



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

½ C. sugar 8 t. baking powder
4 t. baking soda 2 t. salt

In a large bowl, combine all ingredients. Stir with a wire whisk until evenly distributed. Pour into a 12-C. Container with a tight fitting lid. Seal container. Label with date and contents. Store in a cool place. Use in 6 months. Makes 10 ½ C. mix.

T=Tablespoon t=Teaspoon C=Cup

Emergency and Family Preparedness

Tips, Ideas, Provident Living Helps:

Shake fire extinguishers well once a month.

Test fire and carbon monoxide monitors; change batteries if needed.

Chimneys should be checked and cleaned before use to prevent chimney fires.

Vacuum out and move flammable objects away from baseboard heaters and household duct work to prevent possible fires during use.

Plan and practice fire escape routes in your home. Practice until everyone is secure in knowing what to do. Do you have a meeting place for your family away from the home?

Prepare and store a 72 hour kit for family and individual 72 hr. kits for each member of the household. These should have water, simple food stuffs, change of under garments, socks, space blanket, hygiene products, flashlight/batteries, pencil/paper and change for phone calls. (At least .35)

Check and replace furnace filters and vacuum out filter area to prevent fire and increase air flow for better efficiency (this should be done once a month).

Never store batteries in the flashlight or radio, it will drain them down faster and they may corrode. Always store batteries in the refrigerator.

Candles will burn longer and drip less if frozen for 24 hours before use.

Clean your clothes dryer of lint and other debris before winter to help prevent fire.

Basic Disinfecting Solution—¾ C. Bleach to 1 gallon water. First remove loose dirt, then apply the basic solution and keep surface wet 2 minutes. Rinse and dry.

Fresh-Cut flowers will last longer if you—Add ¼ t. bleach to each quart of water.

Wash cutting boards with hot, sudsy water, then rinse. Apply a solution of 3 T. bleach per gallon of water. Keep the surface wet for 2 minutes, then rinse.

Preparedness is expecting the unexpected!

This months combined ward activity should be very helpful in preparing your families. Come and support your wards. Learn how to help yourselves and family at the September 19th, "Family Preparedness Fair." The Cottonwood, Crestview, Columbia and Riverview wards are combining for this ward activity Where: the Stake Center, time: 6-8:30pm. Bring your non-member friends. Adults only.

For more information Contact:

Delsa Pospical CW-946-4294
Kathy Kogan CV-946-5788
Mary Lynn and Will Talbot CL- 943-5325
Kate Nordsten RV- 946-0846

Internet sites of interest

Safe-Pak Supply Canada Inc., First aid, EP and related products.
safe_pak@mindlink.bc.ca

Country Store and Kitchen Specialties

www.HealthyHarvest.com
conuntry@aone.com

EXTRAS

Plan and implement a emergency contact network within your Ward boundaries or neighborhoods. This should be used to help locate fragile health, handicapped, or elderly person that might be adversely effected by stormy or severe weather. Such as freezing temperatures, snow storms and drifts, high winds, power outages, floods and other such conditions. Presented to and endorsed by President Larry Anderson.

© Prepared and edited by: Gayle-Marie Noga--- 943-0836
Stake Emergency Preparedness Specialists

Where to get supplies

Costco
Storehouse/Cannery
Emergency Supply Houses
Bulk Food Sellers
Nurseries/Seed Suppliers
Food Co-Ops

URM
Camping Supply Stores

