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# The Prepared Family

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“Prepare Every Needful Thing”

May 1998

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## Scriptures of the Month:

Pres. Spencer W. Kimball  
Welfare Conference April 1976.

":Recognizing that the family is the basic unit of both the Church and society generally, we call upon Latter-day Saints everywhere to strengthen and beautify the home, grow all the food that you feasibly can on your own property, teach children to work, develop skills in home preservation and storage, produce your non-food necessities of life (such as clothing), have on hand a year's supply, keep your homes, yards, farms and businesses in good repair and beautified, and avoid debt.

## Dry Pack

Suggestions for Dry Pack this month are:  
White Rice, Potato Pearls (Dry Potatos), Spices & Flavorings.

Wheat & grains, legumes and other dry goods should be stored in a cool, dry place away from sunlight (under 70°). Keep unused products sealed in air tight containers on shelves or raised platforms if possible.

To see if wheat and other grains have nutritional value:

Take 10 kernals of grain and sprout them. 5+ good nutritional value and should be stored properly, 3-5-marginal nutritional value can be stored but used soon, -3 can be used but nutritional value is limited and grains should be either used or given to someone with chickens or other fowls. Brown Rice cannot be dry packed. The oils will turn rancid.

Recommended storage life for:

Sugar, Molasses and Honey -indefinte  
Wheat, Corn, Macaroni, Spaghetti, Onions -8 years  
Soup Mix, Rolled Oats, White Flour -5years  
White Rice -4 years

## Wet Pack

### Spaghetti Sauce Report:

Total count of Cases : 83 dozen quarts and 10 dozen pints of sauce in two sessions lasting about 3-1/2 hours each.

A BIG THANK YOU and CONGRATULATIONS should be given to Allison Cornwell and the Shoreline Ward for having 100% attendance and purchases to equal or exceed the commitments they made by the pre-order deadline.

It is a worthy goal for the rest of the Stake to achieve on future canning opportunities.

Looking ahead, we have a tentative date set up in September for blueberry or raspberry jam canning, and applesauce canning will probably occur in October. Details will come as I receive them.

Pam Anderson-Stake Family Preparedness Specialist

## Non-Food

First Aid Kit, Car Kit, childrens backpack kits and other emergency supplies.

## Gardens/Gardening tips

Cool weather crops like spinach and lettuce, radishes, carrots should be coming up in this warm weather. Asparagus should be watched and picked everyday. In this warm weather it will bolt and go to seed soon.

Warm weather crops like corn, tomatos and peppers etc. should be planted.

Fruit trees such as apples, peaches and apricots should have fruit set on the trees. These should be watered and if you spray you should be taking care of them now.

Berries should begin to flower and fruit should be on strawberries beginning to ripen.

**Plant what your family will eat.  
Use what you plant,**

Share what you can  
Store what is left.

**Recipes:**

**Rice Pudding**

- 1 C. Rice
- 3/4C. Raisins
- 1/2 t. nutmeg
- 3/4C. Sugar
- 1 quart milk(powdered)

Mix all ingredients together in a 1 1/2 quart baking dish.  
Bake at 300°F for 1 hour.

**Emergency and Family Preparedness**

***TIPS, IDEAS and CONCERNS:***

Spices that kill 100% of bacteria in food, where garlic, onion, allspice and oregano. Thyme, cinnamon, tarragon and cumin killed 80%. Hot chillies killing 75% and ginger, anise seed, celery seed, lime and lemon juice killing only 25% of bacteria.

University of Cornell researchers.

**Provident Living Helps**

**Barbara B. Smith**

Welfare Conference April 1976.

"Relief Society should help (everyone) be provident in the use of the resources available to them, however great or small these resources may be. By PROVIDENT, I mean wise, frugal, prudent, making provision for the future while attending to immediate needs. In planning the teaching of our sisters (*ward families*), are we:

1. Motivating and actually training them in the necessary skills of family preparedness, and then helping them to put these into practice?
2. Counseling with our priesthood leaders so that adequate and realistic plans for home storage and production are being developed and carried out?
3. Do our homemaking mini class plans respond to the various needs of the women in our ward?
4. Helping them know how to estimate needs and replenish their home production and storage program?

**Bp. Vaughn J. Featherstone**

Welfare Conference April 1976

- A. Decide as a family that 25-50% of the money that would have been spent on Christmas this year be spent on a year's supply instead.
- B. Make your clothes last a few months longer and use that money for food basics.
- C. Cut the amount of money you spend on recreation by 50 percent.
- D. Decide as a family that there will be no vacation or holiday next year unless you have your year's supply.
- E. If you haven't a year's supply yet and you do have boats, snowmobiles, campers or other luxury possessions, sell or trade one or two and get your year's supply.
- F. Watch advertised specials and buy extra supplies.
- G. Change the mix in your family's diet to get more protein from less expensive sources."

If we do these things, when trouble comes we will be able to go through it without panic or a sense of being overwhelmed. We will be prepared for emergency. We will have adequate advance provision and money saved, so that we can care for ourselves independently. (See Prov. 31:13-31)

**Our guidelines should be: Obey, Plan, Organize, Teach, and Do. Obedience is training and doing."**

Edited by: Gayle-Marie Noga  
Stake Emergency Preparedness Specialists

Where to get supplies:

- Costco
- Storehouse/Cannery
- Camping Supply Stores

- URM
- Bulk Food Sellers

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/Seed Suppliers

Emergency Supply Houses

Food Co-Ops