



# THE PREPARED FAMILY



"Prepare Every Needful Thing"

April 1999

## Scripture or Quote of the Month:

President Spencer W. Kimball

To obey! To hearken! What a difficult requirement! Often we hear: "nobody can tell me what clothes to wear, what I shall eat or drink. No one can outline my Sabbaths, appropriate my earnings, nor in any way limit my personal freedoms! I do as I please! I give no blind obedience! Blind obedience! How little they understand! The Lord said through Joseph Smith: "Whatever God requires is right, no matter what it is, although we may not see the reason thereof until long after the events transpire."

(*Scrapbook of Mormon Literature*, Vol. 2, p. 173) . . .

## Dry Pack

Pastas (corn, rice or wheat varieties) macaroni, spaghetti, lasagna noodles

## Grocery Items

Additional whole grains:

Gluten-free Grains: buckwheat, teff, millet, corn, quinoa (keen wa), rice

Grains: Oat groats, barley, rye, triticale, spelt

## Non-Food

Copies of personal documents, home inventory, insurance (auto, home, health, life)

## 72 Hour Kit

Flashlight and extra batteries/bulbs or hand crank flashlight, paper and pencils, pencil sharpener, 10 one dollar bills, light sticks.

## Mini First Aid Kit

Place the following in a plastic 35mm film canister in this order. (You can obtain canisters free from 1-hour film processors, or save your own.)

These are great! Just place one in each 72 hour kit for school or work.

They also travel well so don't forget your cars, boats, travel trailers etc...

(Check with local school codes about meds.)

35 cents (for emergency telephone call)

Stick of Gum

2 Band-Aids

2 sterile gauze patches

1 alcohol wipe (roll up with Gauze Patches around matches)

2 matches (Heads DOWN)

2 safety pins

1 needle, threaded with polyester--or poly-blend white thread.

(Stick in Soap chip)

1 soap chip in foil. Small bars from motels/hotels are fine!

2 Tylenol tablets in foil

sandpaper - fine. Cut in circle and glue inside lid for matches

12" adhesive tape Wrap around outside of film canister.

Make a label with the contents of this canister and also place a warning regarding small and sharp objects, plus any medication.

## Stock up by the Week

- Juices: Avoid watered products. Get 100% lemon, orange, pineapple etc.
- Toothpaste (you can always brush with baking soda), floss, razors, shaving cream, other toiletries, toothbrushes (5 per person per year)
- Mixes: cakes, pancakes, muffins, etc. Purchase or make your own Bisquick™. Bisquick™ stores best in the freezer, otherwise it gets bugs. Purchase or make your own. Counts for grains
- Spices & herbs: pepper, cinnamon, bay leaves oregano. (ones you use most)
- White rice (10 lbs), in bulk if possible.

## Gardens/Gardening Tips

Plant cold weather crops such as beans, peas, before the last frost, for early crop lettuce, spinach, carrots after the last frost. All of these can be planted in pots for small spaces.

Seed Tape from [www.rebeccasgarden.com](http://www.rebeccasgarden.com)

How to make your own seed tape for literally pennies: Start off with paper towels. Make sure it's the thick variety. Then pull out your flour because you're going to make a little paste. Mix the flour with some water to a paste that's a little thicker than pancake dough. I like to add some food coloring so I can see it on the paper towels. Now read the instructions on the back of your seed packet. Spread the paste out exactly how you're going to plant the seeds in the garden. Put the dots on with the paste, and then place the seeds right in the paste. Let this dry once that's all done. When it's completely dry, roll it up and store it in an airtight container or a zip-lock bag. Keep it in a cool, dry location. And don't forget to mark it so you know what you've got in the container. And then when spring arrives, just take the paper, roll it out, put soil on top, start watering, and you're done.

## Recipes

### POTATO SHELL TACO PIE

by Lynne

¼ cup butter  
1 pkg. taco seasoning (1-½ oz.)  
2 cup instant mashed potatoes (potato pearls)  
½ cup chopped onions OR 2 tbs. dehydrated onion  
1 can refried beans (16 oz.)  
½ cup barbeque sauce (optional)  
1 cup shredded cheese  
2 medium tomatoes, chopped  
small can of sliced olives (optional)

½ cup milk  
1 lb. ground beef  
¼ cup water  
1 cup shredded lettuce

In a saucepan, melt butter. Stir in milk and 2 tbs. taco seasoning. Remove from heat and stir in instant potatoes. Press mixture into bottom and sides of a pie plate. In a skillet cook ground beef and onions until meat is brown and onions are tender. Drain grease. Stir in refried beans, water, barbeque sauce (if desired), and remaining taco seasoning. Cook and stir until mixture is bubbly. Pour into prepared crust. Bake at 350 for 30-35 minutes. Top with cheese, tomatoes, lettuce and olives. (Or double recipe & prepare in 9"×13" pan.)

