



THE PREPARED FAMILY



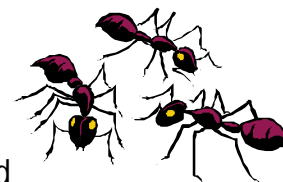
"Prepare Every Needful Thing"

January 1999

Scripture or Quote of the Month:

Proverbs 6:6-8; 30:25.

"Go to the ant, thou sluggard, consider her ways and be wise: which having no guide, overseer, or ruler provideth her meat in the summer, and gathereth her food in the harvest..." "The ants are a people not strong, yet they prepared their meat in the summer."



Dry Pack

Wheat, Rolled Oats, Flour

The following is a list of some of the items that can be "canned" at home using dry ice, along with the number of five gallon cans needed per hundred pounds of food.

<u>Item</u>	<u>No of 5 gal cans per 100 pounds of item</u>
Rolled oats	4
Wheat, rice, whole grains	3
Lentils	3
Beans, peas	3
Soup mix	3
Dried corn	3
Macaroni-elbow or small salad	3
Spaghetti or large macaroni	4
Noodles	4
Flour	4
Sugar	4

Remember when storing food items that you need to have a variety of foods to balance your diet. Man cannot live by bread alone. Store enough variety to keep you healthy. Watch for special needs such as diabetes, allergies, and other health related problems; some of which can arise as we get older.

Grocery Items

Cooking oils, shortening, Peanut Butter

Wet Pack

January 16th we will be processing Turkey Chunks \$31.68 per case. 24 cans each. Scheduled dates: March 20th, April 24th, September 25th. Plan ahead, watch for upcoming fliers.

Non-Food

Personal hygiene supplies

Recipes:

Wheat Waffles

2 C. flour (1 white/1 wheat)	½ tsp. Salt
4 tsp. Baking powder	2 T. honey/sugar

1 ¾ C. Milk (b C. nonfat dry milk & 1 ¾ C. water)

4 T. salad oil 2 eggs

Mix dry ingredients together, including nonfat dry milk. Stir in remaining ingredients. For lighter waffles, separate eggs, Beat egg whites and carefully fold in. Makes 8 waffles.

Popped Wheat Treats

Boil whole wheat until kernels are plump, tender and begin to split. Drain wheat and rinse. Remove excess water by rolling wheat on a cloth or paper towel.

In a heavy kettle, heat vegetable oil to 360°. Put small amount of wheat (~1 ½ C.) In a wire basket or strainer and deep fry in hot oil for 1½ minutes or until popping ceases. Drain on absorbent paper.

Variations:

Season with salt, seasoned salt, garlic, barbecue salt, onion salt, celery salt, cinnamon and sugar, or any other combination. These morsels are great on salads, in trail mix, or toppings on desserts or just by themselves.

Monster Cookies

6 Eggs	2 cubes Margarine
2 ¼ c. Sugar	2c. Peanut butter
1 t. Vanilla	9c. Oatmeal
1 t. Karo syrup	12 oz. M&M's
4 t. Soda	12 oz. Chocolate Chips

Mix together. Scoop onto cookie sheet. Bake 12 minutes at 350°. Makes a lot.

Rusk (old fashioned cereal)

by: a friend of Sarah Rand

Use leftover cornbread, or stale white or whole wheat bread. Take leftover corn bread (or bake an extra pan for the purpose -- this is what I do) and crumble into ¼ to ½ inch pieces. Spread on cookie sheet and leave out overnight to dry. Place on oven and toast slightly. Or place pan on top of your wood heater (I'm just copying the recipe, I have no idea what this is...) to dry and toast, stirring occasionally. Serve with milk and sugar as you would serve any other cold cereal. You can do stale bread the same way or butter the slices and dry and toast lightly in a slow oven. Then put through the grinder. Serve with milk and sugar or honey. OR break buttered toast into large pieces. Put in cereal bowl. Next sprinkle with cinnamon and sugar and pour on hot milk for hot milk toast.

