the richest society in the history of the world, and while there are cases where money may be a problem, most of the time it is a matter of priorities. We have chosen bigger homes, nicer cars, more TV's, computers, vacations ...everything is more important than our food storage. If I asked, "Who has a cell phone?" most of you would say yes. You pay at least \$30 a month to have a cell phone....that's about a dollar a day...the cost of one year's supply of food for your child. Is your cell phone really more important than your child's temporal salvation? You have to make food storage a priority.

#3) Oh, I have a year supply, my pantry's full of food.

It would have to be a really BIG pantry to contain a year supply for a whole family. Realistically, the average pantry contains a 2-6 week supply of food. It's a good start for your 90-Day, but not near enough for a year.

#2) I am waiting for Freeze-Dried Pizza (I would never eat that stuff, why store it)

Food storage has always had a stigma attached to it. If it's not wheat, beans and powdered milk, it's not food storage. With the system I use, food storage can be sweet and sour chicken, tamale pie, chili and cornbread, beef stew, shepherd's pie, minestrone...even chocolate chip cookies! Your imagination (and your pocketbook) are the only limitations you have.

And the #1 reason why I don't have my year's supply of food? A year? I thought it was 72 hours!!

You KNOW you should have your food storage. You WANT to have it, but it can be so overwhelming! How much do I buy? Where do I store it? How do I cook it? It seems like an impossible task.... but it's not. It doesn't matter if you use my system or just start buying extra food, the important thing is to do something. Good luck in your efforts!

A Year's Supply for \$58.81?

Nola Carlson, Chicago, Illinois "A Year's Supply for \$58.81?" *Ensign*, July 1982, 63

We have a large family, and feeding them is a challenge. Seven of our thirteen are foster children, so we have inherited all kinds of appetites. Most of them are teenagers and seem to inhale food as easily as air; so when my husband came home and proudly announced that we were going to can and store enough food for one year, we all were more than a little skeptical.

"We can do it," he said. "We can do anything the Prophet has told us to."

"It seems to me," he continued, "the answer is simple enough. We know we are always short on money, so we must do it with a minimum of cost. I have figured out that we have \$58.81 to spend. Now, what shall we spend it on?"

"Well," said our little oriental foster daughter, "we need jars and lids if we are going to can." "Good point," said sixteen-year-old Missy. "What about sugar? We can't can without that." "Yes we can," I answered. "Your grandmother used to do it all the time when I was a kid. We never had sugar, but mom used to say if the fruit was ripe and in good condition, the sweetness of the natural fruit would come out. I have canned like that for years."

After an evening of discussion, the jars and lids for home canning won.

The girls began an earnest search for inexpensive jars. We haunted yard sales in our area and found a sale on lids at our local flea market. Before long we had over a thousand jars to fill for storage. The boys' job was to locate fruit and vegetables for canning. William, our eleven-year-old, found four cherry trees; the man who owned them was getting old, and each year the fruit went to waste. It fell to me to ask for the cherries. "Mom," William said, "just tell him we can't pay for them but maybe we can clean up the alley in back of his garage instead."

This approach has turned out to be the key. We have pulled weeds for rhubarb, painted fences for strawberries, cut wood for raspberries, hauled paper for peaches, and raked leaves for apples. One night my husband came home and informed us that we would have the privilege of gleaning a potato patch in the morning before work. "It's simple enough," he said. "We leave home at 5:00 a.m. and pick until 8:00. We ought to be able to pick enough to carry us through the winter." There were groans when morning came, but with all of us working as fast as we could (that was the only way to keep warm), we were finished by 7:30. And we had enough potatoes to keep us through the winter.

Onions, peas, tomatoes, and any vegetables that we could find went into our storage. All were bought with work as we expanded our food storage for the coming year. One truck farmer, after hearing a report of the frost warning, called us and told us that if we would come and pick his produce that night we could have as much as we could pick, because by morning it would all be frozen. So, bundled against the cold, and by the beam of our car's headlights, the whole family picked most of the night. We picked squash, cabbage, and a variety of other produce. It was hard work, but we laughed and sang until we were giddy. It was a night we still talk about.

When we made our fall survey, we found that we had canned 1,500 quarts of fruit and vegetables and had enough potatoes, turnips, and root vegetables to see us through the full year. We have continued this method of acquiring necessary storage items each year.

Our son Marty's observation sums up the family's experience: "If you're really willing to work together, you can accomplish anything—even a year's supply for \$58.81"

Note: Adjusting for inflation in 2007 it would have been \$129.46, a very small amount for a family of 15.

