



# The Prepared Family



"Prepare Every Needful Thing"

December 1998

## Scripture or Quote of the Month:

Family preparedness is the key to meeting the needs of family members and is the foundation upon which Church preparedness is based. When we speak of implementing family preparedness, we are referring to simple, basic things: a father exposing his son to work so that the boy will see this important part of his father's life; parents involving their children in planning the family budget; a mother teaching her daughter homemaking skills such as sewing and cooking; parents and children discussing together how a stable, well-balanced family behaves even in times of hardship, thus developing an understanding of healthy emotional strength. Bishop Victor L. Brown, Ensign, April, 1976.

## Dry Pack

Any item available or approved

You cannot Dry pack the following items.

Corn Meal, Brown Rice, freshly Cracked wheat or flour, and salt.

All Dry Pack orders must be placed two (2) weeks in advance. Contact your Ward Specialist to sign up.

If you are planning to dry pack your own product, contact your Ward Family Preparedness specialists and let them know how many pounds you are going to do.

When ordering from the Cannery, place orders by the number of pounds you would like to dry pack; i.e. 50 lbs. of wheat, 40 lbs. of hot cocoa. Instead of by package. The cannery is receiving a variety of sizes. 20# / 25# / 50# items.

Once you place an order and the Cannery has it ready for the day you dry pack, please do not add dry food items to your order. e.g. you ordered powdered milk and you decide you want to add oatmeal or wheat to your dry pack order.

## Grocery Items

Salt (should be stored in a plastic container), Peas and Lentils which can be dry packed.

## Wet Pack

January 16<sup>th</sup>, 1999 will start our New Year off. Watch for flyers coming to your Wards.

## Non-Food

Paper Products – such as Napkins, Toilet Paper, Kleenex, and the like.

## Gardens/Gardening tips

Gardens should be mulched.

## Recipes:

### Marilyn Houck's Bean Sauce with Rice

Soak beans over night or boil (using low temps) beans for at least 3 hours or until tender. Any type of beans will do.

ADD:

1 lb. of bacon crumbled and drained slightly. Saute in bacon fat 1 onion, 1 green pepper, garlic chopped fine or crushed, and salt/pepper to taste. Simmer for 30 minutes. Serve over Rice.

### Susan Barney's Granola

1 ½ C. honey	½ C. oil
3 C. sugar	½ C. water
3 T. vanilla	1 ½ t. salt
1 T. molasses	

Heat until dissolved – over stove or in microwave.

In a separate container add 20 C. regular oats, One 12 oz. Pkg. of coconut, 4 C. puffed rice and other rolled grains like, barley, wheat, millet etc. Sprinkle with 1 C. powdered milk.

Pour dissolved liquid mixture over dry ingredients, stir until well mixed. Bake at 300° for 30 minutes. Stirring 3 times. **Do Not**

**Over Cook.** Store in sealed plastic containers.

Extras that can be added: Dates, raisins, banana chips, apple chips (use your apple slices and slightly crush them), spices such as cinnamon or nutmeg, or nuts (almond Slivers, crushed peanuts etc.)

Makes about 6 gallons. Can be adjusted for family size.

Substitutions:

Baking Power	1t.=½ t. cream of tarter + ¼ t. baking soda
Buttermilk	1 C. =1 t. lemon juice or vinegar + enough milk to measure 1 c.
Cake Flour	1 C.= <b>f</b> c. all-purpose flour
Cornstarch	1T.=2 T. all-purpose flour
Cracker Crumbs	¾ C.=1 C. bread Crumbs
Dark Corn Syrup	1 C.= ¾ C. light corn syrup + ¼ C. molasses or 1 C. light corn syrup
Molasses	1C.=1 C. honey
Unsweetened chocolate	1 square (1 ounce) = 3T. Cocoa + 1T. Shortening or oil.

Emergency and Family PreparednessTIPS, IDEAS:

Are you and your family ready for the Holidays? Here are some reminders to help keep you safe.

Power out? Check to see if you have a blown fuse or tripped circuit breaker. Are you overloading? Turn things off, then replace the fuse or tripped circuit if necessary.

INSIDE THE HOME

- **Christmas lights should be turned off when going to bed or leaving your home.**
- Trees and other plants should be watered regularly to prevent drying.
- Candles should be placed in appropriate holders and never left burning without supervision.
- Chimneys should be checked and cleaned before use.
- In case of power outage turn off and disconnect lamps and appliances that were in use when power went out. Make sure your hands are dry and you are standing on a dry surface.

OUTSIDE THE HOME

- Never use indoor extension cords for outdoor use.
- Use outdoor extension cords for temporary use during the holidays.
- Do not staple or nail through light strings.
- Use multiple-outlet strips that are rated for outdoor use.

FIRE SAFETY

- Do you know what Fire Extinguisher to use:
- A-rated extinguisher for wood, paper, trash and plastic fires.
- B-rated extinguisher for gasoline, oil and grease fires.

- C-rated extinguisher for electrical fires.
- Using the wrong extinguisher can make a fire worse!
- Special A-B-C extinguishers are available for home use, simplifying choices.
- Place fire extinguishers in handy spots near exits and in the kitchen, basement and garage.
- Purchase one fire extinguisher for every 600 square feet.
- Don't forget cars, boats, trailers and mobile homes.
- Homes with second story windows should have escape ladders for another emergency escape route.

Internet sites of interest

Food Safety

<http://www.uark.edu/depts/fsc/othersites.html>

Fooddudes' Food Link

<http://www.fooddude.com/links.html>

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Well, it has been a productive year for Pam and I. We hope each of you have enjoyed "The Prepared Family" and have got something out of it to help your own families. We have seen an increased use of the Cannery both in Wet and Dry packing. Are you feeling better prepared? We hope so, because we have more to share and hope you will feel like sharing with us too.

This coming year should be fun. We have four days scheduled for Wet Pack and each Ward should be scheduling for Dry Pack. Dry Packing days are filling up fast so plan now. You may also Dry Pack with another Ward if they have space, but remember you must get your order in two weeks before your Dry Packing date.

On November 18<sup>th</sup>, Sister Loretha Eyre, wife of our Stake EP/FP High Council advisor Larry Eyre passed away. Pam and I would like to extend our deepest sympathy to the Eyre Family and wish them Heavenly Father's blessing upon them. They are members of the Riverview Ward.

Where to get supplies:

Costco

Storehouse/Cannery

Camping Supply Stores

Emergency Supply Houses

Internet sites of your choice

Bulk Food Sellers

Nurseries/Seed Suppliers

Food Co-Ops

Farmers in our area

URM