### MARVELOUS CARROT MUFFINS

by Lynne

1 cup dehydrated carrots (or 1 large fresh carrot, grated)  
2 eggs  
½ cup vegetable oil  
2 tsp. soda  
½ tsp. salt

2 cups light brown sugar  
2 cups buttermilk  
3 cups whole wheat flour  
1 tsp. cinnamon

Preheat oven to 350 degrees. Cover carrots with hot water and let soak for about 15 minutes. While soaking, mix remaining ingredients well in a bowl. Drain carrots and pat dry with paper towels. Add carrots and 1 cups raisins (optional) to the muffin mixture. Stir well; batter will be very thin. Because the carrots and raisins will sink to the bottom of the bowl, continue to stir the batter while pouring it into the muffin tins (either large or small). Bake large muffins for 10 minutes, small for 8 minutes.

### HASH BROWN POTATO CASSEROLE

by Lynne

8 ounces sour cream  
10 ounces grated cheddar cheese (about 2-¼ cups)  
2 cans cream of potato soup  
4 cups dry hash browns, rehydrated (2 lb. bag frozen hash browns)  
½ cup milk  
salt and pepper to taste

1 tbs. dried onion flakes, or to taste  
grated Parmesan cheese

Combine all ingredients except Parmesan cheese. Spread into casserole and sprinkle with Parmesan cheese. Bake 1 hour at 325 degrees

### Instead of Hot Cocoa

by Joyce K

Instead of making a cup of hot chocolate (loaded with sugar, dairy and caffeine), try making a cup of hot carob. (No added sugar, dairy OR caffeine!)

2 T roasted carob  
1 cup hot (but not boiling) vanilla soy milk

1 - 2 T honey

We also like to use the soy milk with the highest amount of fat (I think that's 2%).

### Kitchen safety is not just for kids

- Wipe up spills immediately to prevent slips and falls.
- Turn handles of pots and skillets to the center of the stovetop to prevent burns.
- Electricity and water never mix, so be sure to have dry hands before unplugging electrical appliances.
- Keep hands dry while cooking, you will need a good grip.
- An never put a knife or other utensils into a plugged in toaster. You will get the shock of your life.

## Emergency and Family Preparedness

### *TIPS, IDEAS:*

#### Fireplace Glass Cleaning



The best cleaning product for fireplace glass is as close as the fireplace itself. Ashes make a terrific polish. Just dampen a newspaper, dip it in ashes from the fireplace and rub the glass. Soot comes off easily, and the shine really seems to last. And it's free! I really like that in a cleaning solution!

Don't take a person's temperature right after they have been very active, had a bath, a full meal, a hot/cold drink or after they smoked; you will get a false reading.

### Tornado Warning – What should you do?

Tornados usually develop out of severe thunderstorms. They have very high winds and extremely low air pressure. They are very powerful and sound like a freight train coming down on top of you.

You can prepare for one in advance if you plan ahead. Stock up on supplies such as water, blankets, food that is easy to prepared, light (flashlights, or chemical light sticks). Avoid open flame until you know that gas lines are not broken or have been turned off (fire safety). You maybe without power for several days. Plan on sanitation needs and first aid supplies and training so that you can assist if needed. You will need a crow bar to pry boards, or move junk. Also a good hand cranked radio would be great to tell you when to come out of your shelter. Have these items along with some extra clothing in your basement or root cellar at all times. If you are at home teach your family how to turn off the gas, electricity main shut-off switch, and water main to the house.

In your community know where your Red Cross shelters are and the routes to get to them. Practice driving to them many times so that you won't get lost during the storm. If you stay at home practice getting to the shelter and train your children what, where, and when to go to the shelter. Listen to warning sirens and know what they sound like. Keep your supplies in your shelter and rotate them so you know they are ready to be used.

Learn to recognize what approaching tornados look like. If you are outside and cannot find shelter do the following: get

away from power lines and poles, buildings, trees, and any objects that can become airborne and injure you. Keep low to the ground and cover your head with your arms. Find a ditch to lay in and stay low. You will hear the tornado and may feel a pulling but stay down.

#### FYI

- Legumes such as beans, peanuts, split peas, etc. and rice make a complete protein when combined.
- Mushrooms are a good source of protein. (Even dried)
- Chocolate is one of the most powerful stimulants of immunoglobulin A, an antibody that boosts the immune system. It just may help you fight the common cold. Source: Lindt Fine Chocolates
- Taking vitamin C (400-700mg) daily for more than ten years can assist the body fight cataracts. Julie A. Mares-Perlman, Ph.D., assist. Professor of ophthalmology at the U of Wisconsin-Madison Medical School.

#### Provident living ideas

Have you ever thought of using baking soda to clean with? Here are some ideas from the Arm and Hammer people.

- Rub baking soda on a grease spot on polyester fabric. Brush off, and the stain should be gone.
- Soak knit ski hats in baking soda and water to cut the sweaty odor before washing them.
- Baking soda provides a handy base for artificial flowers in an attractive container of your choosing that can be placed anywhere. Set alongside a litter box, and you have a decorative as well as deodorizing solution.
- Clean aluminum window and door screens by dipping a wet brush in baking soda and scrubbing. Rinse clean with a sponge or hose.

Keep a bottle of this homemade bathroom cleanser conveniently located in a spray bottle, ready to work for you. Combine the following:

3 T. baking soda                      ¼ C. ammonia

2 C. warm water

or

16-oz box baking soda

4 T. dishwashing liquid

1 cup warm water

Pour baking soda into a medium-size bowl. Add water and mix until dissolved, and pour into a squeeze bottle. Shake well before each use.

#### Inexpensive Window Cleaner

In a measuring cup (preferably with a pouring spout), measure ¾ cup water, 3 tablespoons clear (NOT sudsy) household ammonia, 1 tablespoon vinegar, and if you like, a drop or two of food coloring. Make as much or as little as you like, and simply pour it into a spray bottle, which are readily available anyplace that sells housewares. Make sure you mark it as a poison, and use it as you would store-bought window cleaner.

#### Homemade Anti-Bacterial Spray

1 gallon tap water

2 tbsp. regular household bleach

Mix water and bleach in a clean, milk jug and label clearly as to contents. Pour as needed into a spray bottle, and use to sanitize counter tops, tables, cutting boards, bathroom surfaces, etc., as needed. This will keep without losing effectiveness for two weeks. This formula has been recommended by the Health Department for use in kitchens and bathrooms

Do you have a favorite dress whose style is outdated and love the fabric? Cut off the top and turn it into a blouse and skirt and wear as separates. Or, turn a full slip that is worn out into a nice half slip. Just add a length of elastic and add a hem to the top and have a nice camisole.

For a quick shine on your shoes rub a dab of some hand cream and buff.

Panty hose will last a bit longer if you lightly starch them; they will also go on a bit easier.

#### 8 Steps To Becoming Self-Reliant

By: The Preparedness Store

supplied by A DaWayne Burke

STEP 1: Is to not just understand the need to acquire a storage program and to become SELF-RELIANT, but to become COMMITTED to doing it and set a time frame to work it.

STEP 2: LEARN what it takes and what you need to become SELF-RELIANT. Learn the basics of home storage, First Aid and family preparedness, so that you and you family can live for a year or two with a minimum of outside dependency on others. Doing this will save you money, time and effort as you set up a plan of action.

STEP 3: Put together a 72 HOUR KIT for you home, car, office and/or school. This is a kit that will provide you with food, water, light, heat and other important items that will help you and your during and after an emergency.

STEP 4: WATER-WATER-WATER. Store 1 gallon of water a day per person for drinking. A two week minimum Supply is recommended. Learn to purify and filter water and how to use a solar still.

STEP 5: Putting your FOOD STORAGE together.

A) We recommend a three to six month supply of the foods you are already eating.

B.) A two month supply of ready to eat foods. (No water, no cooking type - grab & go.)

C.) A one year supply of long term storage foods - bulk grains, dehydrated or freeze dried foods.

STEP 6: Get your supply of NON-FOOD ITEMS.

Remember the need to take care of cooking, heating, light, shelter, First Aid, tools, communication, sanitation, camping equipment, fuel, clothing, garden supplies, etc.

STEP 7: Put together a LIBRARY of helpful books is very important, ranging from general repairs to survival manuals, gardening, First Aid, food storage books, cookbooks and anything that might be helpful under any circumstance and situation you might find yourself in.

