

The Prepared Family



"Prepare Every Needful Thing"

April-August 2006

IF THERE IS ONE THING THAT WILL BRING PEACE AND CONTENTMENT INTO THE HUMAN HEART, AND INTO THE FAMILY, IT IS TO LIVE WITHIN OUR MEANS. AND IF THERE IS ANY ONE THING THAT IS GRINDING AND DISCOURAGING AND DISHEARTENING, IT IS TO HAVE DEBTS AND OBLIGATIONS THAT ONE CANNOT MEET."

(Heber J. Grant, Gospel Standards, comp. G. Homer Durham [1941], 111)

Dear Readers,

Over the last few months many disruptions have occurred in our country and around the world. We have experienced major floods in the Southwest, and Northeast and Drought in the Midwest and upper Texas areas. Fires have scorched forest land in Washington, Oregon, California, Florida and other states. Prairie in Oklahoma and Texas flat lands have burned. Some states have had to deal with power shortages, heat waves and humidity that caused some cities to set up cool centers, and damaged crops. On top of all that we have had high gasoline and diesel prices to deal with. All of this affects how we live and work.

When we lose land to fire or flood homes are generally in the way and are destroyed. When fuel costs increase, manufactured goods, food stuffs, and daily cost of living increase and put a strain on the family. What happens when the family has to decide between fuel to go to work, or paying on a debt? Something has to give. What will your choice be? It may be time to stop and think about your driving time, what errands can be combined, and how often you really have to go to the store. If you have plenty of food storage and you storing what you use and using what you have stored you may be able to cut down on your trips to the store. Add to this car pooling, taking the bus or train whenever possible, or maybe even getting that bike out and riding it. Not only will this help your budget your health will improve also.

May we all work our way out of debt and cut up those many credit cards. Using a debit card instead will help keep you from spending too much. You can't spend what you don't have!

Your family will be much happier, your wallets will thank you, and the Lord will bless you in all your efforts.

We are just beginning to feel the pressure of the last days. Being out of debt and sticking to a budget will assist in simplifying your lives.

Gayle-Marie

Bug Out Bag - BOB

- clothes pins and rope
- extra shoes
- water purifying equipment, tablets
- folding shovels, small shovel

Stock up by the week

sugar, honey
essential oil and spices
salt - you can store a year supply with little money spent.
shampoos and soaps



Gardens/Gardening Tips

At the end of the growing season once all the produce is in, take a few days and amend the soil and till it under so that you will be better prepared for the spring.

Don't forget to share the harvest if you have anything left over after you have finished picking and canning, drying or freezing your bounty. Others such as young families living in an apartment or older folks unable to garden may love to have your gleanings.

Recipes

Do you know that if your recipe calls for ½ cup sugar and 1 cup water or milk, you can use ¼ cup honey and take 2 tablespoons off the liquid. You may have to use additional liquid because the dough feels too dry. Most bread recipes are pretty forgiving when it comes to adjusting them to feel/taste.

A Thought

The following thoughts are from various people whom I know and trust. Some of the information has been given before by your editor in previous editions of "The Prepared Family." Since times have changed and the amount of food needed for a family varies, I thought some of these ideas would help your family decide on how much and what to store. But please remember the adage "Store what you eat, eat what you store!" You can't go wrong with that. A family's diet changes as we age and our health dictates. Do you have an allergy to wheat or other grains? Do beans make your family bloated or gassy? Are you diabetic? Is your storage varied enough that you won't get burned out? Do you have the supplies needed to sprout grain or beans to gain more nutrients? All of this is important when storing foods and other items.



"The destiny of nations depends on how they nourish themselves" – *Brillat-Savarin*

Per the Preparedness Manual, a Year's Supply of food for 1 adult includes:

"400lbs grains, 60lbs beans, 10qts cooking oil, 60lbs honey, 8lbs salt, 16lbs powdered milk, 14 gallons of drinking water (for 2 weeks).

Daily Food:

Dividing 400lbs by 365 days, equals out to 1.096lbs or just over 1 lb of grain, per person, per day. That is approximately 2 cups of un ground grain to cover your breakfast, lunch and dinner.

Dividing 60lbs by 365, this works out to 0.16lbs of beans per day, or 2.6oz - approximately ¾ cup.

The other foods listed would also need to be used in limited amounts.

This is not much food. Get the basics, then immediately begin to add more kinds of grain, soup mix, canned and/or dehydrated vegetables and fruit, etc., to add variety and provide more than the minimal survival diet.

As an example, the minimum recommended amount of grain when ground and prepared will yield about 6 small biscuits or a plateful of pancakes. It's enough to keep

you alive, but a far cry from being satisfied and not hungry."

This is a 215 page manual and is available for download A "Pre-Release" copy of my Preparedness Manual for LDS Members, V2.17 (Jan 17th, 2006)

<http://www.dtm.biz/LDS/Preparedness/Preparedness.pdf>

Use this link to read other files

Chris' Preparedness site.

