

# **The Great Utah Shake Out – April 19, 2018**

## **DROP! COVER! And HOLD ON!**

If an actual magnitude 7.0 earthquake had struck today, you wouldn't be reading this. It would be buried under the broken dishes, over turned furniture, spilled refrigerator contents and potentially the crumbling walls of your house. That's what a catastrophic earthquake does. Shaking at that magnitude lasts for just one minute. In Bountiful homes could collapse and fires could start. Roads and bridges could become impassible; keeping firefighters, paramedics and police from getting to people who need help. The only help would come from people in your neighborhood. Electricity and water could be out for weeks or months. Food would rot and medicines could spoil. Some people could die and thousands could be injured. Hospitals could be damaged and overcrowded. The cost would be in the billions of dollars.

### **It Would Be Our Worst Day!**

When a quake strikes:

- If you are indoors, drop to your hands and knees, cover your head and hold on. Do not try to run outside. Stay where you are until the shaking stops.
- If you are outdoors, move away from buildings, streetlights, and utility wires. Once in the open, drop, cover your head, hold on and stay there until it stops.
- If you are in bed, stay there and cover your head and neck with a pillow. At night hazards and debris are difficult to see and avoid. Walking around may result in more injuries.
- If you are in a moving vehicle it will be hard to control during the shaking. Stop as quickly and safely as possible and stay in the vehicle. Do not park near buildings, under trees or overpasses and avoid utility lines.

Most injuries are caused by falling items such as ceiling lights and fans, large furniture, pictures and mirrors, decorative items and breaking glass. Number one rule: Protect your head.

### *Safety Tips:*

If you are in a building: *Drop, Cover your Head and Hold On*

- Brace yourself in a doorway
- Get under a heavy table and protect your head
- Find a room with solid walls: a hall, closet or bathroom
- Crouch and cover your head in a solid corner
- Stay away from windows and turn your back away from glass
- Do not run outside
- If you are outside, do not run into a house or building

### *Helpful Hints:*

- Practice with your family. Find a safe place in every room
- Do a 'Hazard Hunt'. Look for things that might pose a problem during an earthquake and fix them
- Secure hot water heaters, TV's, bunk beds, dressers, tall book cases and other items that could topple over
- Store water and food
- Have cash on hand. ATM's may not work
- Every family member should have his own 72 hour kit
- Keep 72 hour kits close to an exit door. Grab and Go.
- Consider using 'wheelies' for emergency kits. It is easier to pull than to carry your emergency items
- Carry emergency numbers in your wallet
- Record everything in your house for insurance. Take video or photos. Include serial numbers or manufacturer marks

**On April 19<sup>th</sup> your Block Captain will deliver a red/green door knob placard to your home. Use this in the event of an emergency. Green means we're OK, Red means we need help. If disaster strikes, hang it on your door knob.**



Provident Living – Emergency Preparedness Newsletter  
May 2018

## GRAB AND GO BINDERS

A *GRAB AND GO BINDER* is a vital part of any family preparedness plan. The documents contained in this binder will be essential if you needed to “rebuild” your life. Let me illustrate with a couple of stories.

On June 23, 2012 wildfires struck Colorado Springs, an area just south of Denver Colorado. On July 8, 2012 the fire was 100% contained. During this two week time period 34,500 people were evacuated from their homes. In excess of 1500 structures were destroyed and many more were damaged. In total more than 100,000 acres were consumed by fire. Ten days after the fire was out, a news crew filming the aftermath came upon a home owner supervising a construction crew as they removed the charred remains of his former residence. Excavation was underway for the foundation of what would become a new home for his family. When the news anchor asked him how he was able to start reconstruction so quickly the gentleman responded; “I had all of the necessary documentation I needed to deal with the insurance company so I was able to start the process immediately.”

Another story: One evening when we were living in Denver, Colorado we were awakened in the middle of the night by a powerful thunder storm. The thunder was deafening and the lightening seemed to fill our bedroom. In the morning we learned that the home of one of our neighbors had been struck by lightening. A fire ensued and within minutes the only thing left standing was the porch and part of the front wall of the house. Fortunately, our neighbors made it out of the house and were safe. Faced with the need to rebuild, they were relieved to learn that they had excellent home owners insurance. All they needed was to pay the deductible and the insurance company would get to work replacing the house. Coming up with the money was a struggle and it took them several weeks to accumulate the cash. Once that was done, the insurance company presented them with a pile of forms. They were told to list everything that was in the house including make, model, age, manufacturer etc. The company representative asked the home owners to list everything in every room, every closet, and every drawer. The list was to include everything that was in the garage, the attic and the basement. They wanted to know details down to the number of toothpicks in the cupboard and the number of Christmas ornaments that were lost. They offered to replace jewelry, if there was a picture of what had been destroyed. The task was unimaginable. Where do you begin? Because it was necessary for them to remember everything that was in the house to be reimbursed, there were numerous items that were never replaced.

In the first story, I would assume that the home owner had some form of *Grab and Go Binder*. He was easily able to move forward with rebuilding his home. Our neighbors, unfortunately, were not prepared for a disaster of this magnitude. For them, a little preparation would have made the situation manageable and would have eliminated stress and financial loss.

So, what is this magical *Grab and Go Binder*? The binder is a collection of copies of all your important documents. These are the documents you will need to prove who you are, what you own, your financial situation and your health needs. These are the papers you will need to rebuild your life.

I know you are thinking that you have all of that information on your computer or in the files in your home office. If you are not at home when a problem arises how will you get that information? If you have to leave in a hurry will you have time to run through the house and locate everything you want to take with you?

We have two *Grab and Go Binders*, one with personal papers and the other with financial records. They are in a brief case next to our 72 hour kits and a 5 gallon container of water. If I'm home and have to evacuate, a trip to the front closet to grab those three items and we are out the door. My daughter also has a copy of my *Grab and Go Binder* and I keep a third copy in a Safe Deposit Box at our Bank. Whenever circumstances change, I update my binders.

### INSTRUCTIONS FOR A GRAB AND GO BINDER

A completed binder will include: copies of all your important documents, a thumb drive or disc with photos of your home and everything that is in it, a thumb drive or disc with your financial records and other thumb drives as needed.

You will need the following:

- A three ring binder that is at least 1 in thick and probably closer to three inches thick
- A set of tab dividers to set up sections for personal, home, financial, medical, etc.
- Access to a copy machine
- Plastic sheet protectors to keep documents clean and unwrinkled
- At least one thumb drive and/or computer disc

#### Step #1

Using your digital camera or other device, take photos of the outside and inside of your home and any out buildings on your property. Next, take pictures of the contents of your home. Open drawers, closets and cupboards and take photos of the contents. Photograph your furniture and appliances. Take photos of collectables including the markings on the bottom or the artist's signature. Take photos of jewelry, especially the heirloom items. Once you have gone through your house, download the photo record of your belongings onto a thumb drive and include it in your *Grab and Go Binder*.

**Note:** if you own recreational property it is wise to have a record of that home and its contents as well. Your home away from home is also subject to loss during a disaster.

**Step #2** Download all important records from your computer. Include them in your *Grab and Go Binder*.

**Step #3** Record model and serial numbers for all electronic devices. Include them in your *Grab and Go Binder*.

**Step #4** Round up important documents, photo copy them (put them in a protective cover if desired) and put them in your *Grab and Go Binder*.

**Step #5** Make additional copies of your binder if desired and put a copy in a location other than your home or with a family member that lives outside your neighborhood.

**Step #6** Update the information in the binder as needed. Keep it Current.

**WHAT SHOULD GO IN THE BINDER?** These are suggestions. Every family is different.

- Home mortgage information
- Home insurance information
- Auto insurance information and your auto registration card
- Information pertaining to other vehicles you own: boats, 4 wheelers, airplanes etc
- Deeds to other properties you own (cabins, land, time shares)
- Copy of your will and/or trust
- Names and addresses of all banks and financial institutions
- Copies of checks, account and routing numbers and savings account numbers
- Copies of stocks and bonds, investments, etc
- Copies of the front and back of all of your debit and credit cards
- Copies of any loan documents ie: business loans, property loans, etc.
- Documents related to your employment or family business
- Copies of your health insurance policies
- A list of medications for every family member including dosage information
- Phone numbers for your pharmacy, doctor, dentist, optometrist, etc
- Immunization records
- Blood types for every family member
- Medical histories for every family member
- Birth certificates
- Marriage license
- Naturalization papers
- Adoption papers
- Custody agreements
- Foster care papers
- Drivers license
- Passports
- Social security cards
- Recent photos of each family member and physical descriptions
- Phone numbers for your place of employment and for children's schools
- Finger print cards
- Military documents
- Diplomas and transcripts
- Names, address, phone numbers and email addresses of relatives and close friends
- Pet vaccine records and Vet phone number
- List of firearms and serial numbers
- Appraisals of value on collectables and jewelry.
- A disc of genealogy records and family photos

**\* The insurance company will want proof of what you owned, they will not take your word for it!!!**

**\*\* Even though you are not in your home the bills will come and you are responsible. Make necessary arrangements to receive mail and pay bills.**

## The Three Month Food Supply

This month we are moving forward in a new direction in our quest for self reliance and emergency preparedness.

Looking back, by now you should have:

- completed your family emergency preparedness plan
- you should be organizing those documents that will be essential in the event of a disaster
- you should have provided your Block Captain with your up to date cell phone number, email address and a list of skills you have and equipment you own that would be helpful to others in an emergency.