Inexpensive Baby Wipes

You need: 1 roll of Bounty paper towel, (Cut in half and remove center. A serrated kitchen knife or a hacksaw works well), A container that will hold the paper towel half roll and fit all the way to the bottom. (I just bought a 3 quart cylinder from Rubbermaid™ that fits the cut jumbo roll of Bounty perfectly). Mix 1 cup of warm water with 1 T. each baby oil and baby bath. Pour over the paper towels and after it has soaked in add one more cup of warm water. For the jumbo roll increase the ingredients by ½, i.e., 3 cups of warm water and 1½ T. of baby bath and baby oil to each half roll.) We have saved lots of money on these and I really like them. They are also great for in the car cleanups. Plus I think that it would be easy to store all the necessary ingredients for a long period of time.

Substitutions

Garlic, 1 clove	1 c tsp. Garlic powder or ½ tsp, minced garlic
Onions, ½ c.	2 Tbsp. dehydrated onions
Fresh herbs, 1 Tbsp.	½ tsp. Powdered dried herb or 1 tsp. Crumbled dried herb
Tomato Juice, 1 c.	½ c. tomato sauce + ½ c. water
Tomato Sauce, 2 c.	¾ c. tomato paste + 1 c. water
Lemon Peel, 1t.	½ t. lemon juice
Lemon Juice, 1 t.	¼ t. cider vinegar

Conversions

- 1 pinch = less than 1 c tsp. (dry)
- 1 dash = 3 drops to ½ tsp. (liquid)
- 3 tsps. = 1 Tbsp = ½ ounce (liquid or dry)
- 2 Tbsp = 1 ounce (liquid or dry)
- 16 Tbsp = 8 ounces = 1 C.
- 2 C. = 16 ounces (liquid) = 1 pint
- 4 C. = 32 ounces (liquid) = 2 pints = 1 quart
- 16 C. = 128 ounces (liquid) = 4 quarts = 1 gallon

Emergency and Family Preparedness

TIPS, IDEAS:

Cleaning Bathrooms

- Make a cleaning paste of peroxide and cream of tarter to clean bathtubs that have stains. Scrub vigorously with a small brush. Rinse.
- To remove bathtub decals: soak decals in mineral spirits, then scrape away. Spray down with Fantastik™ spray cleanser and rub with an abrasive sponge.
- Unclog those metal shower heads by boiling in ½ cup vinegar and 1 quart water for 15 minutes. For plastic shower heads, soak in equal amounts of hot vinegar and water.

In the Kitchen

- Soups and stews too salty cut raw potatoes and discard once they have cooked and salt has been absorbed.
- Too sweet: Add salt or if it's a main dish or vegetable, add a teaspoon of cider vinegar.
- Wilted vegetables: If fresh vegetables are wilted or blemished, pick off the brown edges. Sprinkle with cool water, wrap in towel and refrigerate for an hour.
- Soggy lettuce will perk up by adding lemon juice to a bowl of cold water, let soak for about 1 hour.
- Lettuce and celery will crisp up fast if you place it in a pan of cold water and a few raw sliced potatoes.

Where to get supplies:

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

From the book "I Would if I Could, But..." by Jim Brinkerhoff; BF Publishing, Lawrenceville, GA.

Dry Packing

- I would if I could, but I don't like it.
- I would if I could, but I haven't the time.
- I would if I could, but my storage is limited.

Emergency Preparedness

- I would if I could, but I will get ready next week.
- I would if I could, but it's all in my attic.
- I would if I could, but I am tired of preparing--this is the nineties.

Food Storage

- I would if I could, but I have had it over the years, and it is all spoiled now.
- I would if I could, but I have no room to store things as it is now.
- I would if I could, but nothing will happen--this is modern days.

72-hour Preparations

- I would if I could, but I already memorized the Holiday Inn's 800 number.
- I would if I could, but I will just call my home teacher.
- I would if I could, but nothing will happen that I can't handle.

These are some of the things Brother Brinkerhoff was hearing during church and from his LDS friends. Are you saying these same things? I have included only a portion of the list. I could add more that I have heard over the years, and think it is time we re-evaluate our priorities. This year many opportunities will arise to help ourselves and our families become better prepared. Please make the effort to do so. Consequently, when hard times fall upon us we shall not fear.

Stake Women's Conference

January 29-30th at the Stake Center. Friday evening, will be "Make a Beautiful Noise Unto The Lord" 7:00 p.m. Saturday morning we will meet at 9:00 and start our meeting with a keynote speaker. Workshops and lunch will follow. Watch for flyers in Relief Society.

Internet sites of interest

Foodman
<http://www.foodman.com/>
 21st Food Storage
<http://www.storablefoods.com/>



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