STEP 8: After you have completed the first 7 steps, you can get the EXTRA ITEMS you have become accustomed to in life, which are not essential to survival, but would be nice to have. (REMEMBER: They won't be nice to have if you don't have the essentials!) Not only do you want to set about

acquiring and storing these items but set up a way to use and replenish what you have.

**REMEMBER: YOUR SPIRITUAL PREPARATION MIGHT BE THE GREATEST ASSET YOU ACQUIRE!**

### HOW TO CAN BUTTER:

by Trevor Holyoak

1. Use only highest quality butter (Land O Lakes or equivalent).
2. Heat jelly jars in 250 degree oven for 20 minutes, without rings or seals.
3. While jars heat, melt butter slowly until it comes to a boil. Reduce heat, cover and simmer for 5 minutes.
4. Pour melted butter carefully into heated jars, being careful not to get any butter on rim of jar.
5. Add lid and ring and close securely. They will seal as they cool. Shake jars a few times during cooling to prevent separation, although this step is optional.
6. Put into refrigerator or other cool place until butter hardens. After hardening, butter will store for 3 years.

Is this cool, or what??

### Why Be Prepared?

Why should we be prepared. How many of you have been through tornados, high winds, thunderstorms, cut phone lines, floods, earthquakes, wild fires, downed power lines, major illnesses or accident, widowed or divorced or find yourself unemployed or underemployed or are worried about the Y2k computer glitch? Ever wonder how you can get through such trials? All of these or some of these can cause us anxiety and concern for family.

The Lord told us how we will get through these very trials that we all must face. He told Prophet Joseph Smith on 2 January 1831, how his people should be ready.

Doctrine & Covenants 38:30

I tell you these things because of your prayers; wherefore, treasure up wisdom in your bosoms, lest the wickedness of men reveal these things unto you by their wickedness, in a manner which shall speak in your ears with a voice louder than that which shall shake the earth; but if ye are prepared ye shall not fear.

You must, therefore, be a "good soldier of Jesus Christ" and be prepared to endure "hardness," or opposition (2 Timothy 2:3). Please understand that few, if any, of those called to Church service have escaped exposure to the worldly opposition to the work of the Lord. Sometimes the opposition is light and easily brushed aside like a bothersome fly. At other times, however, the opposition is strong, planned, and very devious. And, if you are not properly prepared to make your stand against distracting influences, the devil and his henchmen can discourage you and limit your effectiveness (see Ephesians 6:11). (In The Lord's Service, p. 152)

We have been told to be prepared for a very long time. Some may want to believe that Y2k is going to be the end of things as we know it, but what about losing ones job? A serious illness that keeps you from working? A fire that takes your home? Power outages that keep us in the dark for a few days? Are you ready for these to happen? They can be even more devastating then a computer glitch. If you haven't prepared for them properly you could be caught off guard. Heavenly Father has taught us how to have a safety net. Are we following the Prophets warnings and being prepared so we need not be afraid?

### Lack of Storage? Try these ideas...

From Mary:

Put stored food under your kitchen table.

From Jean in GA:

Harold B. Lee said "If you could see what I see you would put your food storage in the middle of the room and walk around it"-- or something to that effect.

Keep getting rid of "things" and making room for food storage.

From Sara Rands in CA:

If you don't get around to covering the boxes up, they make a good conversation starter encouraging others about preparing!

### Being prepared is more then just food storage!

*Parental inspiration.* Speaking of the need for inspiration and the adaptation of Church-prepared materials to meet the unique needs of families, President Kimball counseled: "The Home Evening Manual is replete with good suggestions, but it should never replace inspired parental development with regard to what should be done in a particular evening to meet particular needs. If we will feed our families from the *gospel garden at home*, then what they get from Church meetings can be a rich supplement, but not their only diet" (*Ensign*, May 1978, p. 5; italics added).

Have you learned a new hymn this week or read your scriptures? We should become better spiritually prepared as we prepared for our physical needs.

Have you learned a new skill that will help your family in times of crisis? E.g., gardening, herb craft (knowing which are edible). Have you learned how to cook with a dutch oven or buddy burner? It would be better to practice these types of cooking before you "have"to.

"Perhaps if we are just doing this for Y2K, it would be okay. But, preparedness needs to be a way of life and not something we gear up for to meet an impending "whatever"." Nola

### Get Physical !

Get up and exercise a few times a week to start with. Go with a friend, take a walk, walk the dog, ride your bike with the kids, play volleyball, basketball, or softball do something with you spouse – anything that will get you moving. Exercise is the best stress reliever around.

### Where to get supplies:

Costco/Sam's Club

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



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