For the next several months we will be focusing on the “All is Safely Gathered In” proclamation which was given to us by the First Presidency under the direction of President Thomas S Monson. This statement encourages us to have:

- A three month supply of food *that is part of your regular diet*
- Water
- A financial reserve – cash on hand
- A long term supply

For many years we have been told to store up food and other necessary items. At one time we were instructed to have a two year food supply. Mormons were prepared! We were food hoarders!

I have to share one story with you. During my husband’s career in the airline industry we moved a lot. The first step in the moving process was to have an estimator walk through my home and inventory those items that were moving with us. The estimator would then establish a weight for our household goods. This determined, among other things, the size of the truck that would move us.

Once the estimate was accepted the movers were sent in to pack everything and load it onto the moving van. The Truck Driver was in charge. Before anything else happened he would walk the house to get a feel for the load and how it was to be packed. On one particular move our load was estimated to weigh about 24,000 pounds. As the driver walked through the house he kept telling me that he really didn’t see enough to justify that weight. He was a little confused. I told him I was sorry but all I had to go on was the estimate. Just then his partner, who had drifted down to the basement to see what was there, yelled up the steps, “They’re Mormons”. My food storage had been discovered. The driver shook his head said, “Guess we’ll be moving a lot of wheat”.

In my basement I had 4000 pounds of wheat, a necessity for a family of 6 if we were going to survive for two years. I had hundreds of pounds of sugar, beans, rice and TVP. I had #10 cans of potato pearls, dry pudding, vegetable soup mix, fruit punch and cocoa mix. There were also cans of powdered milk, powdered cheese and powdered butter. I could go on but I think you get the picture.

As time progressed, I looked at my food storage I asked myself, “What in the world can I serve my family with this stuff?” How can I prepare a meal? I have canned macaroni but no sauce. I have rice, but how often will my family be happy with a bowl of rice? There was no way I could prepare the kind of food that my family was used to eating.

Then came the advent of dehydrated and freeze dried foods. Do you remember Sam Andy? I started shopping. I added beef stroganoff, turkey and rice casserole and freeze dried pork chops to my shelf. I cherished my \$45.00 can of freeze dried raspberries! It would take a pretty big disaster to get me to open that can!

Fast forward to today. Times have changed and our ideas regarding storage have changed. History has proven that the chance of wide spread, prolonged disaster is not as common as short term issues. Although not as dramatic, those short term problems can be just as devastating to a family. As a people we need to be prepared for both situations. It is important to understand the difference between a **Three Month Supply** and a **Long Term Supply**.

Exploring the differences between a Three Month Supply and Long Term Storage:

### **The Three Month Supply**

- A Three Month Supply is made up of the foods you eat as part of your normal, daily diet
- A Three Month Supply includes everything in your pantry, your refrigerator and your freezer
- A Three Month Supply is made up of canned, frozen and packaged foods plus those produce items that can be stored in a cool/dry area for a short period of time such as potatoes, carrots and onions
- A Three Month Supply contains foods that will allow you to prepare a good, nutritious meal that your family will enjoy.
- A Three Month Supply is like having a mini grocery store in your own home
- A Three Month Supply is easy to rotate. Since you eat all of these foods on a normal basis, as you take a can from the shelf, you replenish it the next time you are able to shop.
- ***A Three Month Supply is not long term survival eating***

### **The Long Term Supply**

- A Long Term Supply consists of foods with a long shelf life
- A Long Term Supply includes foods that will last 30 years or more if properly stored
- A Long Term Supply includes foods that you can use to stay alive
- A Long Term Supply includes wheat, white rice, beans and pasta
- A Long Term Supply can include shelf stable dehydrated foods and freeze dried foods
- ***A Long Term Supply is survival eating***

### **When will I use my supply?**

Adversity will come to all of us at some time. When you hit a rough spot in the road you will use your **Three Month Supply**. If there is a loss in income or if you have unexpected bills, you will have food on hand to feed your family so you can use your cash to meet other obligations. If there is an illness or a broken bone that keeps you sidelined, you will have plenty of food to eat without going to the store. If the car won't start or if you have 4 feet of snow in your driveway you will be able to feed your family. *If a neighbor is in need you will be able to help them by preparing a meal.*

Your **Long Term Supply** is your insurance package. We do not know what the future will bring, but we need to be prepared. A catastrophic situation could force us into survival mode. It is at this time that you will use those items in your long term storage. It won't be fancy but at least there is food to sustain life. It is up to you to decide when to break into these reserves.

Next week you will receive Part II of this **Three Month Supply Newsletter**. It will include step by step instructions on building your short term supply. In the meantime if you have questions, please feel free to give me a call.

**Dianne Berry, Emergency Preparedness and Self Reliance ... 801-992-3373**

## Provident Living Newsletter – June 2018 – Part II

### The Three Month Supply - Continued

A Three Month Supply of food that you eat on a regular basis is just exactly what it sounds like; a supply of canned, packaged and frozen foods from which you can prepare meals for your family. These food items are to be used when you are unable to purchase food at the grocery store. This inability to shop may be due to financial issues, health issues or weather related issues. This supply is for short term hardships that usually last only a limited time period.

Remember the goal is to be **self reliant** by having food on hand to meet your family's needs. This means that we can take care of ourselves. This frees up the Church and Community resources for others who are unable to meet their own needs.

Of course, I need to share another story. On September 10<sup>th</sup>, 2001 my husband and I were living in Chicago. He was the Director of United Express operations at United Airlines Corporate Headquarters and I was managing a non-profit children's theater group. We lived in a beautiful Victorian home. All of our children were married. Our finances were secure. We were happy and comfortable with our lives.

The next day, a short 24 hours later, everything changed. **September 11<sup>th</sup>, 2001**. With the loss of two United airplanes in the terror attack on our country our sense of security vanished. Within a couple of months United filed bankruptcy, our stock was deemed worthless, Dennis' department was eliminated and he found himself jobless at a time when jobs in the airline industry were basically non-existent.

After initial panic on our part, we took a deep breath and assessed our situation. Two things were important; being able to pay our bills and having food to eat. Fortunately I had our pantry shelves full and our freezer stocked. The only things I would need from the store would be milk, eggs and fresh produce. We also had emergency funds in the bank so that we would not need to dig into our investment money to pay the bills

Being prepared made a huge difference. Instead of being in panic mode, we were able to focus on resolving our employment issues. After a period of time new employment was secured and life fell back into place. During this time I learned a valuable lesson regarding preparedness and self reliance.

For all of us life can change in an instant. For us it happened during a two hour time period in September of 2001. We cannot predict the future. This was an unprecedented event. All we can do is heed the council of our leaders to be prepared.

The average American family only has a two day supply of food in their home. If an emergency arises many people would become hungry in a very short time. We do not want to be caught in this situation.

There are many ways to go about building your **Three Month Food Storage**. Here are three suggestions.

- Some of you may choose to build your supply meal by meal.
- Others of you may choose to build your supply item by item
- Or you might choose to build your supply by working off a one or two week menu plan and shopping list.

Any method you choose to build your supply is fine. The important thing is that you are stocking up for a rainy day.



### **Shopping Meal by Meal**

- This is an easy way to build your storage. Just double up your purchasing
- Buy two of everything needed to prepare a single meal
- Prepare one meal immediately and put the other ingredients in your storage
- Example, you are having Roast and Potatoes. Buy two roasts and freeze one. Buy two bags of potatoes and store one in a cool dry area in your basement.
- This method takes some discipline. You need to buy extra meals every week.

### **Shopping Item by Item**

- Watch for sales and stock up on items when prices are low
- Don't be tempted to buy foods your family doesn't like just because they are on sale
- This method will fill your shelves quickly but it may be a while before you have inventory to prepare a meal.
- Many of the items your family enjoys will not show up in the grocery case lot sales. You need to follow the grocery ads and take advantage of advertised specials.
- This is a good way to stock up *IF* you combine it with either Meal by Meal or Item by Item shopping

### **Using the Menu Plan to Build Your Storage**

Sometimes it is easier to go step by step. Some of you may need a plan to work from. Others of you may be able to forge ahead on your own. If you need help getting started below is a list of 5 steps that will help you.

#### **Step #1 – Determine what your family eats on a regular basis**

- Keep a journal for several weeks with a daily list of meals you serve your family
- Refer to your journal when planning your two week menu, it will be a guide post for you
- OR – make up a 14 day menu of meals for your family. Include foods they would normally eat. Include items for sack lunches for children and adults. (This is a two week menu. If you multiply by 6 you have a three month menu.) If two weeks is difficult, plan one week worth of meals
- Include items for special diets such as baby foods, sugar free foods, and supplemental foods such as Ensure
- Be sure to include treats and desserts. When times are difficult a little sweet treat does wonders to lift spirits

#### **Step #2 – Get out the recipe books**

- Once you have a menu make a list of the ingredients that are needed for each recipe in your meal plan. Make sure you include all spices, condiments and non food items such as muffin tin liners.

