



# THE PREPARED FAMILY



"Prepare Every Needful Thing"

June 1999

## Scripture or Quote of the month:

"It is easier to keep up than to catch up."

"We will see the day when we will live on what we produce."

## Dry Pack

White, red, pinto, black, navy, mixed beans, lentils and any other bean or legume that you like.

When storing dry goods consider the size of your family. It is less practical to store in #10 cans if you have a large family and use items like beans, rice, wheat, macaroni etc. in large quantities. Instead, store these in buckets or food grade cans. If you live in an area where mice and rats may contaminate, use metal cans and food grade liners to protect them. Or you can purchase unsweetened (bakers cocoa) cocoa powder and sprinkle it around your food containers, which will help deter rodents.

## Grocery Items

Soups, sauces, and canned fruits and vegetables.

## Non-Food

5 lbs. oil or shortening ; Olive oil if stored correctly will last for many years, Multi-vitamins, cleaners

## 72 Hour Kit

Change of clothes for each family member – don't forget shoes.

Sleeping bag or blankets.

Instruction manuals on Emergency Preparedness and First Aid, available from your local Emergency Management office, FEMA, or your local Red Cross Chapter.

## Stock up by the week

- Dry Milk – 75 lbs/person/year
- Assemble emergency sewing kit: thread, pins, needles, buttons, snaps, scissors, etc.
- Flour. Consider your family's needs. 50 lbs/person? Counts for grains.
- Dry or canned soup.
- Gelatin or pudding mixes.
- Buy garden seeds locally or mail order. Get only what you will use.
- Cord, twine, or light rope. Flashlights + batteries.

## Gardens/Gardening Tips

Don't forget to let the kids grow something they like. It will help them understand what it takes to grow food, how much time it will take, and they will enjoy and appreciate what they grow.

## Recipes:

### CARAMEL -RAISIN PUDDING

pudding that makes its own sauce

by pizza-maker

¾ c. seedless raisins	3 cups boiling water
½ c. brown sugar	1 c. brown sugar
½ c. milk	
1 tablespoon butter or Margarine	1 c. enriched flour
2 teaspoon baking powder	½ teaspoon vanilla
½ teaspoon salt	2 teaspoon butter or margarine

Soak raisins 5 minutes; drain. Combine sugar and milk; add dry ingredients, raisins, and 2 teaspoons butter. Combine remaining ingredients; heat boiling; and cook for 5 minutes. Pour into greased 8x 12-inch baking pan and drop batter from spoon over hot sauce. Bake in moderate oven (350°) 30 minutes. Serve warm.

Tip: This is something like a cake in a caramel sauce. It is very good – kids will like it. It is best right out of the oven. If you prefer, it can be made without raisins, or use dates or chopped apple instead. I generally boil the sugar mixture while soaking raisins, greasing the pan and preparing ingredients. Don't mix batter until about 1 minute of boiling time is left or the baking powder will start working, leaving the batter flat in the pan. For extra cake increase batter by a to ½ .

### CARAMEL POPCORN

Pop 1 C. popcorn kernels and set aside.

Combine and cook to the softball stage:

½ C. corn syrup	¼ C. water
1 C. brown sugar	½ C. whey powder
½ C. margarine or (½ C. margarine powder, 1 T. water, and 1 T. oil)	

Remove from heat and add:

1 tsp. vanilla	¼ tsp. baking soda
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Pour over the cooked popcorn and stir until coated.

### Pinto Bean Fudge

1 cup cooked soft pinto beans (drained and mashed)

¼ cup milk	1 tbs vanilla
6 oz . unsweetened chocolate	6 tbs butter or margarine
2 lbs powdered sugar	nuts (optional)

In large bowl stir beans and milk together, adding enough milk to resemble mashed potatoes; stir in vanilla. Melt chocolate and butter and stir into bean mixture. Gradually stir in powdered sugar. Knead with hands to get it well blended. Spread into lightly buttered 9-inch baking dish or form into two 1½ inch rolls. Chill 1-2 hours.