Here you will find a few items of special interest to LDS Members.

<http://www.dtm.biz/LDS/Preparedness/>

By downloading this free manual you will have more accurate information on how to plan out the required amounts needed for your family. This is a well thought out manual and I would recommend everyone to take advantage of the material in it.

Robin states:

Keep in mind that 2 cups of unground wheat yields a lot more than 2 cups of flour – the actual amount would be about 5 cups. That amount of flour would be enough to make 1.5 loaves of bread, which would definitely be enough for breakfast, lunch, and dinner for one person (unless they were doing lots of heavy manual labor).

Likewise, 2 cups of uncooked rice yields 6 cups of cooked rice. That's more than I make for my family (of 6) for dinner when we have stir-fry. It might be just enough if there were nothing to put over it.

Again, don't forget that beans swell considerably when cooked. Each cup of dry beans makes 2-3 cups of cooked.

Don't get me wrong; I fully believe that you need to add additional food to this, if for no other reason than you will be mighty sick of bread before the year is over. But it's not quite accurate to say that it's "not much." It's plenty to live on, calorie-wise. But you'd better store a lot of water.

~Olga replies:

<http://www.garlandroadsoap.com/>

No, 6 cups of regular cooked rice (per person) only has 1200 calories and 24 grams of protein, which is completely inadequate for most people. Even if you add two full cups of, say, cooked pinto beans you've only added 490 calories and 30 grams of (incomplete) protein; nowhere near enough for my 6'2" son right now, and not nearly enough for anyone doing heavy physical labor, which would no doubt be the case if we were relying solely on stored food. We won't even go into the obvious lack of other nutrients.

1-1/2 lbs of whole wheat bread averages about 1600 calories, still inadequate except for the sedentary.

My additional remark was: "When times are lean, healthy eating is even more critical than usual." One needs more than a passing familiarity with nutrition to know what's adequate to store, IMO.

Did You Know that....

Submitted by *Barbara*

You can spray plain old vinegar and hydrogen peroxide (1:1 ratio) to sanitize just about anything. You have to keep each in a separate spray bottle and then spray both, one after the other."In tests performed at Virginia Polytechnic Institute and State University, combining the 2 mists eliminated virtually all Salmonella, E. coli bacteria or Shigella on heavily contaminated foods and surfaces when used in this manner, making this spray combination more effective at destroying these potentially deadly bacteria than any commercially available kitchen cleaner or chlorine bleach. .It doesn't make a difference which one you use first - you can spray either with the hydrogen peroxide followed by the vinegar, or with the vinegar and then the hydrogen peroxide. When cleaning fruits or vegetables, simply spray them well first with both the vinegar and the hydrogen peroxide, and then rinse them off with tap water. Neither is toxic to you even if a small amount were to remain on the produce.

I keep a spray bottle of each of these on my kitchen counter and feel very good about the sanitizing and cleaning they do. I couldn't find the original site where I got this info from, but see below for the scientist who researched and taught this.

Reference: Susan Sumner
Department of Food Science and Technology
College of Agriculture and Life Sciences
Virginia Polytechnic Institute and State University
Blacksburg, VA 24061-0418
E-mail: sumners@vt.edu

When using hydrogen peroxide keep them in the original bottle or one as dark since it will deteriorate or degrade and become useless.

Another idea is to make "wipes". Just add vinegar or hydrogen peroxide or alcohol to your favorite paper towels and seal in a food saver type bag. Remember that the peroxide needs to be in a dark bag.

Do you know how much food, toilet paper, paper towels, diapers, feminine products, tissues and other paper products you use in a month? Three months? Six months? A year?

Example:

The best way to figure this out is write it down. If you use 24 rolls of TP in a month you can figure that you will need 264 rolls for the year. Add at least 24 rolls for guests. That should help you start your storage and make it more manageable. The same formula can be used for your other paper products. You can then purchase items on sale or save some money by purchasing case goods.

Do you know how long white gas lanterns and kerosene lanterns burn? Here is a chart to help you plan out how much you will need. Start buying now since these are both petroleum products and prices are going lower for the time being.

Fuel -----	Amt-----	Burning Time
White gas Lanterns		
Two mantle -----	2 pints -----	10-12 hours
Single mantle ----	2 pints -----	16-18 hours
Kerosene Lanterns -1 quart -----45 hours		
Candles -----	¾ X 4" -----	2 ⅓ hours
-----	⅞ X 4" -----	5 hours

Where to get supplies:

Costco/Sam's	URM/Cash & Carry
Storehouse/Cannery	Bulk Food Sellers
Camping Supply Stores	Food Co-Ops
Nurseries/Seed Suppliers	Emergency Supply Houses
Internet Suppliers	Local Farmers/Farmers Markets

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