*Don't let this overwhelm you. Remember these are meals you would normally feed your family. You probably have most of the ingredients memorized because you use these recipes so often.*

#### **Step #3 – Analyze your ingredient list**

- Look over the list of ingredients and determine if they can be kept in the pantry, freezer or refrigerator
- Educate yourself on shelf life and freezer life of various foods. Learn to read expiration dates
- If there are ingredients that cannot be stored can you make substitutions? For example; canned peaches instead of fresh peaches in a cobbler.
- Eliminate recipes that you cannot make from your storage, for example a Chef Salad is usually not possible

# Provident Living Newsletter

July 2018

## Freezer Meals and Food Storage Facts

July, August and September are the months of the year when we find an abundance of fresh fruits and vegetables. Our gardens are producing, the farmers markets are open, Bear Lake raspberries are ready and the produce stands in Brigham City are loaded with locally grown goodness.

This month instead of focusing on the mechanics of food storage I thought it would be a nice break if we talked about some food storage facts. The foods you save in your freezer are an important part of your emergency plan. How to freeze items, shelf life and some other hints are included in this newsletter.

First I want to put in a plug for freezer meals. I know they sound like a lot of work. Making the meals can be a long tedious job. **BUT IT DOESN'T HAVE TO BE THAT WAY!** Some of us have grown daughters, some of us have sisters, all of us have friends. Have a freezer meal party.

For many years I have gotten together with my married daughters every six months and we have a freezer meal day. It's an easy way to get a lot done in a short time and a great way to catch up on all of their family news. As busy young moms they do not always have time to get together. A little family bonding is always good.

We get together on the phone and decide on the recipes we want to make. I usually do the shopping since I have more time and don't have to drag kids along. We always split the cost and we each bring our own containers for freezing. On cooking day we divide up; two of us work on one recipe while the other two work on a second one. At noon we splurge and order lunch for pick up to eat at home. By the time we are done we each have at least 10 meals ready to go in the freezer.

### Advantages to Preparing Freezer Meals:

- They save time on a busy day. Just pull one out of the freezer and dinner is ready
- They save money. Not only do you save by buying in bulk, but a frozen meal keeps you out of the fast food line.
- They are generally healthier than eating out.
- They are there in case of an emergency. If there is a medical emergency, weather emergency or a family emergency you will have meals prepared so you won't need to cook.
- They can benefit neighbors who need a meal. It's always nice to have something ready for a friend or neighbor in need.
- They give you a night off when you need one.

One quick story; when we were living in Kaysville, a woman in our ward was diagnosed with a very serious illness that would require surgery and a very long recuperation. It was going to be months before she would be up and around. She had a husband and four teenagers. As a Relief Society we got together and prepared freezer meals. We met at the home of a sister who had two kitchens in her house. Over a three day period, twenty women each worked one day for about 5-6 hours. When we were done the family had meals to last several months. Each meal was labeled and had cooking instructions attached. Her freezer was filled with casseroles, soups, stews, meat dishes, side dishes, breads, cookies ready to bake and desserts. Of course her husband and children could have purchased fast food or tried to cook up something but with jobs and homework, plus a sick mom to care for, the freezer meals were there on nights when they needed them.

In your own home, *freezer meals are part of your food storage plan.* Also included in your storage are those single items you can save in your freezer, such as: fruits, vegetables, meats, bread and dairy products.

#### **Step #4 – The shopping list**

- Once you have your ingredient list, this becomes your shopping list.
- Whether you are shopping meal by meal or item by item, make sure you multiply out the ingredients for the time period you are storing. For example for 2 weeks you need 4 cans of tomatoes, multiply that number of cans by 6 for a 3 month supply or 24 cans of tomatoes in total.
- Before shopping, make note of the food items you already have on hand and eliminate them from your shopping list.

#### **Step #5 – Start shopping! Build your storage as you can afford it. Don't go into debt.**

- Set a budget and stick to it. Anything is better than nothing. Even \$5.00 a week will add up over time
- Do not go into debt to get your shelves stocked. Add to your storage as fast as finances allow
- Watch for sales on the items on your list. Remember, it doesn't matter how good the sale is, if your family doesn't like it, they won't eat it.

#### **Strategies:**

- Store what you eat and eat what you store. Don't store canned salmon if no one eats it!
- If you take items out of your pantry to use in a meal replace them as soon as you can go to the store
- I know the thought of repeating the same meal pattern every two weeks, over and over, sounds depressing and boring. I agree. The menu is not set in stone. Be flexible. It is only a tool to help you prepare. It's ok to be creative and re-adjust the menu.
- Set a reasonable goal. You might want to build a two week supply first. When that is complete, start on the next two weeks, and so forth until you have a three month supply
- Set a budget. Do not go into debt to fill your shelves

#### **I'm anticipating your questions:**

- Many of you are thinking that you already have a basement full of Mountain Home dehydrated foods, 1000 pounds of wheat and church canned beans and rice. Why not use those? Of course you can open up your shelf stable storage and use it. Remember though, in order to have a balanced diet with variety of meals that your family will actually eat, many of your long term storage items will need to be supplemented with canned goods from your pantry. We will talk about this more when we discuss long term storage.
- Yes, food in your freezer does count towards a three month food supply. All foods are good in the freezer for three months or longer.
- What if the power goes out? Plan ahead. You can extend the 'cold life' of your freezer by filling 2 liter pop bottles with water and placing them strategically in your freezer. This will give your freezer many more hours of freezing temperatures. Be sure you leave header room in the bottle as water expands when frozen. Do not open your freezer when the power is off unless absolutely necessary.
- Many recipes require eggs. Eggs can be frozen. Go to Google for exact instructions.
- Many items freeze well. You can freeze milk, butter, bread dough, bread products, fruits and veggies, yeast, etc. Google and Pinterest are great resources for freezing instructions.

I have attached an appendix to this news letter to show you in more detail how to use the meal by meal approach to food storage.

**If you have questions please feel free to give me a call. Dianne Berry 801-992-3373**

Use evaporated, powdered or frozen milk from the freezer  
Use an egg substitute or frozen eggs  
Butter and bacon are from the freezer  
Pam and syrup are from the pantry  
Hot Chocolate is made from a powdered product such as Swiss Miss

Lunch Sandwich can be made from frozen or homemade bread.  
Both ham and cheese slices freeze OR you could use canned deviled ham  
Chips last for three months. You could substitute canned Campbell's soup made with water for the chips  
Mayonnaise and Mustard both have shelf lives in excess of 12 months  
You may have apples stored or you could substitute apple sauce  
Kool-Aid powder has an indefinite life span

Dinner Everything in the Viva la Chicken can be found in your cupboard or freezer  
Use canned or frozen green beans and canned or frozen peach slices  
You might have frozen French bread or you can substitute homemade biscuits  
Milk can be from the freezer or powdered

Dessert If you freeze raw eggs you can easily make a cake. Crack eggs one at a time, break the yolks and put 2 or 3 in each zip lock bag. Freeze. (They will last 6 months) Thaw to use in recipes or to scramble for breakfast.

• **Step #4 – The Shopping List**

Using the recipe modifications from step #3 make up a grocery list to include the ingredients needed to feed your family the three meals found on the one day menu in the example

Frozen Orange Juice	Eggs
Bacon	Sliced Ham
Sliced Cheese	Mayonnaise
Campbell's Chicken Noodle Soup	Apple Sauce
3 Chicken Breasts	Corn Tortillas
Chicken Soup	Mushroom Soup
	.....etc.

• **Step #5 – The Shopping**

Make a plan: I will go to the store on Friday and I will purchase enough ingredients to make this menu twice; one to eat now and one for my storage. Since I am buying an extra set of ingredients I need to budget for the added expense of \$20-\$25.

### ***A Few Freezer Meal Tips***

- You will need recipes. Most of your favorite meals can be made ahead and frozen
- If you need recipes I *Googled* "Freezer Meals" and there were 8,800,000 results. There is no excuse for not being able to find a recipe!
- There are supplies that you will need: foil baking pans, plastic wrap, freezer quality plastic bags in various sizes, freezer tape, permanent marker and 3x5 cards. (Do not freeze foods in glass containers as they will break.)
- Air is the enemy of any frozen food. Make sure the air is forced out of your container. For plastic bags, close the bag 95%. Then insert a straw and suck the rest of the air out and complete the seal.
- Label everything with the name of the recipe and the date it was prepared.
- Attach a 3x5 card with cooking instructions. Be specific. The meal might be prepared by a son or daughter or by a neighbor if you have gifted it.
- If using freezer bags, try to freeze them flat so they will stack. You will get more in your freezer this way. I freeze my bags on a cookie sheet. Once solid, I stack them on a freezer shelf.
- If you are cooking a meal such as soup or chili, cool it down in the fridge to 40 degrees before packaging it and putting it in the freezer.
- To use frozen uncooked foods, it is best to thaw them in your refrigerator before cooking.
- Divide recipes into manageable portions. I have a minestrone soup recipe from a local Italian restaurant. It makes 2.5 gallons. More than 2 of us can eat. I package small portions and freeze it.
- I also have a favorite casserole recipe that fills a 9x13 pan. Instead of making a 9x13, I divide this recipe into two 8x8 pans.
- Freezer meals will last 3 to 6 months.