**Water/First-aid/Sewing/Hygiene/Food**

Remember to rotate the food items every six months (If you use something replace it now not later), sample size shampoos, toothpaste, aspirin, peroxide, septic sticks (for small cuts or mouth soars), hand sanitizer or hand towelettes, salt and pepper shakers, sugar/non-sugar packets, collapsible cups, hand soap, small bottle of bleach, a roll of toilet paper (take out the cardboard tube and place in plastic zip style bag), water purification tablets or small water filter, small sewing kit (which includes a couple of straight sewing needles/ a some small curved needles, several different colors of thread wound around a small piece of cardboard, some fishing filament, a few buttons, and safety pins, small scissors, thimble and matches, (preferably waterproof)) placed in a small zip style bag, first aid kit (don't forget a thermometer/case) and instruction booklet, small hand towel (1 for each person), large plastic bags, (that can be used for emergency rain gear), plastic toothbrush and soap holder, Deodorizer tablets, small vendor box of laundry detergent/dish soap, feminine hygiene needs, if applicable, 3M sponge/scrubber pads, liquid all-purpose body soap, mirror, brush, comb, toothpicks, dental floss, deodorant, disposable razors, baby powder (Corn Starch works well and is non toxic if ingested), kleenex facial tissue, Betadine prep Pads, sunscreen, Solarcaine, skin lotion, Zinc Oxide, salt tablets, any prescription medications, update all immunizations, You can add dried fruit, fruit leathers, jerky, tuna, soups, Honey, Nonfat dry milk, flour mix, such as Bisquick® (if using bisquick remember to rotate every two months), vegetable oil, dry cereal single-serving boxes, and/or pouches, etc. beans, such as dry beans or canned pork-and-beans, etc. Snack foods, such as Life Savers, chewing gum, trail mix, health food bars, snack bars, cookies, crackers, etc. MRE/EBM meals, at least 7, pet food, small cans of other foods. Canned or freeze-dried vegetables, such as potatoes, peas, corn or carrots, canned or dehydrated fruits, such as pears, peaches, cherries, plums, prunes, apples, raisins, etc. **(remember to rotate every six months)** Canned juices, such as orange, grapefruit, cranberry or apple juices. Dry beverages, such as Kool-Aid mix, Tang, etc. Pastas, such as Cup-O-Noodles, canned Spaghettios, macaroni and cheese mixes, etc. Soups, such as bouillon cubes, dry soup mixes, etc. Canned meats, such as tuna, ham, chicken or turkey, smoked or dried meats, such as beef jerky.

**Clothing**

Hat for sun protection, knit ski cap, bandannas, scarf, wool, sunglasses, mittens, gloves, leather work, shoes, extra pair boots, for rain/snow/cold protection, several pairs of socks, cotton and wool, two-piece rainsuit with hood or hat, winter coat sweatshirts/sweatpants, wool/flannel shirts, long pants, long thermal underwear, complete changes of T-shirts/underwear, large bath towel

**Documents**

I put in several zip style plastic bags for copies of documents such as insurance forms, marriage certificate, rental agreements, Inventory of home, premises, garage, cars, other assets, ID Cards, phone numbers, Stocks, bonds, certificates, bank statements, achievement certificates, High School and College diplomas, Birth certificates, Social Security cards/numbers, bank

account numbers and bank locations, drivers licenses, credit/gas card numbers and companies, copies of important contracts/investment portfolios, immunization records, Passports/Visas (every one should have one), Journals, Genealogy/four generation sheets/pedigree charts, personal/Family History, cherished Photos/Slides, etc., baptism and ordination certificates, Important/cherished recipes, money (\$200/one dollar bills per person), pocket change: one roll each quarters, dimes, nickels, pennies Patriarchal blessings, priesthood authority, Books of remembrance, etc.

**Other Items**

Including; sleeping mats, tents, foldable shovels, hatchet, small branch saw, utility knife kit. miniature fishing kit, Envelopes, postcards, postage stamps, Whistle, brass with chain, brightly colored cloth, Mace or Pepper spray (for no-nonsense communications!), Local area topographic maps, road maps, extra changes of under garments and socks, etc., I also add some smaller kitchen size plastic bags for garbage, space blanket, rain ponchos, water containers (such as canteens, small water bottles, or 2 liter pop bottles), portable clock (preferably one that does not use batteries), and a compass. Heavy and light wire, duct tape, electrical tape, razor blades, rope, paper clips, assorted tools i.e. screwdrivers, pliers, ratchet, wire cutters, knife, hammer.

If you have a special diet or need special items such as for diabetes and allergies be sure to check with your doctors about extra items needed. And what to do if you don't have things readily available. This list is not absolute and should be tailored to your personal needs and that of the family receiving it.

**Children and Babies**

Children and Babies need some extra help during a crisis here are some great ideas for shower gifts or birthday gifts Each back pack with one change of clothes, socks, snacks, one of the small 8 oz. sport water bottles, and some toys, a small notebook and 4 crayons younger child and a pen for the older one, and a book for each, toothbrushes and paste, and a chemical light stick. Each child should carry a copy of their immunization record, and phone numbers in case they are separated from their families. Small children can be comforted by music boxes, a small 1-1/2" square music box would be a nice, diapers, pins, teething rings, children's Tylenol or equivalent, extra baby bottle and nipples, pacifier if one is used, hat, space blanket and warm wool blanket all children should have current immunizations and items that would be helpful to calm them during a crisis.