OTHER BASICS AND “Fun Stuff”

(per person)

FRUITS (1/2 can per day)

(180 wet pack cans or
9 - #10 cans dehydrated)

applesauce, apple slices,
bananas, coconut,
fruit cocktail, peaches
mandarin oranges,
pears, pineapple, raisins,
peach-flavored apple flakes
strawberry-flavored apple flakes

DAIRY

Butter powder 2 - #10 can
Egg powder 2- #10 can
Cheese Powder 1- #10 can

SAUCES

Bouillon 4 lbs
Soups 52 cans
Salsa/ketchup 2 each
Spices/ Seasonings
Spaghetti sauce

HOUSEHOLD (per family)

AM/FM Radio w/ extra batteries
Candles, 2 hour, (360)
Matches, wood (12 boxes)
Garden Seeds (not hybrid)
Can Openers (4)
First Aid Kit
Tent / sleeping bag
Cooking Stove and Fuel
Medicines (RX and over-counter)
Portable Toilet (liners/deodorant)
Grain Grinder
Garbage Bags 175 bags

CLOTHES

2 Pairs Sturdy Jeans
4 shirts Winter Gear
4 underwear/socks 1 pr sturdy shoe

VEGETABLES (1/2 can per day)

(180 wet pack or - 9- #10 cans dehydrated)

Broccoli, cabbage, carrots, celery
corn, green beans, mushrooms, onion,
peas, peppers, potatoes, spinach,
stew blend, tomatoes,

BABY ITEMS

Diapers, Wipes, rash ointment
formula, baby cereal, extra clothes
bibs, pacifiers, bottles

MEATS (per person)

Tuna/turkey/chicken/beef 52 cans
(4 cans = 3 lb. beans)

HYGENE

Liquid Detergent, clothes 20 lbs.
Dish Soap 4 qt.
Hydrogen Peroxide 4 bottle
Rubbing Alcohol 4 bottle
Dental Floss 4
Sponge/Dishtowels 12
Soap, bar 12 bars
Shampoo/conditioner 4 qt. each
Razor, disposable 26
Tampons/pads 12 boxes
Toilet paper 52 rolls
Toothbrush 4
Toothpaste 4 tubes
Deodorant 4
Tissues (175 ct.) 2 boxes
Towels 2

MIXES (per person) 12

(brownie, cake, muffin, pudding)

PETS: food, leashes

MENU SUGGESTIONS

Most can be used for 90 day Supply.

Pre-Packaged (Pastas, Hamburger/ Tuna Helper, Mixes, Soups, etc) Lots of preservatives
Use Ready made **FS recipes**(**Emergency Food in a Nutshell, Mix-a-meal, /Gifts in a Jar**)

Breakfasts:

Oatmeal	Cream of Wheat	Cracked Wheat	French Toast
Apple Coffee Cake	Hashbrown Casserole	Granola	Biscuits & Gravy
Eggs	Hashbrown Supreme	Omelet	Cornmeal Mush
Oatmeal Pudding	Corn Beef Hash	Navajo Fry Bread	Coffee Cake
Instant Breakfast	Bacon Brunch Pie		
Pancakes (buttermilk, blender, apple, blueberry, raspberry, oatmeal cinnamon, Ch.Chip,german)			
Muffins (orange, oat, apple, date and nut, ch.chip, blueberry/raspberry,pumpkin)			

Lunches:

P & J Sandwiches	Tuna Sandwiches	Chili w/ crackers	Soup w/ biscuits
Potato Soup	Top Ramen	Pleasing Pasta Soup	Texas 2-Step Soup
Mac and Cheese	Chicken and Lemon Soup	Turkey Noodle Soup	Alphabet Soup
Potato Cheese Soup	Creamy Chic/Rice Soup	Potato Soup	Cr. Chicken Soup
Pea Soup	Corn Chowder	Love Soup	Tropical Chicken Salad
Black Bean Salad	Chicken/Pasta Salad	Sandwich Spreads	

Dinner: (*store bought*)

Hamburger Helper	Tuna Helper	Noodle Roni	Rice-a-Roni
Dry Soup Mixes	Prego Spaghetti	Canned Chili	Ravioli
Canned Stew	Chunky Soup		

From Mixes and Recipes:

Chili Tomato Mac	Beef and Noodle Dinner	Santa Fe Skillet Casserole	
Tuna-Noodle Cass.	Chicken Bow Tie Skillet	Black Bean Chili	Taco Soup
Chicken and Rice	Beef Stroganoff	Chicken Fried Rice	Pasta Perfect
Alfredo Delight	Spaghetti Dinner	Fried Rice	Cheddar Beef
Creamy Casserole	Scalloped Potato/Ham	Cheese Beans and Rice	Chili Mac
Lentil/Barley Soup	White bean/chicken Chili	SW Bean Chili/ Rice	Brown Rice/Chicken
Tomato/Pasta Soup	Pot Pie	Salmon Cakes w/potato	Clam Chowder
Nacho Potato Bake	Autumn Soup	Burritos	Turkey Casserole
Orange Turkey/Rice			

Side Dishes

Crunchy Potatoes	Glazed Sweet Potatoes	Candied Carrots	Instant Ref Beans
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Breads

Cornbread	Pumpkin	Cranberry	Blueberry
Peach/Apricot	Butter Pecan	Banana	Biscuits
Muffins	Batter Bread	Oatmeal	Garlic

Desserts

Cookies	Cakes	Pudding	Caramel Corn
Crisps / Cobbler	Pie	Brownies	Apple Crisp
Milk Shakes	Ice Cream	PB Nuggets	