### ***What Is OK To Freeze?*** (Take a hint from the frozen food section of your grocery store)

Meat	Hard Cheese	Bread
Hot dogs	Bacon	Hummus
Milk	Butter	Cream Cheese
Pizza sauce	Spaghetti Sauce	Broth
Soups	Stew	Chili
Fruits	Veggies	Pitas & Tortillas
Flour	Rice	Burritos
Taco Meat	Pies	Baked Goods (cakes, doughnuts, etc)
Apple Sauce	Nuts	Cookie Dough
	.....etc	

### ***What Does Not Freeze Well?***

Foods high in water do not freeze well, including:

- Eggs in the shell
- High water Veggies such as lettuce, celery, cucumbers
- Soft cheeses unless they are in a recipe
- Watermelon
- Mayonnaise
- Uncooked batters

\*\*Fresh Vegetables that you freeze will thaw with a different texture and should be cooked or used in a recipe.

\*\*Fresh Fruit will be mushy when thawed and should be used in a recipe. They are delicious eaten slightly frozen from the bag or you can use them to make delicious cobblers and crisps. Frozen fruit can also easily be turned into jam or jelly.

*Pinterest* and *Google* are great resources for finding instructions on preserving fruits and vegetables in the freezer. In general, fruits and veggies should be cleaned and cut into desired sizes. Freeze them in a single layer on a parchment lined cookie sheet. Once solid you can put fruits and veggies into freezer bags. Freezing them on the cookie sheet will freeze them in individual pieces so you can take out just the amount you need from the bag to use in a recipe.. Most veggies should be par-boiled for 3 minutes before you lay them on the cookie sheet. Let them cool to room temperature before freezing.

Several people have asked me about the shelf life of packaged, canned and frozen foods. I will talk about long term storage items in the future. For now I have attached several charts that deal with the shelf life of canned, refrigerated and frozen foods. As I mentioned above; *Google* and *Pinterest* are great resources for this type of information. There are many websites that will answer your specific questions.

Remember, food storage is not limited to what is on your pantry shelf. Take advantage of the growing season to preserve food items that are limited or more expensive at other times of the year.

## 20 Surprising Things You Can Freeze

Freezing saves money because;

- It allows you to buy in bulk
- You can buy produce when it is in season and freeze it to use in the future
- It's convenient and saves you trips to the store for things like diced onion or another recipe ingredient

### 1 – Cheese

Freeze whole blocks of cheese. Thaw them completely in the refrigerator when ready to use.

For home grated cheese, add 1 TB of corn starch to prevent clumping.

### 2 – Pancakes, Waffles and French toast

Make extra batter and bake up pancakes, waffles or French toast. Place them on a parchment lined cookie sheet and freeze flat. When frozen, stack them in a freezer bag. Remove as needed and reheat in microwave or toaster.

### 3 – Fruit

Freeze cleaned and cut fruit on a parchment lined cookie sheet. When solid transfer to a freezer bag.

Bananas can be frozen in their skin and then thawed and squeezed out of the peel to use in muffins.

Smoothie bags can be prepared from extra fruits from other recipes. Drop extra apple wedges, sliced peaches, berries, etc into a bag in you keep in your freezer. When it is full, dump the fruit into a blender with yogurt for a yummy fruit smoothie.

### 4 – Vegetables and Herbs

Dice onions, chilies or peppers freeze on a lined cookie sheet. When frozen, put them in a freezer bag.

Freeze whole ears of corn. I like to husk mine first but it is not necessary.

Roast Roma Tomatoes in a 225 degree oven for 4-5 hours. Before roasting, season with garlic, herbs and olive oil for use in soups, stews or chili. When cool, put the tomatoes in a freezer bag.

Freeze fresh chopped herbs in ice cube trays with a little water. Use them in soups, sauces, etc.

Leafy greens such as spinach or kale can be whipped in a blender and frozen in ice cube trays for green smoothies

## 5 – Rice

Cook a big batch of rice and spread it on a cookie sheet to put in the freezer. When frozen put in freezer bags.

## 6 – Baked Goods

Bread and rolls freeze very well. You can put a paper towel in the bag with them to absorb moisture when they thaw. Croissants and pizza dough can be frozen in their cans. Cakes and cupcakes, frosted or unfrosted, can be frozen but must be well wrapped. You can make apple pies when apples are in season. Do not bake them. Wrap well and freeze. To serve, bake them using the cooking instructions on Marie Calendar or Mrs. Smith frozen pies.

## 7 – Pasta

Extra cooked pasta can be frozen in freezer bags but you must let it drain well first. Put it in a freezer bag and squeeze out all of the air. To reheat, run bag under hot water for a few minutes.

## 8 – Flour and Grains

Freezing flour and grains will extend their shelf life (and kill bugs and bacteria that come in the package).

## 9 – Sauces, Stock and Juices

These freeze very well. Package them in desired sizes. Freeze lemon and lime juice in ice cube trays.

## 10 – Mashed Potatoes

Using an ice cream scoop, scoop potatoes onto a lined cookie sheet and freeze until hard. Then bag them up.

## 11 – Dough

All kinds of dough can be frozen including: cookie, pizza, pie crust and bread. Pizza and Bread dough should be frozen after the 1<sup>st</sup> rise. As it thaws it will rise again. Cookie dough can be frozen in 'balls' and pulled out of the freezer as needed. Bake the cookie dough 1 to 2 minutes longer than the recipe calls for to allow for thawing.

## 12 – Soups and Chili

Soup and Chili should be cooled completely. Transfer to freezer bags or freeze in paper cups for individual servings. If using cups, freeze them standing on a cookie sheet. Peel off the cup and put the soup or chili in a freezer bag.

## 13 – PB&J

You can freeze peanut butter and jelly sandwiches for the kids. Wrap them tight and freeze.

## 14 – Potato Chips, Pretzels and Crackers

These all freeze very well. However they do take up a lot of room in the freezer.

## 15 – Milk and Fruit Juice

Ever wonder why gallon jugs of milk and fruit juice have those round indentations on the sides? It is to allow expansion during freezing. To use frozen milk or juice, thaw completely and shake well before serving.

## 16 – Frosting

Extra frosting freezes well in freezer bags. When you need it, thaw completely and whip it up a little.

## 17 – Eggs

Eggs do freeze but DO NOT freeze them in their shell. You must separate whites and yolks and place the yolk and the white in separate ice cube trays to freeze. These are great for cakes or baking. You can also scramble whole eggs and freeze them for use in breakfast eggs.

## 18 – Casseroles

When making a casserole you can either divide it in two or make an extra one for your freezer. These are great to have as part of your food storage, busy days or when company comes.

## 19 – Meat

When meat goes on sale stock up! All meat can be frozen. You can put uncooked meat in marinade and freeze it. You can pre-cook ground beef for casseroles. You can cook chicken and pork and shred the meat before freezing. This is great for sandwiches. You can freeze all uncooked meat/roasts/steaks for use later.

## 20- Yogurt

Yogurt freezes well in its container or you can freeze it in small cups. Add a popsicle stick before freezing for a frozen yogurt treat.

## What is the Shelf Life of your food?

### TYPES OF DATING:

**Sell By Date:** Purchase this food before the 'sell by' date listed. A sell by date tells the grocer how long to display the food. The food will remain good for sometime after the date listed.

**Best if Used By & Best Before Date:** This is not a purchase or safety date. To have the best quality and flavor the food should be used by this date. It is a recommendation for peak quality. Exceeding this date does not mean the food is spoiled.

**Use By Date:** a product should be used this date.

Vegetables	Pantry	Refrigerator	Freezer
asparagus	-	2-3 days	8 months
carrots	-	2 weeks	-
celery	-	1 week	-
corn	-	1-2 days	8 months
green beans	-	1-2 days	8 months
lettuce	-	1 week	-
onions	1 week	3-5 days	8 months
pickles/canned	1 year	1 month	-
spinach	-	5-7 days	8 months
tomatoes	-	1 week	-
<b>Fruit</b>			
apples	until ripe	1 month	-
bananas	until ripe	5 days	-
citrus fruit	until ripe	2 weeks	-
peaches/pears	until ripe	5 days	1 year
<b>Dairy</b>			
butter	-	1-2 months	9 months
milk	-	8-20 days	3 months
hard cheese	-	3-6 months	6 months
<b>Meat</b>			
fresh beef steaks	-	3-5 days	6-9 months
fresh beef roasts	-	3-5 days	9-12 months
fresh ground beef	-	1-2 days	3-4 months
cooked meat	-	2-3 days	2-3 months
bacon	-	2 weeks	1 month
<b>Misc.</b>			
eggs in shell	-	3-5 weeks	-
eggs, hard boiled	-	1 week	-
bread	5-7 days	1-2 weeks	2-3 months
doughnuts	4-5 days	-	3 months
flour, all purpose	6-8months	1 year	2 years
pizza	-	3-4 days	1-2 months
brown rice	6 months	6 months	1 year
white rice	1 year	-	1 year
baking powder	18 months	-	-
baking soda	18 months	-	-
honey/jam	1 year	-	-
mayonnaise	2-3 months	12 months	-
peanut butter	6 months	4-6 months (opened)	-



## Appendix I

### Example of a One Day Meal Plan

- **Step #1 – Plan a one day menu**

Breakfast

Orange Juice  
French Toast  
Bacon  
Hot Chocolate

Lunch

Ham and Cheese Sandwich  
Chips  
Apple  
KoolAid

Dinner

Viva la Chicken  
Green Beans  
Sliced Peaches  
French Bread  
Milk

Dessert

Chocolate Cake

- **Step #2 – The Ingredient List**

Breakfast

Orange Juice  
French Toast – bread, egg, milk, syrup, butter, Pam spray  
Bacon  
Hot Chocolate Powder

Lunch

Sandwich – bread, sliced ham, cheese, mayonnaise, mustard  
Chips  
Apple  
Kool-Aid

Dinner

Viva la Chicken – corn tortillas, cream of chicken soup, cream of mushroom soup, chicken (cooked and diced), grated cheddar cheese, diced green chilies, mayonnaise, and lemon juice  
Green Beans  
Peaches  
French bread  
Milk

- **Step #3 – Analyze your ingredient list – Can these ingredients be part of a Three Month Supply**

Breakfast

Use frozen orange juice from the freezer instead of fresh  
For the French toast use bread from the freezer or homemade bread

## Where Should Produce Be Stored?

### Store in Refrigerator

Apples  
Artichokes  
Asparagus  
Beans  
Berries  
Broccoli  
Brussels Sprouts  
Carrots  
Cauliflower  
Celery  
Cherries  
Corn  
Cucumber  
Eggplant  
Fresh Herbs (except basil)  
Grapes  
Green Beans  
Green Onions  
Leafy Greens  
Mushrooms  
Okra  
Peppers  
Sprouts  
Yellow Squash  
Zucchini

\*Store these items in the refrigerator once they ripen.

### Store at Room Temperature

Acorn Squash  
Apricots  
Avocados\*  
Bananas  
Basil (in a jar of water)  
Butternut Squash  
Citrus  
Figs  
Garlic  
Ginger  
Jicama  
Kiwi  
Mangoes  
Melons  
Onions  
Papayas  
Peaches & Nectarines\*  
Pears\*  
Persimmons  
Pineapple  
Plums\*  
Pomegranates  
Potatoes  
Spaghetti Squash  
Tomatoes

There are many options available when it comes to short term food storage. Freezer meals and freezer storage is just one of them. Each of you must choose what the most practical plan is for you and your family.

Take an hour and look through your pantry, your basement storage and your freezer to see what you have. Remember we are talking about the foods you have on hand that will make a meal for your family **today**. Do not include those long term storage products such as wheat, beans and rice. (Long term storage has its place and we will discuss that in the coming months.) Then ask yourself “Can I prepare a week’s worth of meals for my family with the food I have stored in my home?” “Can I live for two weeks on the food I have in my home?”

If you are not comfortable with the quantity or variety of items you have stored then ***it is time to do something***. Today is the day to start adding to your reserves. Every can, box or frozen item will prepare you for the personal emergencies that might arise in your family. Our goal is to be self reliant so that we do not have to wait for someone else to provide for us.

## Provident Living Newsletter

August 2018

### Storing Water for Emergencies

A line in *The Rhyme of the Ancient Mariner* by Samuel Taylor Coleridge reads:

**“Water, water, everywhere and not a drop to drink”.**

My grandmother used to quote that line to me when she took me to the beaches of Great Salt Lake to swim. It was her gentle reminder that I should avoid getting any lake water in my mouth. It only took one small swallow for me to become an ardent adherer of that sage advice.

Water is essential for life. A person can live about 10 days without food, but going two to three days without water can be fatal. Many of you have heeded the advice to stock up on food and other household items, but where do you stand on water storage? Do you know how much you need? Do you know how to store water? Do you know if water has a shelf life? This news letter will answer those questions for you and give you a few guidelines to follow.

But first, another story: Several years ago we were living outside of the Denver area in a planned Community known as Reunion. This was a bedroom community. No businesses allowed. A few miles down the road was the town of Brighton, Colorado. This was our destination for grocery stores, restaurants, medical care, shopping and entertainment.

One morning, disaster struck the water system in Brighton. A huge water main broke. This caused contamination in all of the water lines in the City and the eventual shut down the entire system. Since we lived in Reunion I had plenty of water and thought little of how Brighton's problems would affect me. On a trip to the grocery store I quickly learned what can go wrong when the water goes off.

At the grocery store, the meat department, produce department, bakery and deli were closed. It seems that all of those departments rely on water for either food preparation or sanitation. In addition, bathrooms were closed and drinking fountains were turned off. Even though it had only been a few hours since the emergency was declared, all of the commercially bottled water in the store was gone. The City had moved in a large tanker truck filled with fresh water and had parked it in front of the store. People were standing in line with containers, brought from home, to get a couple gallons of much needed water.

A further look around town surprised us. The schools were all closed. All of the restaurants and fast food places were closed. Medical offices were closed. The Hospital Emergency room was turning away all but the most serious cases. The only business open was the movie theatre; but it had its limitations. You could watch a movie, but there was no snack bar service of any kind and there were no available bathrooms or drinking fountains. This situation continued for several days. Soon the other small towns surrounding Brighton were feeling the pinch. Their grocery stores were running out of bottled water. Their restaurants were filled beyond capacity and menu items were severely limited.

Lesson learned; a water shortage in one area will have an impact on the surrounding areas.

When a disaster hits, potable water (safe to drink) is usually one of the first things to go. So, why does the water just stop? There are many reasons including: water main breaks, contamination of a water source, earthquakes that sever lines and mud or snow slides that crush the infrastructure. In a recent presentation, Utah's well known "Earthquake Lady" stated that in the event of a major disaster, gas service and electric power usually can be restored in several days to a couple of weeks. However, if the water system is severely damaged it can take many months to rebuild the system.

Remember, clean water is essential for life. If you use contaminated water for drinking, cooking, washing dishes or brushing your teeth the bacteria floating in the water can cause anything from vomiting to cholera and typhus.

## What Do I Do First?

In an emergency situation many 'Preppers' suggest that you immediately turn off your water supply valve. Then using pots, pans or buckets, drain the water that is in your pipes to use as drinking water. Just turn on a faucet that is located in the highest level of your house to let air into the lines, then draw the water from the lowest level faucet in your home. The water contained in your lines is safe to drink.

## How Much Water Should You Store?

Answering this question will take a little math work on your part. **The minimum amount to store is 2 gallons of clean water per person, per day, for a three day time period.** This clean water is to be used for drinking, food preparation, dish washing, hand washing and brushing of teeth. (Consider string paper plates!)

Additional water is needed for sanitation. Water for this purpose does not need to be "clean".

The above recommendation is based on the FEMA premise that the "government" will truck-in water within three days. I would recommend storing considerably more than three days worth of water. If roads are impassible, trucks may not get to you that quickly.

Remember, if you have pets, you will need extra water in storage for them.

Water in your hot water heater is "clean" and can be used if it is free of sediment. Water in your swimming pool is acceptable for sanitation and laundry. It is NOT safe to drink.

As a side note, sodas and caffeinated drinks are not a substitute for drinking water. These products are high in sodium and can lead to increased dehydration.

The big problem with water storage comes when you are trying to determine how much water you need for food preparation. If you have stocked up on Freeze Dried or Dehydrated Foods, I hope you have also stocked up on a lot of water. While foods of this type have superior taste and shelf life, water is required to reconstitute the product to an edible form.

Look at the labels on your cans and packages to see how much water it takes to reconstitute the dried product into a meal to feed your family. From there, you will have to get out the calculator and try to figure out how much water

you will need. Remember, not all of the two gallons per person you have stored will be available for use in food preparation. You will need more than 2 gallons per person, per day to meet your needs for this type of food storage.

## What Should Water Be Stored In?

There are several options:

- 2 liter soda pop bottles are food safe and suitable for storing drinking and cooking water.
- Plastic juice bottles are food safe and suitable for storing drinking and cooking water.
- Cases of bottled water from the grocery store are suitable for storage and can be used for drinking and cooking. This water can be purchased very inexpensively and it is a good place to start. Pick up a case for each member of the family and one to keep in your car in case of an emergency when traveling.
- A word of caution regarding grocery store cases of water; the shelf life is 6 months. These bottles are being designed with thinner plastics that are meant to break down more quickly when disposed of in landfills. This means they will break down on your storage shelves. Rotate your water.
- Some grocery stores have water filling stations that sell you a 5 gallon jug that you can refill as it is emptied. These jugs are suitable for storage of drinking and cooking water.
- Commercial water storage barrels can be purchased in 55, 20, 15, 10 and 5 gallon sizes. They are usually blue in color. If purchasing a commercial barrel make sure it is stamped 'FOOD SAFE'. The smaller sizes are ideal for the "grab and run" emergency. Keep smaller containers near an exit door. I have two in my entry hall closet.
- Just a reminder, if you are using 55 gallon drums, make sure you buy a pump or siphon to get the water out. You will also need a bung wrench to open the lid.
- NEVER store 'drinking water' or 'cooking water' in any container that is not marked food safe.
- Plastic 1 gallon milk containers are NOT SAFE for storage of drinking or cooking water. After a few months these containers start to biodegrade, collapse and leak. These plastic containers may also give water a bad taste.

## Where Should Water Be Stored?

Again, there are several options:

- Ideally, water should be stored in a cool, dark place such as: basement storage areas, closets, under stairs, under beds or in crawl spaces. If you don't have a cool, dark place in your home, find another convenient location. The important thing is that you have water on hand.
- You need to store water in a place that is easy to get to. If you are using 55 gallon drums in your basement, they may not be accessible for a couple of days if there is debris to clear. Consider keeping smaller containers by an exterior door on the main level of your home so that you can easily access them.
- Water in 2 liter bottles can be stored in your freezer. When you fill the container allow head room for expansion. Putting some of your two liter bottles into the freezer is not only a good storage spot but they will add extra life to your freezer in the event of a power outage.

- **Water should not be stored directly on a concrete floor.** Use 2x4 lumber or broken down card board to keep the water storage containers from making contact with the cement. Cement will eventually cause contamination in the container.
- There is also water in your hot water heater. This is 'clean' water and can be used for drinking and cooking. This water can be accessed through a drain valve at the bottom of your water heater. However, depending on the age of your water heater and whether or not you periodically flush your heater there may be sediment in the bottom of the tank. Use care in watching for dirty water and separating it out. If there is a lot of sediment, this water may not be usable.
- Here's a hint from a Sister in our Ward. When notified her water was going to be shut off for water line repairs, she filled all of her bath tubs. This water was great to use for sanitation purposes and she was able to save her "clean" water for drinking and food preparation.

## Water Care

Yes, you need to take care of your water. Do Not Ignore It.

- Water you put into storage from your household tap does not need to have added chlorine UNLESS your water comes straight from a well.
- If using well water, google 'storing water' for instructions on the amount of chlorine to add to each container.
- If you are filling your own containers, water should be rotated every six months. For me, emptying and refilling containers is easiest if done at General Conference time. April gives my garden the first water of the season and October gives my garden that last watering before winter hits.
- Commercial case water bottles should be rotated every six months.
- Commercial 'Blue' containers should be rotated every 6 to 12 months.
- If you have had your water in storage for a while and need to use it, it will probably taste flat. This is due to loss of oxygen. To restore the taste, pour water back and forth between two containers or beat it with a whip.

One last story: While we were living in the Denver area an older couple in the Stake contacted us. They were selling their home and moving in with their kids. They wanted to know if their food storage was still good and if there was anything worth taking with them. Upon entering their food storage room we noticed dozens and dozens of milk jugs filled with water and covered with dust. These jugs had been on their shelves and on the concrete floor for more years than we cared to guess. Some of the older bottles still had their lids on but were empty. There were signs that these containers had sprung leaks and the water had trickled out. Other containers that were still filled with water had a layer of black something??? on the inside of the jug. None of the water appeared to be safe. Lesson learned: This couple had ***water, water, everywhere and not a drop to drink.***

Your challenge for this month is to take an inventory of your water needs and compare it with the amount you have on hand. If you come up short on water, start storing. Remember, you can only live 2 or 3 days without water.

\*\*\*\*\* If you are in need of large 55 gallon water containers, a couple of ward members would like to get rid of theirs. Please contact Gary Fogg or Fred and Joye Holzer.

September 2018

## Provident Living News letter

### LONG TERM STORAGE

So far in our newsletters I have focused on the first two steps of building a food storage plan. By now I hope you have added to the amount of water you have stored in your home. We can't live long without water. Gathering a three month supply of those foods you eat on a regular basis is the second step. We covered that topic in several newsletters. I cannot stress enough how important this is.

I hope you watched some of the news coverage on Hurricane Florence. The stores were out of food and water in a few days or in some cases a few hours. It reminded me of the quote I used previously in a newsletter, "Noah did not wait for the first drop of rain to fall, to start building the Ark." Many people in the Carolinas found out the hard way that once the storm hits, the shelves are bare. They are also learning that even though the rain has stopped the flood conditions have made it impossible for trucks to bring in necessary supplies. This is a serious situation for the people in the South. I hope that you, as a family, have decided to become better prepared for adversity. You never know when it will strike or how long the effects will last.

Our next topic is Long Term Food Storage. This one is really scary! Long term storage means survival eating. Things must be really bad if you are digging into your long term storage – OR – you are like many others who skipped buying the three month supply and you went straight for the wheat, beans and rice. If it is one week into a major snow storm and you are already eating boiled rice three meals a day, you missed one of my newsletters. Before you jump head first into long term storage, make sure you have a three month supply of "normal" food in your pantry, freezer or basement.

#### Now, on to Long Term Food Storage.

Long term food storage is exactly what it sounds like. This is the storing of foods with an extremely long shelf life that you can eat when there is absolutely nothing else. If an event drags on for months or years, you will need food to survive. We are lucky in this day and age that we have several alternatives to choose from in selecting long term food storage items. Remember 'Long Term' equals *long shelf life* and *for use during long lasting situations*. In general we are talking about foods that will last 20 to 30 years. You buy them once and you are done for 30 years. The big plus is; you don't need to rotate them.

#### What choices do I have?

There are three common categories of shelf stable, long term storage foods to choose from.

The first category, and the one most frequently recommended is **grain storage**. This would include things like wheat, beans, rice, lentils, split peas, corn and pasta which will store in excess of 30 years. Other non-grain items that store for 20-30 years are sugar, honey, salt, baking soda and Vitamin C tablets. These items are relatively inexpensive to purchase, however, for some of the grains you will need to purchase a grain grinder. Depending on how the grains are sold, you may also need to purchase specialized storage containers to keep the product free of moisture, bugs and rodents. You will need water to cook these foods into something palatable.

The second category would be commercially packaged **dehydrated foods**. These are foods that have had the water removed to lengthen their shelf life. These foods are canned or bagged in either single item packages, such as apple slices or in casserole mixes, such as Chili Mix. Be careful in selecting dehydrated foods as their shelf life varies greatly. Do some research on a product before purchasing it. Watch for the shelf life on items that are high in fat such as milk, butter or cheese. You must have water to reconstitute these foods. The price is in the moderate range.

The third choice would be **freeze dried foods**. These foods are actually frozen at very cold temperatures to remove the water. They have excellent flavor when reconstituted. Most manufacturers give these products a 20-30 year shelf life or longer. Again, these types of storage items require a lot of water. And, the price is generally very high. There are now freeze dryers sold commercially for use in your own home. They claim you can even freeze dry your Thanksgiving dinner leftovers to eat 30 years from now. I'll let someone else try that before I do.

**For now we will focus on grain storage. Knowing what to store, how much to store, how long it will last and how to store it is important. We will cover those topics in this newsletter. Our next newsletter will focus on how to use your dried supplies.**

**What to Store:**

Long term storage is 'dry matter' storage. Dry matter foods are foods that are not packed in liquid. The table below lists some 'dry' items and their shelf life.

Wheat	30 years
White Rice	30 years
Corn (un-ground)	30 years
Sugar	30 years
Beans	30 years
Rolled Oats	30 years
Pasta	30 years
Dried Apple Slices	30 years
Dried Carrots	30 years
Spices	20 years
Ramen Noodles	20 years
Honey	30 years
Dried onions	30 years
Non-fat powdered Milk	20 years

\*\*\*Brown sugar and brown rice are usually NOT recommended for long term storage because of moisture content. They can both be stored for several years with your three month supply.

Other items that can be added to long term storage, but last only for 2 to 10 years include:

Yeast	(SAF Yeast, unopened, in an airtight container in your freezer will last years)
Cocoa Mix	2 years
Pancake Mix	3 years
Granola Mix	3 years
Potato Flakes	2 years
Boxed meals, ie. Mac and Cheese	3 years



## How Much Should I Store?

There are a lot of different recommendations for how much to store. One easy way to figure out how much you need is called the Dry Matter Formula. Basically you need 1 pound of dry matter per person per day. This one pound can be any combination of the items you have in your storage.

It is impossible to determine exactly how much you would need. Unfortunately, we cannot see into the future. Some people suggest starting with 6 months of dry matter storage and then increasing it as you have space and your finances allow. This figures out to be 183 pounds of dry matter storage for each person in the family per year.

At first glance this sounds like an overwhelming amount but a couple of 50 pound bags of wheat, 25 pounds of sugar, 10 pounds of rolled oats, 20 pounds of pasta and beans and some carrots and apples and you've got it. There is no set formula on what to buy. Purchase those items you know your family will eat and that you know how to cook.

## How Do I Store Long Term Products?

Whether you are buying commercially packaged products or if you are packaging items yourself, there are several factors to remember. Temperature, Moisture, Light, and Insects and Rodents can destroy the life span of your stored items.

**Temperature:** Store products at a temperature of 75 degrees or lower whenever possible. In hot climates, long term storage will need to be rotated to maintain their quality.

**Moisture:** You must keep storage areas dry. It is best to keep your containers off the floor to allow for air circulation. Containers can be raised on 2X4 boards.

**Light:** Some products can be purchased or stored in PETE bottles. (this material provides resistance to air and moisture). Items commonly stored in PETE bottles are oils and some grains. These bottles should be kept in a dark area as the light will affect the product inside the container. If food is stored in a mylar pouch, a can or a storage bucket, this is not an issue.

**Insects and Rodents:** These little critters can get into almost anything. They especially are fond of foil pouches and paper bags. Putting items packaged in foil or paper inside heavy storage buckets will help keep rodents and insects out. Two important things to remember: #1 – Do not use any kind of rodent or bug killer in your storage item. If you are putting your wheat into a storage bucket, never add any bug killer. This would contaminate your wheat. #2 – Many products purchased in bags have bugs or larva in them when you bring them home. If you can put the bag of wheat or rice, etc. in your freezer for a couple of weeks, the bugs will be eliminated. Then you can repackage your grain into storage buckets.

If you are buying wheat or beans in bulk and repackaging them yourself, choose a heavy duty, food safe bucket. Many emergency supply stores sell buckets that are designed for long term storage. Living in Utah where we have access to many long term storage items, I find it is safe and easy to use storage buckets for grains.

A story; there is always a story! When we were first married we heeded the advice to get a two year supply. At that time, the two year supply was made up primarily of wheat, beans, rice and TVP (if you know what this is; you are old). After a dozen moves and 35 years of shipping that same wheat from one end of the United States to the other we wondered if it could possibly be any good? By chance, we met a man who worked for Utah State University. For some long forgotten reason we got into a conversation about wheat. He offered to test our 35 year old hard red winter wheat. The results came back. Not only was the wheat in perfect condition, its nutritive value was the same

## Provident Living - October 2018

### Emergency Car Kits

After a long hot summer, we have skipped fall and moved rapidly into winter weather. I can't believe we are already seeing snow on the peaks above us. Although snow creates a beautiful landscape it also creates treacherous driving conditions. I think I do more praying in my car while navigating Utah's icy roads than I do at my bedside.

We have been talking about long term storage and I had planned on continuing with that topic this month. But with the change of season upon us, I want to shift gears and give you a gentle nudge and some ideas that you can implement to make winter driving a little safer.

An emergency can strike any time. If you are away from home, you will only have what is with you to take care of yourself and your loved ones. Wouldn't it be nice to have a well stocked car kit to get you through the emergency?

When we were living in Colorado a young family with 2 small children headed out on a trip to see relatives. Most of their journey took them west on I-80. Eventually, their GPS instructed them to get off the interstate and follow surface roads to their destination. I'm not sure why or how it happened but the GPS took them to an unpaved dirt road. That would have been OK except for the fact that there was over three feet of snow on the ground. The husband tried to turn the car around but they became hopelessly stuck in the snow. It was getting dark and the snow was falling. They had no cell phone service. The family's only choice was to wait it out overnight and hope that their relatives would search for them in the morning. By noon of the next day, when no rescuers arrived, the father decided he would walk back toward the main road and find help. You probably can figure out the end of the story. Early the next morning the father's body was found less than two miles from the car. He had died of hypothermia. The wife and children were alive but were weak, hungry, cold and suffering from frost bite. If they only had some emergency supplies in the car; things might have ended differently.

It is wise to carry an emergency kit in your car. This will come in handy if problems arise while you are driving. I know you are thinking 'but I'm only going down to Smiths'. The proximity to home doesn't matter. I have had a flat tire in my driveway and I had no idea how to change a tire. I do now!

A car kit can be valuable if your car breaks down, if you become stranded, if you drive off the road, if you are stuck in snow, or if traffic or road conditions prohibit your ability to drive. In the event of a massive natural disaster you may not be able to get home. For example, my father-in-law was driving home from work on an elevated section of the Los Angeles freeway when the 6.7 Northridge Earthquake hit. Luckily, after his car and all of the others on the bridge stopped bouncing to the right, they were able to get off the freeway. You are never 100% safe from incidents when you are in your car.

Below is a list of suggested items to put in your car kit. These are just suggestions. You may think of other things that will be of benefit to you based on the type of driving you do.

Every car you or your children drive should have an emergency kit. An Emergency Kit can save a life. Make sure all of the drivers in your family know how to use the items in your car kit.

You may not need to include all of these items. All items do not need to be carried in large quantities. For example, pack two plastic bags instead of a box of 100 bags. Carry a small hand sanitizer instead of a quart bottle. A small tool kit with a few selected items will be adequate as opposed to a kit the size of a suitcase. Be wise in your selection of items to put in your kit. As always, the important thing is to have something with you in case of an emergency.

- Water, individual bottles would be excellent
- Some food. Either a 72 hour food kit or high calorie meal bars and snack items
- Cash (\$20-\$30 in small bills and coins)
- First Aid Kit and medications, sun block and insect repellent
- Diapers and wipes if you have small children
- Plastic Bags
- Extra clothing for small children, kids and adults. Include warm layers.
- Walking shoes (necessary during the summer when you normally wear sandals)
- Gloves, both work and winter styles
- Rain poncho
- Emergency blankets (mylar or regular fabric)
- Hand and foot warmers,
- Hat
- Toilet Paper
- Hand Sanitizer and Wipes
- Paper Towels
- Radio (consider a hand crank or battery operated – do not run your car radio)
- Flash Light
- Batteries
- Cell phone and charger (consider a solar charger)
- Ham radio
- Compass
- Candles and Matches
- Coffee can or terracotta pot heater (google for instructions – use outside the car)
- Flares
- Antenna Flag – these are usually red with the word HELP
- Pocket Knife

- Duct tape
- Tarp
- Pliers
- Screw Driver
- Crescent Wrench
- Seat Belt Cutter
- Window Glass Breaker Tool
- A folding shovel and a pick
- Jumper cables
- Car Jack
- Lug Wrench
- Spare Tire
- Pump
- A can of 'Fix a Flat'
- Tow Rope or Chain
- Electric Tape
- Siphon Hose
- Motor Oil
- Kitty Litter or sand for snow traction

You can pack your emergency items in a back pack or a plastic tote. As a side benefit, items in your emergency kit may come in handy for routine mishaps such as a spilled drink, a cut finger or a crying and hungry child. If you remove something from your kit, make sure you replace it. Below are a couple of rules to implement.

**\*\*\*Keep your gas tank at half full or above.**

**\*\*\*Never carry extra fuel in your car.**

**\*\*\*Do not take the kit out of your car to make room for groceries. Just pack your purchases around the Kit.**

Remember, being prepared brings peace of mind. During the next few weeks, take some time to equip your car for emergency driving conditions. And, have a safe journey!

NOTE: This is the 6<sup>th</sup> Newsletter of this series. If you are new to our Ward or if you have missed past issues I would be happy to email them to you. Please let me know if you are interested and I will send you copies.

Dianne

Provident Living Newsletter  
November 2018  
Wheat Storage, Continued

This newsletter is a continuation of our discussion on storing wheat. Last newsletter we talked about the different types of wheat that are grown. This month we will touch on the different forms of wheat that are available for purchase. Just a reminder, wheat should be included in both your three month supply and your long term-crises storage. Once you purchase wheat, incorporate it into your meals a couple times a week. I must admit, it does take some practice to master the art of cooking with wheat. It is better to learn it now, when you are not stressed out by a major crisis than to wait until things are in dire straits to experiment.

**Glossary of Terms**

- **BULGAR** – wheat kernels that have the outer hull of bran removed. The kernels are then pre-cooked and dried before packaging. Bulgur can be substituted for rice in many recipes. Like rice, bulgur triples in volume when cooked. To cook bulgur wheat, measure the desired amount into a pan and cover in double the amount of water. For example, 2 cups of bulgur requires 4 cups of water for cooking. Bring water and bulgur to a boil and then reduce heat and simmer for 12-15 minutes.
- **CRACKED WHEAT** – whole wheat kernels that have been broken into pieces. Unlike bulgur, cracked wheat is neither pre-cooked or nor dried. Prepare it just like bulgur but cook it for 15 to 20 minutes. Let the cracked wheat stand for 5 minutes before serving. Cracked wheat will add a nutty flavor and crunch to baked goods and casseroles.
- **FARINA** – course white grains from the inside (or endosperm) of the wheat kernel. Farina is often used as a hot breakfast cereal and can be served just like oatmeal, topped with brown sugar, jam, spices or syrup.
- **WHEAT BERRIES** – whole wheat kernels with only the hulls removed. Cooked wheat berries have a crunchy texture and may be used to replace rice or beans in chili, soups, salads or baked dishes. To cook wheat berries, place the desired amount in a pan and cover with water. Simmer about 50 minutes and then drain. Uncooked wheat berries can be sprouted for salads or to add to sandwiches.
- **WHEAT BRAN** - the outer layer of the wheat kernel. Wheat bran is a good source of dietary fiber as well as having large quantities of the 3 major B-complex vitamins and trace minerals. Use either plain or toasted bran in baking to replace a small amount of flour. Use 1 – 2 TBS of bran per cup of flour.
- **SEMOLINA** – a golden, hard, granular flour that is milled from the endosperm of Durum wheat kernels (a variety of hard white wheat). The best pastas use 100% semolina. Semolina is also used in recipes such as gnocchi and Italian dumplings.
- **WHEAT GERM** – the sprouting section or the nucleus of the wheat kernel. When used in small amounts, it adds fiber, crunch and a nutty flavor to baked foods and casseroles. Raw wheat germ is available in health food stores and should be cooked or toasted before eating.

**Tips for Using Whole Wheat Flour in Your Recipes**

- Use wheat in recipes your family already likes. You know the recipe is good and it will not be totally unfamiliar to your family.

# Provident Living

November 2018

## Long Term Storage – Continued

I cannot believe that it is already November. The days just seem to fly by. For me, the end of any year is the time to close the doors on any unfinished business and tie up any loose ends. I like to start a New Year fresh and unencumbered with past “to do lists”.

One thing on my 2018 “to do list” is to finish our discussion of long term storage. And we will; but first I need to share a story with you.

A week ago I was at our local Costco. I noticed a woman pushing a cart that was full to the point of overflowing. As I glanced at her cart, what I saw warmed my *emergency preparedness heart*. In her basket were:

- 4 Auto Emergency Kits,
- 4 large lanterns
- 4 tool kits
- 4 warm blankets.
- And 4 LED flash lights

(Guess that was more than a glance, probably more like a long stare.)

Looks like it will be a **“Merry Emergency Preparedness Christmas”** at her house! What great gifts to give at Christmas! There are so many things you can give to your family members that will add to their safety and security. Just a suggestion, consider giving at least one preparedness item to your married kids, your parents or to your brothers and sisters. Just think how much it will be appreciated if an emergency should arise. Below are a few suggestions:

- An electric or hand wheat grinder
- An emergency radio
- A small propane cooking unit
- A meal made up of beef stroganoff, sliced peaches and brownies; either freeze dried or dehydrated in number 10 cans and tied together with a big red bow
- First Aid Kit
- Propane heater
- Water storage containers
- A chain saw
- An emergency blanket, an emergency sleeping bag and a tube tent (less than \$10)
- 100 hour candles and matches

Be creative and have some fun selecting this special Christmas Gift.

## Long Term Storage

This month I would like to focus on some frequently asked questions concerning wheat and wheat storage. Wheat is the most important item that you can purchase for your emergency food storage. It is part of both your 3 month supply and your long term – crises storage. All of us need to know how to buy it, how to store it and how to use it.

Remember; **Bread is the Staff of Life**. Wheat is considered by many to be the most basic food. An interesting fact, one little grain of wheat contains the exact same nutrients and elements that are contained in the human body and in the exact same proportions. Wheat is an excellent source of protein and combines well with milk, beans and legumes for added nutrition. Wheat contains dietary fiber, B-vitamins, vitamins E & C, calcium, phosphorous, amino acids and iron.

From the beginning of Earth time, people have stored grain. Remember the story of Joseph whose brothers caste him into a pit and left him for dead. Those same brothers, during a time of famine, were reunited with Joseph when they went to the King to beg for grain from his storage to sustain their lives. Grains have sustained life for centuries.

The most usable form of wheat is flour. This means that to get the most benefit from your stored wheat you must have a wheat grinder. Wheat should be ground on an ‘as needed’ basis since flour will lose its nutrient value faster than un-ground wheat kernels. Wheat grinders can be purchased in both electric and hand crank styles.

### Gluten

In today’s nutritional environment “Gluten” is a buzz word. Everyone seems to be concerned with Gluten. Gluten is a protein that is found in wheat. If you cannot tolerate gluten, there are other non-gluten grains that can be stored, such as rice flour, oat flour and almond flour, etc. For this discussion I will focus on wheat. In baking, gluten helps bread to rise. Gluten makes dough more elastic. Wheat with a high gluten count makes the best bread. Wheat with a low gluten count makes the best cakes.

### What to buy

There are two categories of wheat: **Hard** and **Soft**. **Soft** wheat is higher in carbohydrates and is good for pastries. **Hard** wheat is higher in protein and is best for breads due to its higher gluten content. Cracked Wheat Kernels of either type are good for hot cereals. You can also purchase rolled wheat of either variety (hard or soft) which is similar to rolled oats and can be used in granola and cookies.

**Hard Red Spring Wheat** is planted during the spring and harvested in the late summer. Hard red spring wheat has strong gluten and is generally considered the standard for bread flour.

**Hard Red Winter Wheat** is produced in areas where normal rainfall is less than 35 inches per year. It is excellent for bread flour. It has a little stronger ‘wheat’ flavor. It also contains tannic acid which is irritating to the stomach. If you have hard red winter wheat in your storage it is advisable to mix the red flour with white flour until your system adjusts to the Hard Red Wheat.

**Soft Red Winter Wheat** has the same kernel color as red wheat but it is softer in texture and lower in protein. Soft Red Winter Wheat is not good for bread flour unless it is blended with hard red wheat flour. Soft Red Winter Wheat is generally used for pastry flour and cake flour.

**Soft White Spring Wheat** is seeded in the spring and harvested in the late summer. It has poor Gluten qualities and makes poor bread. It is used for pastry flour and breakfast food.

**Soft White Winter Wheat** is planted in the fall and harvested the following summer. The grain is used in cakes, pastries, cookies, crackers and breakfast foods. It is used in much the same way as Soft Spring Wheat.

**Hard White Spring Wheat** is usually from Montana. It is a unique cross blend of hard red winter wheat and hard white spring wheat. It has started a revolution in bread baking with its unique characteristics. Its natural golden color makes 100% whole wheat baked goods that are lighter in color and texture, and have a sweeter flavor. It is excellent in all bread recipes, cookies, pie crusts and more. It is naturally air dried to a low moisture content. (low moisture count is important for storage) It is usually organic. The protein count is 16-18% which is very good.

### **Selecting Wheat for Storage and Storage Tips**

- Hard red or white wheat is best for home storage and bread making
- Select a number 1 grade, this means that when it is measured into a bushel it weigh at least 60 pounds
- Protein value should be at least 12% and moisture content should be less than 10%
- Storage containers should be suitable to hold the weight of the grain.
- Containers should protect the wheat from rodents and insects.
- Metal containers are best in dry climates.
- Plastic and polyethylene containers with tight lids are also good choices.
- Containers should be food grade, clean and dry and have an air tight lid.
- Wheat stores longest at 70 degrees or less
- Wheat should be stored away from non-food matter such as kerosene, petroleum products and food with a pervasive odor.
- Never store wheat in plastic garbage sacks or containers that are non-food grade.
- Fumigants such as bay leaves, spearmint gum and silica aerogels should be avoided as they are unreliable.

### **Wheat Equivalents**

2.5 cups of wheat equals 1 pound

1.5 cups equals 2.5 cups of flour

1 cup of wheat will make 1 quart of sprouts

### **Where to purchase Wheat**

Wheat can be purchased at the LDS Church Home Storage Centers, some Bosch Kitchen Equipment Stores, Emergency Preparedness Stores, some nutrition stores and through some feed and grain stores. I have even seen commercially packaged #10 cans of wheat at some local grocery stores such as Dick's, Dan's and Walmart.

Besides buying wheat in Kernel form, there a number of other ways wheat can be purchased. Just a reminder, wheat should be included in both your three month supply and your long term-crises storage. Once you purchase wheat, incorporate it into your meals a couple of times a week. I must admit, it does take some practice to master the art of cooking with wheat. It is better to learn it now, when you are not stressed out by a major crisis, than to wait until things are in dire straits to experiment. Below is a Glossary of Wheat terms that will help you in making your purchases.



## Glossary of Terms

- **BULGAR** – wheat kernels that have the outer hull of bran removed. The kernels are then pre-cooked and dried before packaging. Bulgur can be substituted for rice in many recipes. Like rice, bulgur triples in volume when cooked. To cook bulgur wheat, measure the desired amount into a pan and cover in double the amount of water. For example, 2 cups of bulgar requires 4 cups of water for cooking. Bring water and bulgar to a boil and then reduce heat and simmer for 12-15 minutes.
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## Tips for Using Whole Wheat Flour in Your Recipes

- Use wheat in recipes your family already likes. You know the recipe is good and it will not be totally unfamiliar to your family.
- Try bread, cinnamon rolls, pizza crust and desserts first. *Who can resist a cookie?*
- Do not feel you must use 100% whole wheat. A combination of half wheat flour and half white flour will give excellent results.
- Wheat flour is heavier than white flour and needs more leavening to give a lighter product.
- In yeast breads use more yeast and/or let the dough rise longer.
- In baking powder-leavened products, increase the baking powder by 1tsp for each 3 cups of whole wheat flour.
- Recipes using baking soda do not need to be altered
- In baked products using eggs, separate the eggs and add the yolks to the recipe. Then beat the whites until stiff and fold the egg whites into the batter just before baking. For extra lightness, an additional egg white can be added. This works really well if you are making waffles or cakes.

## **Adding Wheat to Your Diet on a Daily Basis**

Some people have a hard time adjusting to whole wheat. Red wheat will cause more intestinal problems than white wheat. You can lessen the impact of wheat on your body if you start using it in some of your recipes now. Listed below are a few ways to incorporate wheat into your meals.

- Use boiled cracked wheat for cereal
- Make whole wheat waffles and pancakes
- Substitute whole wheat for **some** of the meat in a recipe (ie meat loaf, soups or sloppy joes)
- Try whole wheat pie crusts
- Make whole wheat bread or muffins
- Stir fry using whole wheat
- Sprout wheat for use on sandwiches
- Use sprouted wheat grass in health drinks
- Put wheat berries in soups and casseroles or mix them with rice.

## **Storing Wheat**

Wheat should be stored in air tight containers, in a cool location, and out of direct sunlight. Wheat must be kept free from moisture. Wheat must be kept free from insects and rodents. If you grind your wheat into flour, store any unused wheat in an air tight container in your freezer. This will prolong the nutritive value of the flour. Your freezer is also a good place to store small bags of specialty wheat such as semolina or cracked wheat.

Unless you plan on eating a lot of tortillas, you need to store yeast. As a reminder, you can store yeast in the freezer. I recommend SAF yeast. It is packaged in airtight, 1 pound bricks. It has a long shelf life but must be stored in the refrigerator after opening. SAF yeast will last several years on a shelf, however, if you store it in your freezer it will last many years longer. Here is a hint if you are using SAF yeast. You can add additional SAF yeast to a recipe if you need it to rise faster. When making wheat bread I have added as much as an extra tablespoon to a recipe that makes 4-5 loaves of bread. If you use extra, this brand of yeast will not develop the 'yeasty' flavor that is usually noticeable if you use too much yeast.

***Our next newsletter will come out in January. Until then; Enjoy the Holiday Season!***

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