These items can fit into a back pack that each child can carry to the babysitters or elsewhere. Baby items can be placed in a wagon or carried by an older person. Remember that packs should not be more than 1/10th of the child's weight.

Children and adults need things to keep them busy and distracted, here are some modeling compounds that can be made ahead of time to add to your child's pack. You can also keep supplies on hand to use any day. Presented by Lynne of LDSCN

MODELING COMPOUNDS

(Unless otherwise stated, these are inedible.)

Play Dough #1

¾ cup all-purpose flour	½ cup salt
1-½ tsp. powdered alum	1-½ tsp. vegetable oil
½ cup boiling water	food coloring

Mix flour, salt, and alum in a mixing bowl. Add vegetable oil and boiling water. Stir vigorously with a spoon until well blended. Dough should not stick to the sides of the bowl and should be cool enough to handle. Add food coloring and knead into dough until color is well blended and the dough is the desired tint. Makes about 1 cup.

Double the recipe for large projects. For groups, mix several double recipes rather than one large amount.

This makes an excellent play dough. It has a smooth texture, takes about 15 minutes to make, and dries to a hard finish overnight. You can make lovely dough flowers as well as animals and other figures with it. Store in a jar with a tight lid. Dough will keep several months without refrigeration.

Play Dough #2

2 cups flour	1 cup salt
2 tbs. alum	1 cup water
2 tbs. oil	liquid food coloring

Pour dry ingredients into large pan. Stir together to mix. Stir oil and food coloring into the water. Pour liquid into the dry ingredients while mixing, squeezing and kneading the dough. If too sticky, add more flour. Keeps best in the fridge.

Play Dough #3

2-½ cups flour	1 tbs. alum
½ cup salt	3 tbs. vegetable oil
2 cups boiling water	1 pkg. unsweetened Kool-Aid

Combine flour, alum, salt, add oil, and boiling water. Stir or knead to mix. Add food coloring or before liquids, add a package of unsweetened Kool-Aid for color and scent.

## Basic Principles

Note that the commandment is for home production as well as home storage. Pres. Kimball said, "We encourage you to grow all the food that you feasibly can on your own property." We need to learn to garden and to preserve the harvest. (Volunteer to teach future homemaking classes?)

Store what you eat; eat what you store. If you do this you will avoid some of the biggest mistakes in food storage. You will rotate your items, so it won't sit in your garage for 20 years and rot. You will know how to use it, and won't have to learn how to use it under stress. Your family will be used to the items you store and you will know if you or your family have allergies to the foods. You won't overlook other important foods to store.

"The Seven Major Mistakes in Food Storage" by Vickie Tate

<http://www.foodstorage.net/guides2.htm>

and "Having Your Food Storage and Eating it Too" by the Benson Institute <http://benison.byu.edu>

Don't go into debt to purchase your storage!

1 Nephi 3:7...the Lord will prepare a way for you to keep his commandments if you exercise faith in him.

## Why Be Prepared

Being prepared is more than just food storage!

In case of an emergency are your children prepared? Here are some ideas to help you out.

From Parents® Magazine

When accidents happen, you don't want to rack your brain for phone numbers and other crucial information. Here's how to gauge if you're well prepared:

- Do you have the local poison control number, the emergency access number (if not 911), and your pediatricians number posted by the phone?
- Do you have a first aid kit at home? It should contain Ace bandages, antibiotic cream, Band-Aids, adhesive tape, gauze, tweezers, scissors with rounded tips, acetaminophen, instant-activating ice bags, a first aid manual and ipecac syrup.
- Do you know which medications your child is allergic to?
- Have you been trained in CPR or basic first aid techniques? These classes are offered by the American Red Cross, some hospitals, and fire departments.
- Does your child wear a Medic Alert bracelet/necklace to alert care givers to medical problems such as diabetes, medication allergies, or other medical needs problems?

## Get Physical !

Don't forget working in the yard, mowing the yard with a push mower (it will cut cost of mowing), pulling weeds and beautifying the yard, walking the dog, or taking the kids to the park for the day, to help keep you in shape this season. Start swimming, ride your bike, join a group of friends that would like to walk with you. It only takes 20 minutes a day to get in shape.

## Where to get supplies:

Costco/Sam's  
Storehouse/Cannery  
Camping Supply Stores  
Emergency Supply Houses  
Internet Suppliers of your choice

URM/Cash & Carry  
Bulk Food Sellers  
Nurseries/Seed Suppliers  
Food Co-Ops  
Local Farmers/Farmers Markets



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