



THE PREPARED FAMILY



"Prepare Every Needful Thing"

May 1999

Scripture or Quote of the month:

"But if any provide not for his own and specially for his own house, he hath denied the faith." The Apostle Paul

"Personal and family preparedness should be a way of provident living, ...not grounds for crisis or panic."
"Brethren, learn....You have learned a good deal, it is true; but learn more; learn to sustain yourselves; lay up grain and flour, and save it against a day of scarcity. Sisters, do not ask your husbands to sell the last bushel of grain you have to buy something for you out of the stores, but aid your husbands in storing it up against a day of want, and always have a year's or two provisions on hand"--- Discourses of Brigham Young. 293

AND THAT'S GOOD ADVICE FOR TODAY TOO!

Dry Pack

Rice, dried potato products, such as shredded, flakes, sliced potatoes.

Grocery Items

5 lbs. yeast, spices and flavoring that you enjoy using .

Non-Food

First aid supplies and 12 cloth diapers

72 Hour Kit

Toilet paper, paper towels, paper plates and cups, foil, cooking bags, freezer weight zip style plastic bags, plastic utensils.

Review emergency map and escape plans.

Stock up by the week

- First Aid: Gauze patches, swabs, cotton balls, tape, band-aids, antibiotic creme, antihistamine creme, etc.
- Pasta – select a variety. Counts for grains
- 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?
- Dry or canned soup
- Detergent, Bleach, Cleanser. Use Coupons
- Medicine Chest. Feminine Products, Pepto Bismol, mentholatum, Cough Drops etc.

Gardens/Gardening Tips

from Jan Blum, Independence Gardening

<http://www.seedsblum.com>

Reported by Diana Ornstead

Avoid Basic Gardening Mistakes

1. Choose the right plants. Get things that you and your family enjoy. Choose the most nutritious foods, for instance, you might try

amaranth (tastes like peas, but lima bean-sized). Keep it simple; don't try too many varieties as you get started.

2. Plant at the right time. Find out the frost date for you area and learn when to start plants. Some want to start in cool weather and some need eat. She told a story about missing the planting date by two weeks and the late plants never caught up to the ones she transplanted at the right time. Same plant, same seed start date, same watering, same gardener, but some of them had the wrong plant time and didn't get the cool weather time to send down their roots..
3. Improve your soil. Add leaves – you can't add too many leaves. Have a compost pile and use it. Use cover crops and green manure like fava beans, red clover, or white clover. Also use manure.
4. Space the plants properly. Thin, if necessary.
5. Harvest at the right time.

Garden Principles

1. Observe carefully. Notice yellow leaves or whatever else is going on.
2. Have adequate information. Get a few well-chosen books.
3. Make a healthy eco-system. Plant at the right time. Let the bugs work for you. A healthy soil makes healthy plants. Pay the price to find out how to correct mistakes naturally instead of spraying chemicals to cover problems.
4. Double-dug beds are more efficient and effective. They use less water, less weeding, less land and give a higher yield.

How Pollen Moves Around

1. Air, using wind or gravity. Examples are corn and spinach.
2. Insects. Examples are squash, cucumbers, melons, and the cabbage clan.
3. Self-pollination. Examples are beans and tomatoes.

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Plants produce pollen in three different ways. There are types where one entire plant produces male pollen and another entire plant is female; examples are asparagus and spinach. There are types where one plant produces both male flowers and female flowers; examples are squash, cucumbers, and melons. There are plants which produce a complete flower which has both male and female parts; the tomato is an example.

Recipes:

Ever wonder what Kool-Aid could do? Here are a few ideas to choose from.

Kool-Aid Pie

by Susan in NY (state not city)

13 oz can Evaporated Milk **b** Cup Sugar
1 Pkg Kool-Aid **Graham Cracker Crust**

Chill the evaporated milk in freezer 'til very cold. Beat milk on medium 'til double in volume. Keep beating and gradually add sugar and Kool-Aid until thick. Turn into a 9-inch graham cracker crust. Freeze for several hours. Remove from freezer 10 minutes before serving. I make this with Flavor-Aid or Kool-Aid, which works the same. It's a creamy pie that is quite delicious.

Add to a basic pop corn ball

1 cup corn syrup 1 cup sugar
½ to 1 pack Kool aid
Cook to hard ball.

Rice Salad or Dessert

cool cooked rice (may wash if you wish)

Cool Whip Topping

fruit cocktail, undrained

1 or more packs Kool Aid (optional)

coconut (optional)

powder sugar (to taste)

vanilla

Adjust everything to suit your needs and taste.

Sauce to pour over Plain cake or fruit

1 pack Kool Aid ½ to 1 cup sugar
4 cups water 2 to 3T of corn starch.

Adjust the sugar to taste and the corn starch for the thickness you like. It should be thick enough to stand on the cake.

- 1 pack with 1½ cup sugar mixed very well; add to milk. You will need to adjust for taste/ some like this, others don't.
- Add a pack to your jams and jellies for a different taste.
- Make jelly with it. Follow the beet water jelly recipe only use plain water. No food value but then most jelly has very little food value.
- Make your own jello by adding plain gelatin to Kool Aid
- make a breakfast drink
1 pack orange Kool Aid ½ cup sugar
1 or 2 teaspoon powdered Vitamin C (ascorbic acid) or sub. Citric acid
Mix well. You may need to adjust the sugar and Vitamin C for your taste.
- Add to Taffy for different flavor.

- Add to pancakes for something different.
- Add to whipped topping for a flavor top. Warming a little goes a long way. Strawberry whipped cream on strawberries; berry on blueberries.
- Make a flavor syrup by add a pack of Kool Aid to 2 cup sugar and 1 cup water
- For a joke add to mashed potatoes.
- Add a package to a cake mix.
(orange goes good with chocolate cake)
- add it to the frosting to add flavor and color

Ezekial Bread

By Decia (in the wilds of South Jersey)

(4 Loaves)

Grind these into flour:

½ C. mixed beans (3 different types, I used pinto, kidney, and white)

8 C. hard white wheat ½ C. Camut (barley)

½ C. Spelt ¼ C. green lentils

¼ C. millet

Mix in a large bowl:

5½ C. hot (110-115F) water **b** C. honey 3 Tbsp. yeast
add,

b C. oil 1Tbsp. salt 1 tsp. ascorbic acid **a** C. gluten

Add yeast to this mixture then knead in 9-10 cups flour. Knead 10 minutes. Let rise 'til doubled, punch down; shape into four loaves; place in pans; let rise 'til doubled and then bake at 350 degrees for 30-35 minutes.

My kids ate this up! The recipe says only use 9-10 cups of flour, but I ended up kneading in the entire amount that was ground to make a good dough. Any of the "strange" ingredients may be found at a health food store (spelt, millet and gluten). I didn't have any "ascorbic acid" in a jar so I just crushed a few vitamin C tablets until I reached 1 tsp."

Fleischmann's Yeast Co. – For great bread recipes

<http://www.breadworld.com/canada/recipes/recipes.html>

Great Pies

<http://www.teleport.com/~psyched/pie/recipes.html>

Epicurious Foods


http://food.epicurious.com/e_eating/e02_recipes/recipes.html

Kitchen safety tips

- Put a damp towel under your cutting board to keep it from slipping when preparing food.
- If you touch something hot, hold your hand under cold water for a couple of minutes.
- Keep your floor clear of obstacles and sweep after each meal to prevent slips or falls.

Emergency and Family Preparedness

TIPS, IDEAS:

 Make a list of what you have stored in emergency supplies, you may find that you don't have much of some items that will assist the family if preparing for medical emergencies. Have you learned CPR or basic first aid? These are a must if medical systems are overwhelmed or are not available for a while.

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Your local American Red Cross chapter, hospital or fire department may offer these classes for a small fee.

Do you know how to extinguish a grease fire? Knowing that baking soda or a tight fitting lid could save your home and family is important. Never use flour on a fire; it burns and can explode, or water on a grease fire; it can spread the flames. These tips can be use inside the home or outside the home.

Practice cooking with your dutch oven this spring and summer, learn how to take care of it. You may find that your family needs to have more then one dutch oven because the family has grown or you may need a griddle to cook over. Never under estimate what you may need. Better to find out before you are forced to use what you have.

FYI

Henry Kissinger, "If you want to control nations, control oil. If you want to control people, control food."

Equal can be stored indefinitely if stored in a cool location.

<http://www.equal.com/>

From Creative Chocolates

http://www.creativechocolates.com/helpful_hints.html

Tips for Keeping Your Chocolate at Its Best!

Our delicious chocolates are delicate and require proper care to keep their exceptional taste and appearance.

Keep the chocolate in a cool, dry place. The ideal storage location is around 65 degrees Fahrenheit and 50% humidity. A range of approximately 10% in either direction will not have any adverse effect. The normal air conditioned room provides adequate protection.

The chocolates may be frozen for up to six months. If frozen, the chocolates should be wrapped in double air-tight sealed plastic freezer bags (or equivalent materials). The chocolates should remain in the bags when being thawed until they return to room temperature. This will keep moisture from condensing on the chocolate.

Do not store near heat or in direct sunlight. The light will fade the color and the elevated temperature will cause tackiness and melting.

Chocolate readily absorbs other flavors and odors. Do not store near chemicals, cleaning solvents, perfumes, air freshener, etc.

Chocolate and moisture do not mix. High humidity or moisture may cause a white haze or spots on the surface of the chocolate. (This is known as "moisture bloom".) The chocolate will not look as appetizing, but it will generally be just as tasty.

In general, solid chocolate which is not mixed with other products will have a shelf life of at least six to twelve months or longer, depending on the environmental storage conditions. hen mixed with other products (nuts, cream, etc.) the shelf life will be reduced.

WELFARE SERVICES

Dry Pack Labels

"BEST IF USED BY" RECOMMENDATION

PRODUCT	YEARS
Sugar	20 + years
Wheat	20 + years
Carrots	10 years
Fruit Drink Mix	10 years

Beans, Dry Pinto	8 years
Beans, Dry Pink	8 years
Beans, Dry White	8 years
Apple Slices	8 years
Spaghetti	8 years
Macaroni	8 years
Chopped Dry Onions	8 years
Hot Cocoa	5 years
Rolled Oats	5 years
Vanilla Pudding	5 years
Chocolate Pudding	5 years
White Flour	5 years
Soup Mix	5 years
Rice	4 year
Non Fat Dry Milk	3 years
Instant Potatoes	3 years

Storage Suggestions:

Store dry-pack items in a cool, dry location (70 degrees or cooler) away from sunlight. Store on shelves or on raised platforms rather than directly in contact with concrete floors or walls.

Rotation can be accomplished by personal use or by sharing with others.

Add bleach to clean untreated water:

2 drops per quart
2 drops per liter
4 drops per 2 liters
6 drops per 3 liters
8 drops per gallon
½ tsp. per 5 gallons
2 Tbsp. per 55 gallons

Why Be Prepared ?

Being prepared is more then just food storage!

"We teach and reteach to our Church membership the fundamental principles of work, thrift, dignity, and self-reliance so that the individual can eradicate from his life all tendencies toward idleness, unnecessary debt, and waste. In 1936, during the midst of the depression, the Church established its well-known welfare plan. Its primary purpose was and is "to set up, in so far as it might be possible, a system under which the curse of idleness would be done away with, the evils of a dole abolished, and independence, industry, thrift and self respect be once more established amongst our people. The aim of the Church is to help the people to help themselves. Work is to be re-enthroned as the ruling principle of the lives of our Church membership."

