
The Prepared Family

“Prepare Every Needful Thing”

April 1998

Scriptures of the Month:

spiritual: Luke 12:47
Individual/Family: Isaiah 62:8-10
Ward: Doctrine and Covenants 89:4-18
Stake: Luke 12: 54-57

Dry Pack

Suggestions for Dry Pack this month are: **Pastas-** macaroni, Spaghetti Additional whole grains.

Wet Pack

Saturday May 2nd, 9:00 a.m. we are doing Spaghetti Sauce in jars. Prices are:
Ingredients only: .87 qt. and .35 pt.:
Jars purchased at cannery: .51qt. and .43 pt.

Contact: Pam Anderson --967-3575 for information.

Beef Stew Report:

Time in: 9:00 am
Total count of Cases : 122.9
Total # of people that worked : 27/42 signed up
Average take home 3 cases/family
Time out: 4:30 pm

Non-Food

1. Copies of personal documents.
 - a.. Insurance forms
 - 1) home owners
 - 2) vehicle
 - b. Wills
 - c. Car titles
 - d. House Deed
 - e. Genealogy
 - f. Immunization Records
 - g. Birth Certificates
2. Home inventory
 - a. video tapes
 - b. photos of household items

c. serial #s. These should be copied and stored in several locations for easy access in case of emergencies.

Gardens/Gardening tips

Start your seed collecting and plant early crops such as peas. Seedlings should be started indoors.

1. Pre-soak beans and peas overnight to soften outer skins to help them sprout better.
2. Vine crops can be grown vertically to maximize space that is used. (Tomatoes, cucumbers, and squash plants etc.)
3. Use containers such as large Jiffy Pot type pots to place in ground to minimize watering.
4. Use pyramiding for strawberries
5. Plant complimentary crops for best pest and nutrient control. Beans/Peas are nitrogen fixers.
6. Plant cool weather crops like spinach and lettuce together. Marigolds will help keep pests away.
7. Plant edible flowers to enhance variety and pest control.
8. Identify which plants are best for sun and shade.
9. Store seeds and use them each planting season.
10. Potatoes and tomatoes can be planted in the same container if space is limited.
11. Plant fresh herbs in window boxes to enhance flavorings in salads/soups/breads. They also can be dried to use during winter.

Plant what your family will eat.

**Use what you plant,
Share what you can
Store what is left.**

Where to get supplies:

Costco

Storehouse/Cannery

Camping Supply Stores

Emergency Supply Houses

URM

Bulk Food Sellers

Nurseries/Seed

Suppliers

Food Co-Ops

Recipes:

Surprise Chocolate Cake

2/3 C. dry lentils	2 squares baking Chocolate
2 C. Boiling water	2 C. flour
1 1/2 C. sugar	1% t. baking soda
1 c. oil	2 t. baking powder
4 large eggs	1/2 t. salt
1 t. vanilla	

Rinse and drain lentils and combine in saucepan with the boiling water. Bring to boil, cover and let simmer 40 min. Drain, reserving liquid. Puree the lentils and 1/4 C. reserved liquid in blender or food processor. You will need 1 3/4 C. of puree for the recipe. In bowl of your mixer, combine sugar, oil, and eggs. Beat Well. Add vanilla and 1 3/4 C. lentil puree to the creamed mixture. Mix well. Melt chocolate in saucepan or microwave in a glass bowl and add. Sift flour, baking soda, baking powder, and salt together, add to the chocolate mixture, and blend thoroughly. Pour batter into greased and floured 9" x 12" pan. Bake in preheated 350 degree oven for 30 to 35 min, or until center springs back when lightly touched. When cool, frost.

Emergency and Family Preparedness

TIPS, IDEAS and CONCERNS:

Are your surveys getting done? I need to have them completed by May.

Remember to take 3-5 min. a week to remind your ward family what needs to be done to be prepared.

Coordinate in your ward welfare meetings, Bishops, Relief Society presidencies, High Priest Group leaders, and Young Men/Women presidencies, Primary and Elders quorum leaders to get the ball rolling.

Don't be shy, talk about what you have learned/share information. Help families be more self reliant share tips to conserve what they have.

Is your own family better prepared? If not WHY?

Get your family better prepared so you will know what you need to do to help others.

Provident Living Helps

1. Use **left** over Soap into Liquid hand **soap**/ put soap chips in a bottle and add water.
2. Dry bars of soap before using it will last longer.
3. Use a Wash cloth or puff to conserve soap.
4. Rinse dish soap/laundry bottles with water and use what is left.
5. Save rain water in large clean garbage cans w/lids to use to water gardens or potted plants.
6. Use what you store.
7. Maintain tools, clothes, mechanical items so maintenance is low.
8. Maintain Health
9. Use cool water (1 gallon) with 1/8 C. unscented bleach to rinse dishes in to kill germs.
10. Use baking soda in the laundry to use less detergents.
11. Clean counter tops, tea pots, pots and pans, microwaves, ovens etc. with white vinegar.
12. Use bleach to kill mildew and mold on walls and grout
13. Use less expensive shampoos and conditioners.
14. Hair conditioners work well as shaving creams and cost less
15. Use Buttermilk to stretch Ranch type dressings.
16. Use Olive oil to stretch oil based dressings.
17. Use medium olives and slice them yourself to save money.
18. Plan your meals in advance and stick to the plan.
19. Shop only twice a month for staples. Three times for perishables. Use **a list and never shop hungry**
20. Use coupons when possible.

Edited by: **Gayle-Marie Noga**
Stake Emergency Preparedness Specialists

