



The Prepared Family



"Prepare Every Needful Thing"

September 1998

Scriptures of the Month:

"Too often we bask in our comfortable complacency and rationalize that the ravages of war, economic disaster, famine, and earthquake cannot happen here. Those who believe this are either not acquainted with the revelations of the Lord, or they do not believe them. Those who smugly think these calamities will not happen, that they somehow will be set aside because of the righteousness of the Saints, are deceived and will rue the day they harbored such a delusion."

Pres. Ezra Taft Benson

Dry Pack

Product
powered milk
cocoa mix

Storage life
36-60 months
60 months

For daytime dry packing times: Schedule through Brother and Sister Ken Allen – 586-4837

Wet Pack

Blueberry Jam -- 26th

October-Applesauce-Depending on availability: We could be running on Saturdays- 10,17,24,31 or the 1st or 2nd week in October; watch for more information.

Non-Food

Non-prescription drugs-check the labels
disinfectants-bleach, "Listerine™" type antiseptics,
Hydrogen peroxide

Grocery

Milk Substitutes

Canned milk
creamer if vacuum packed
canned baby formula
powered baby formula
powered cheese
powered butter
Buttermilk powder

Storage life

12-24 months
12-60 months
12-24 months
24 months
60 months
60 months
12-24 months

Recipes

Ways To Prevent Dried Apples From Turning Brown

1. Soak slices in frozen pineapple concentrate mixed with water 2-1 for 2 minutes..
2. Coat with lemon juice
3. 2 ½ teaspoon ascorbic acid in 1 cup water

4. 15 vitamin C 500mg. tablets crushed and dissolved in 1 cup water.

Drain well and dry as usual

Microwave Apple Sauce

3 medium apples 2 T. water or juice

Peel, core, and slice or coarsely chop apples. Add liquid, cook in large microwave safe container covered with plastic wrap for 6-15 min. Stir every 3 min. (summer apples cook faster than fall varieties) Add sugar to taste. If cooking applesauce on stove use a non-aluminum pan)

Sweetened Condensed Milk

In a small bowl combine 1 cup plus 2T. Nonfat dry milk and ½ cup warm water. Add ¾ cup sugar, and stir until dissolved. If necessary, set bowl in hot water to hasten dissolving. Although not as thick as regular sweetened condensed milk, this works well as a substitute.

Egg Substitute

Before starting recipe for cookies, cake, etc., combine 1 t. unflavored gelatin with 3 T. cold water and 2 T. plus 1 t. boiling water. This mixture will substitute for 1 egg in a recipe.

Basic Soft Ice Cream

1 C. non-instant dry milk 3 T. honey
3 C. water

Mix in blender, put in shallow tray and freeze until solid. To serve, break into small chunks and stir with whip or beat with mixer at slow speed until soft. Top with chocolate syrup or other flavorings.

Buttermilk Pancake and Waffle Mix

2 C. dry buttermilk powder 8 C. flour