(Heber J. Grant, *Conference Report*, October 1936, p. 3.)

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Doctrine & Covenants 42:

42 Thou shalt not be idle; for he that is idle shall not eat the bread nor wear the garments of the laborer.

43 And whosoever among you are sick, and have not faith to be healed, but believe, shall be nourished with all tenderness, with herbs and mild food, and that not by the hand of an enemy.

A Survival Kit for Every Day

From: Ann Parker aparker@umfa.utah.edu

Items Needed:

Toothpick	Rubber Band
Band aid	Pencil
Eraser	Chewing Gum
Mint	Candy Kiss
Tea Bag	Scriptures

- 1) *Toothpick* – to remind you to pick out the good qualities in others – Matt. 7:1
- 2) *Rubber Band* – to remind you to be flexible, things might not always go the way you want, but it will work out – Romans 8:28
- 3) *Band Aid* – to remind you to heal hurt feelings, yours or someone else's – Col. 3:12-14
- 4) *Pencil* – to remind you to list your blessings everyday – Eph 1:3
- 5) *Eraser* – to remind you that everyone makes mistakes, and it's ok – Gen. 50:15-21
- 6) *Chewing Gum* -- to remind you to stick with it and you can accomplish anything with Jesus – Phil 4:13
- 7) *Mint* – to remind you that you are worth a mint to your Heavenly Father – John 3:16-17
- 8) *Candy Kiss* – to remind you that everyone needs a kiss or a hug everyday – 1 John 4:7
- 9) *Tea Bag* – to remind you to relax daily and go over that list of God's blessings – 1 Thess 5:18

All I Really Need To Know I Learned From Noah's Ark

1. Plan ahead. It wasn't raining when Noah built the ark.
2. Stay fit. When you're 600 years old, someone might ask you to do something REALLY big.
3. Don't listen to critics -- do what has to be done.
4. Build on high ground.
5. For safety's sake, travel in pairs.
6. Two heads are better than one.
7. Speed isn't always an advantage. The cheetahs were on board, but so were the snails.
8. If you can't fight or flee -- float!
9. Don't forget that we're all in the same boat.
10. Remember that the ark was built by amateurs and the Titanic was built by professionals.
11. Remember that the woodpeckers INSIDE are often a bigger threat than the storm outside.
12. Don't miss the boat.

13. No matter how bleak it looks, if God is with you, there's always a rainbow on the other side.

Ever wonder what you will do with your paper trash?

Build an incinerator in your backyard. Simply constructed 4 sides made of cinderblock with an opening on one side for loading and to allow air in, flu pipe for smoke and a heavy metal sheet for the top that can double as a stove. Cinderblocks are those large grey cement looking blocks about 9×9×15, with 2 holes through the center. You might want to stock up on paper grocery bags for trash as plastics don't burn, but instead melt down to a condensed size. If you're going to incinerate your trash, you'll need to separate the glass, cans, plastics, etc. before burning the trash. Disposing of it all can be a problem – give it some serious thought for your personal situation (apartment, city neighborhood, etc.)

Before Building – Check local building codes!

Get Physical !

It's getting to be that time of year again, and if you are able you should be getting the bikes ready for the kids (if they haven't already got you to do it!) and yourselves. Take a bike ride or nature ride if your neighborhood has a park available. Ride the trails if your bikes allow (mountain bikes) or just ride some of the back roads with your family. It's great exercise and a fun family activity.

Or take out those hiking shoes and day packs, and hike the local trails and learn about the natural habitats in your area. Take the kids on a nature hike and learn about wildflowers, birds and other animals. You can also find out about any wildlife areas in your community and go there for a great day trip.

Where to get supplies:

Costco/Sam's	URM/Cash & Carry
Storehouse/Cannery	Bulk Food Sellers
Camping Supply Stores	Nurseries/Seed Suppliers
Emergency Supply Houses	Food Co-Ops
Internet Suppliers of your choice	Local Farmers

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