

Preparedness Newsletter

First Presidency



Food Storage



May News

Welcome to the “Preparedness” Group! We reviewed what was in a 3-month supply last month. The Church of Jesus Christ of Latter-Day Saints has counseled us to “Build a small supply of food that is part of your normal, daily diet. One way to do this is to purchase a few extra items each week to build a one-week supply of food. Then you can gradually increase your supply until it is sufficient for three months. These items should be rotated regularly to avoid spoilage.” I took what are prophets have counseled us to store for 1 person/year for a “basic year supply” and divided that by 4 to get a “basic” 3-month supply. Go here for 3-month supply for 1 person and some great handouts for menu planning and shopping: http://www.reynoldsnet.org/preparedness/Three_month_supply.html. It is recommended that you add “every day items” that you use to get your 3-month supply like spices, canned veggies and fruit, baking items, etc. This can be easily done and this is the method I chose to expand our “basic year supply” so it was more easily used in our every day cooking.

When I was planning for our family's year supply, I started looking at what the Mesa Cannery provided for “basic” items. Then I sat down with some recipes that our family uses all the time and I decided how I could incorporate these “basic” items into our meals. I asked questions like:

🚩 What extra items would I need to store to supplement a basic supply? This items might included spices, canned tomatoes, freeze dried foods (carrots, potatoes, celery, etc.).

🚩 What items could my family not live without? I decided to store powdered eggs, cocoa powder, yeast for bread making, shortening for baking, cinnamon, vanilla, freeze dried fruits to add to cereal, etc.

🚩 To see a complete list of items you “could” store to supplement your “basic” year supply go here for link:

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

This is the food inventory spreadsheet which shows you what additional baking items, fruit, vegetables, meat, etc., that you can store to supplement your “basic” year supply.

🚩 Go here for a document I shared with the class on: Ideas for starting your 3-month supply:

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

We will be covering 72-hr kits this month. By preparing your family for emergency situations through 72-hr kits, it will help you build your confidence and control your fears in the event of an emergency. Thank you for your interest in the group, and I’m excited to see many people in our community becoming more “self-reliant!”😊

-Jennifer Reynolds

Calendar

May 28th, 7-8pm- What is in a 72-hr kit? Learn what is recommended for a 72-hr kit and how to build one for your family.

May 29th, 9-10am- What is in a 72-hr kit? Learn what is recommended for a 72-hr kit and how to build one for your family.

May 30th, 8am-12pm- Dry Pack Canning Day! Bring your bulk items, cans and oxygen absorbers and we will help you can!

Food Storage Recipe

Chili

2 c. dry pinto beans
2-6 c. water or chicken stock
1 pint, pressure cooked, hamburger meat (Approx. 1 lb. You can use 1 lb. of sautéed hamburger meat instead)
1 medium onion (or 1 Tbs. dried onion)
1, 15 oz. can chunky tomatoes
2 tsp. garlic, chopped
2 tsp. cumin
1 tsp. oregano
2 ½ tsp. red chili powder
2 Tbs. green chile (I like the hot variety)
garlic salt to taste

Rinse pinto beans and remove any bad beans. Put beans and liquid in a crock pot on high for 4-6 hours and cook beans until tender. You may need to add additional water as the beans cook. Make sure the beans are always covered with water! Once beans are tender, add remaining ingredients and bring back to a boil. Cook for another 30 min or until all of the ingredients have combined. Add garlic salt to taste. Makes about 8-10 servings.

We eat this chili with a buttered tortilla or a side of corn bread. ☺

-Jennifer Reynolds

Finished Chili:

