

**Wauna Food Buying Co-op and
Emergency Preparedness Group**
News Letter - 8 May 2008

Sausage Gravy at Costco

Hi, Cordell, one thing we have found that we really like is a Sausage gravy that Costco sells, but only in the Fife store. It comes in a #10 can. All you have to do is heat it to 160 F to be sure the sausage is safe. Our grandkids love it over noodles. I don't remember the cost but will look for my receipt. It is a lot of gravy for two people though. I usually have to freeze some of it and that might not be ideal for you and Janice. Jenni's kids can eat the whole can when they are here. LOL We have also stocked up on the canned beef, chicken and turkey you can get from Costco. They are in a 12 to 12.5 oz can and so would be easier to use for fewer people. They also boost the emergency dehydrated foods we have, which are vegetarian. I have also ordered some of the freeze dried chicken that was available with the Stake co-op this time. I saw an article on line somewhere today titled 'Could you live for a year on what's in your pantry?' I think it was on Backwoods magazine's website. I find it interesting that there is so much information available right now in quite a diverse community.

Take care!

Susan