

Preparedness Newsletter

First Presidency



Food Storage



April News

Welcome to the “Preparedness” Group! We “kicked-off” our new Preparedness Enrichment Group last month! So what was covered? I reviewed with the group some “Prophetic Quotes” from the church I attend- The Church of Jesus Christ of Latter-Day Saints. They have counseled us that we have “nothing to fear” if we are prepared in all things! Go to the website to read all of the quotes that were presented at our last class:

http://www.reynoldsnet.org/preparedness/Prophetic_counsel.html. At our last General Conference, on April 4th-5th, our general authorities gave us additional counsel about “Provident Living.” Elder Robert D. Hales said, “All of us are responsible to provide for ourselves and our families in both temporal and spiritual ways. To provide providently, we must practice the principles of provident living: joyfully living within our means, being content with what we have, avoiding excessive debt, and diligently saving and preparing for rainy-day emergencies. When we live providently, we can provide for ourselves and our families and also follow the Savior’s example to serve and bless others.” Elder Hales gave some guidelines to follow when we face the choice to purchase any item we may “want” versus what we may “need.” He said, “When faced with the choice to buy, consume, or engage in worldly things and activities, we all need to learn to say to one another, ‘We *can*’t afford it, even though we want it’ or ‘We *can* afford it, but we don’t *need* it—and we really don’t even want it!’ There is an equally important principle underlying these lessons: we can learn much from communicating with our husbands and wives. As we counsel and work together in family councils, we can help each other become provident providers and teach our children to live providently as well” (*Becoming More Provident Providers: Temporally and Spiritually*, Elder Robert D. Hales, April 2009 Conference). What great counsel we have from the Lord’s servants! I pray that we may all fervently listen to this counsel and apply it in our lives!

I also outlined what “Basic Food Storage Amounts” are recommended by our church for one person, per year. Go here to see these amounts:

http://www.reynoldsnet.org/preparedness/Prophetic_counsel.html. A “Food Storage Price and Volume Comparison” was also presented to the group to show them **why it is better to store “Basic” food items vs. “Ready-made” food items.** We are counseled to store “basic” items for our “long term” use because it is **cheaper** to store, and we will need **less space** to store the “basic” items vs. the “ready-made” items. See entire “Food Storage Price and Volume Comparison” at the website here:

http://www.reynoldsnet.org/preparedness/Volume_comparison.html

It has been requested by the Preparedness Group “attendees” that we cover “What is in a 3-months supply?”, that we start holding “Food Storage Cooking classes” and “Canning Days.” So that is the direction I will be heading with the group over the next several months. Thank you for your interest and I’m excited to see many people in our community becoming more “self-reliant!”😊

-Jennifer Reynolds

Calendar

April 23rd, 7-8pm- What is in a 3-months supply? What methods can I use to obtain my 3-month supply?

April 24th, 9-10am- What is in a 3-months supply? What methods can I use to obtain my 3-month supply?

April 25th, all day (come and go)- Dry Pack Canning Day! Bring your bulk items, cans and oxygen absorbers and we will help you can!

Food Storage Recipe

Peach Bread Pudding

2 c. milk
2 c. (1 pint) canned peaches, cut into ½- inch cubes
4 Tbs. butter
2 c. whole wheat bread, cut into ½- inch cubes (day old bread is best)
¾ c. sugar or brown sugar
½ tsp. salt
4 eggs, beaten
2 tsp. vanilla
1 tsp. cinnamon
⅛ tsp. nutmeg

Scald milk and butter. Add crumbs, sugar and salt and let soak a few minutes. Stir in eggs, vanilla, cinnamon and nutmeg. Pour into a 9 x 13 baking pan. (I think it works best if you soak all the ingredients together over night in the refrigerator). Set pan in a hot water bath- enough water to go up halfway on the 9 x 13 pan. Bake in a 375°F oven for 1 hr or until set in the middle and no liquid remains. Pudding serves around 8 people. My family enjoys this pudding with whip topping. Great for breakfast, snack or dessert! ☺

Before Baked:



After Baked:

