

BABY STEPS TO PREPAREDNESS

FIRST STEPS TO EASIER FOOD STORAGE



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Credits

- Ideas for part of this presentation came from
- Food Storage For The Clueless, by Clark L. and Katheryn H. Kidd
- LDS Church publications
- 12 Steps To Build Your Own Ark, Emily Freeman



WHY DO I NEED TO STORE?

- Doesn't the Church have production projects to take care of its members?
- *The primary purpose of Church production projects is to provide food and nonfood commodities for the bishops storehouses, so that when there is a need a bishop or branch president can draw upon these commodities for the care of the poor and needy and distressed.*



OUR RESPONSIBILITY

- Responsibility for the well-being of members of the Church lies..
- First with the individual,
- Then with the family,
- Last of all with the Church.
- In keeping with this principle, our families should seek to become self-reliant and independent, in home production and storage.



WHY STORE FOOD

"Our Heavenly Father created this beautiful earth, with all its abundance, for our benefit and use. His purpose is to provide for our needs as we walk in faith and obedience. He has lovingly commanded us to “prepare every needful thing” (see D&C 109:8) so that, should adversity come, we can care for ourselves and our neighbors and support bishops as they care for others.”



BEING PREPARED

"We encourage members world-wide to prepare for adversity in life by having a basic supply of food and water and some money in savings.

"We ask that you be wise as you store food and water and build your savings. Do not go to extremes; it is not prudent, for example, to go into debt to establish your food storage all at once. With careful planning, you can, over time, establish a home storage supply and a financial reserve."

—The First Presidency, [All Is Safely Gathered In: Family Home Storage](#), Feb. 2007



TYPES OF FOOD STORAGE

- Siege Storage
- Practical Storage
- Provident Storage



SIEGE STORAGE ITEMS LIST

- FOOD FOR 1 ADULT FOR 1 YEAR
- 300 lbs Grains (also, rice, corn, oats, but mostly wheat)
- 16lbs Dry Milk (4 #10 Cans)
- 60 lbs Honey or Sugar
- 5 lbs Salt
- 20 lbs Shortening or Oil
- 60 lbs Dried Beans
- 1lb Baking Powder, 1lb Baking Soda, & ½ lb Dry Yeast



SIEGE STORERS

- Often use money outside of their food budget to buy in bulk those foods that they hope they'll never have to use.
- Have barrels of wheat, jugs of water, and bags of powdered milk. They don't know how to use them.
- They are waiting for the end of the world to use their food storage.





New "Life Sustaining" Shelf-Life Estimated (In Years)

- *Wheat 30+
- *White rice 30+
- *Pinto beans 30
- *Apple slices 30
- *Macaroni 30
- *Rolled oats 30
- *Potato flakes 30
- *Powdered milk 20
- * Vitamin C stores a long time
- * Sugar, Honey, Salt, baking soda, may store indefinitely.
- *Food taste and quality may decline over time but will still sustain life.



SIEGE STORERS

- Almost all siege storage will never be eaten by human beings. The mice will get the wheat and the weevils and moths will get the flour. The shortening will go rancid. Families will refuse to eat the food-even in the direst of circumstances.
- This may be worse than no food storage at all for some families, because it gives them the illusion that they have food storage.
- It is the hardest of all food storage plans to “use”, BUT, ...if you have this kind of storage, congratulations! At least you have started on a food storage program.



SIEGE STORAGE BENEFITS

- SIMPLICITY!
- Very few number of items to store.
- Take each food on the list.
- Multiply the number of pounds needed for a year, by how many people you have to store for.



SIEGE STORAGE EXAMPLE

- 1 year supply for 4 Family of 4
- (Grains 300lb per person/ Dry Milk 75lbs /Honey or Sugar 60lbs/ Salt 5lbs/ Oil or Shortening 20lb/ Dry Beans 60lbs)
- $4 \times 300 \text{ lbs} = 1200 \text{ lbs}$ of Grains
- $4 \times 75 = 300 \text{ lbs}$ Milk
- $4 \times 60 = 240 \text{ lbs}$ Honey or Sugar
- $4 \times 5 = 20 \text{ lbs}$ Salt

CHALLENGES WITH SIEGE STORING

- This food is dry! WATER IS NEEDED!
- Beans and Wheat are inedible with out water. It takes 3 CUPS of WATER to cook 1 cup Beans or Wheat.
- A heat source is needed to COOK the food.
- A Wheat Mill is needed to make flour.
- Skill and Education is needed to USE this food.



MORE TO CONSIDER

- Special Needs
- Babies and Young Children.
- Elderly or Ill Health requirements.
- Food allergies and Intolerances.
- WWII study of the psychological effects of food during times of stress showed..
- *“People who are under stress will often die rather than eat foods they aren’t accustomed to eating.”*



LESS IS NOT MORE!

The 6 plus items stored in Siege Storage
food are GREAT TO HAVE.

They are considered BASIC ESSENTIALS,

But...

WE NEED MORE!



WATER

- HOW MUCH TO STORE
- 1 Gallon Water a day per person.
- 1/2 to 1 Gallon non-drinking Water per day.
- A 2 week Water storage supply is suggested.



WATER STORAGE

- Example: family of 4 Minimum requirement
- $4 \times 1 = 4$ gallons drinking water a day per person.
- $4 \times 1/2 = 2$ gallons non-drinking water a day per person.
- Need 6 gallons water total per day for family of 4.
- Need 14 days water storage.
- $6 \times 14 = 84$ gallons of water is needed for 14 Days storage for a family of 4.



NEWS FLASH

- Water, water every where and not a drop to drink!
- “I live by a river, stream or lake so I will have plenty of water.” Maybe...
- Some forms of pollution may make water impossible to use at all.



A disaster could cause very dangerous
water pollution. Are you prepared to filter
water and/or boil water?



PRACTICAL STORERS

- Eat what they store, and don't spend extra money to buy food that won't get used.
- Their shelves are full of foods they like. They buy a few extra cans or cartons each time they shop. They stock up on sales items now and then.
- They finance their storage through their regular food budget, paying a little extra from time to time buying bulk or when a sale comes around.



PRACTICAL STORERS

- Eventually they will have a cache of tuna or peanut butter or frozen corn on hand in case of a small scale disaster like a winter storm or a break in employment.
- Those possessed of a practical mentality actually eat the foods they store.



PROVIDENT STORERS

- Spend less money on food and less time in the grocery store because they produce and preserve many of the foods they eat.
- There is no “emergency” food for these storers. Their regular diet includes their food storage.
- They can garden, dry food, freeze, culture, raise, and sprout their foods – therefore they’ve learned to not rely so much on others for their food.



PROVIDENT STORERS



WHY GARDEN & PRESERVE

“I remember when the sisters used to say, ‘Well, but we could buy it at the store a lot cheaper than we can put it up.’ But that isn’t quite the answer, is it? ... Because there will come a time when there isn’t any store.” (President Kimball, April 1974 Welfare Session.)

Growing your own food is not necessarily *cheaper*—but it’s more dependable.



Plan to gather basic supplies in an orderly and systematic way as means permit..

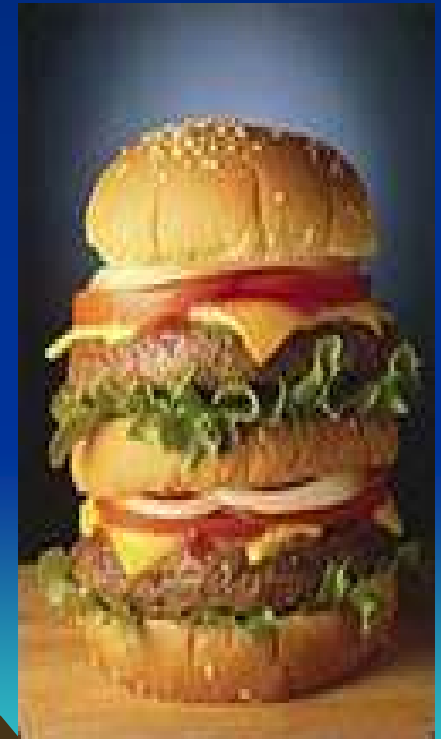
“Preparedness, when properly pursued, is a way of life, not a sudden, spectacular program.”

President Kimball,



MOVING FROM SIEGE TO PRACTICAL STORER TO PROVIDENT STORER

- The siren song of convenience and fast foods is strong and we all indulge ourselves occasionally.
- The most difficult part of adopting a provident mentality is making the mental and behavioral changes that it requires.
- ***YA GOTTA WANNA!***



Society seems to be moving in the opposite direction of provident living, as grocery stores are stocked with more convenience foods and snacks designed to be bought on impulse and consumed immediately. With single portion or take & bake, we are getting the message to, *“ just drop by our store every night, search until you find something that looks good, take it home, heat it up, and you are ready to eat”!*



IT 'S A LIFESTYLE

- You don't have to buy a homestead, toss your makeup and slaughter your own hogs, BUT...
- Living a provident lifestyle will take some mental energy, particularly at first when you are building up your supply of stored foods and designing various menus that will draw upon those foods.
- Living this way makes us more independent from the rest of the world and able to withstand both large and small disasters.
- There are many financial advantages associated with sale and bulk buying and home production and storage.



REAL vs STORAGE

- We tend to think of the “real” food we use every day, versus the “storage” food that we keep in the basement.
- We are not quite sure how to magically turn storage food into real food so that we can put it on the table in a form that will be eaten by our family.



IS IT WORTH THE HASTLE?

- “Some of the things that yield the most rewarding results are a pain in the neck. Having children, for instance. It’s a rare woman who...looks back fondly on labor pains. But in the end, the child is usually worth all the pain and suffering.”
- “Collecting your food storage isn’t *nearly* as painful as childbirth, but the rewards are great.”

Clark and Kathryn Kidd

Just take Baby steps



LET'S TALK COMFORT FOODS

- A woman who spent 5 days over Christmas in a house with 18 people and no food or power...“I know this sounds stupid, but if I'd only had Spaghettios, I could have borne it. It wouldn't have mattered if I'd had to eat them cold. If I'd just had Spaghettios, everything would have been okay.”



MORE COMFORT

- Go ahead and store some of the comfort foods and “when your sick” foods that you and your family like.
- ie. A particular soft drink, Jell-O, Kind of soup, M&M’s etc.
- Store soft drinks in bottles not
- cans.



MEAL BASED STORAGE APPROACH

- *Baby steps*
- Design your food storage around the meals that you eat.
- You adapt your storage to include the foods that your family already enjoys.
- Takes a little more planning up front.
- So, start with a PLAN.
- PLAN YOUR WORK.
- WORK YOUR PLAN!



Baby Steps to The Plan

- 1. BUILD A LIST OF RECIPES

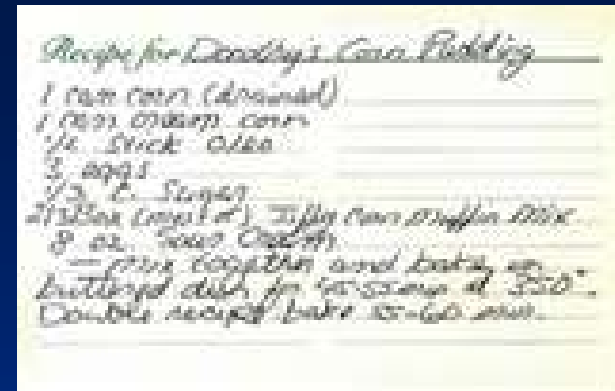
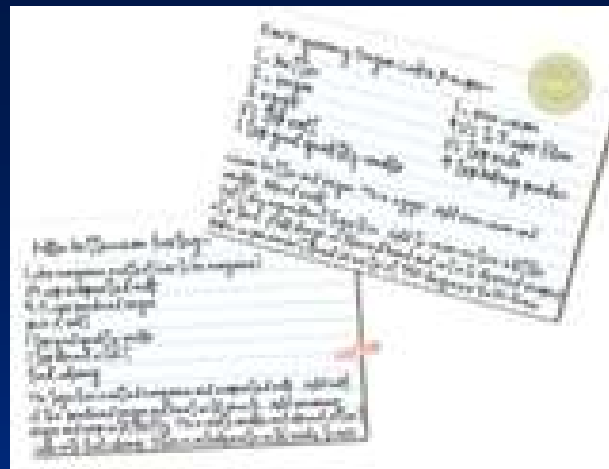
- Start with main courses.
- Place a note book or paper out for family to list in it their favorite main courses.
- ie. Spaghetti, Tuna Delight, Pizza, etc.
- Take a week or more to build the list.



2. Evaluate the list

- *Baby Steps* to make it simple and easy.
- Choose recipes with fewer ingredients, and those with ingredients that store well.





Pick at least 10 recipes and up to 30.

This is your base for your food storage list. With 10 recipes, you will be serving each dish 3 times a month. With 15 recipes, each dish will be served 2 times a month and with 30 recipes, each will be served once a month.

3. Make a list of side dishes

- Take your chosen recipes.
- Make a list of 1 or 2 side dishes that would go well with each main course.
- Keep in mind foods that store well and that will provide balanced nutrition.

Simple Baby Step Example

DINNER

- Main dish, canned Chili
- side dish, canned Green Beans
- side dish, canned Peaches



4. Bring all recipes together

- *Baby Step Idea:*
- In a notebook label pages for recipe ingredients. MEATS, VEGETABLES, PASTAS, BAKING INGREDIENTS, etc.



- Go through each recipe and list each ingredient and quantity, such as, Ground Beef. 1lb., or Flour, 4 cups. List on the proper page.



- Can any of these recipes be made more simply to reduce the number of ingredients?
- *Baby step idea. Buy canned goods like chili, stew, macaroni and cheese, or spaghetti sauce, to simplify your shopping list.*



Baby Step Ideas

- Canned prepared meats may be stored in place of fresh.
- Canned beef, chicken, tuna, salmon, sardines, clams, shelf pack cooked bacon, etc.
- Frozen meats and vegetables.
- Dried and freeze dried meats and vegetables.
- Dehydrated eggs, egg whites, egg mix.
- Canned butter, powdered cheese, bottled cheese.
- Canned and bottled juices.



Simplified Recipe Example

Navy Bean Soup

2 Cup Navy Beans

1 1/2 Cup Freeze Dried Onion, Diced

2 Cup diced (1lb) Canned Ham Or the equivalent Dried Ham

Salt and Pepper

Preparation

1. Soak beans in water overnight. Drain.
2. Place in soup pot with enough water to cover.
3. Add onions and ham.
4. Cook for 2 hours.



Storage Recipe Examples

Rice Pudding

1 ½ cups water

¼ tsp salt

¾ cup uncooked rice

4 cups warm water

1 1/3 cups dry milk

½ cup sugar

½ tsp vanilla

Ground cinnamon

Apple Crisp

2 cups water

4 cups dried apple slices

½ cup whole wheat flour

1 cup rolled oats

¾ cup brown sugar

1 tsp cinnamon

½ cup butter-flavored shortening

½ cup chopped walnuts



5. Simple Division

Baby step idea:

FIRST, use the number 300.

- This represents 300 days of the year that you will be using your food storage, 25 days a month.
- This represents cooking with food storage 80 to 90 percent of the time. The other 65 days (5 or 6 days a month) may be times when you are away from home, or special occasions when you are not specifically using food storage.

Next

- How many meals did you choose in step 2?
- *Baby Step example* : Lets say you decided on **10 to make it easy.**
- You have 300 days to plan meals.
- Divide 300 (days of the year the food storage will be used).
- By 10 (the number of meal plans).
- Answer is 30.
- Each recipe will be repeated 30 times in the 300 days of the year that you are using food storage.

6. Final Step

- Use your master list of ingredients, MEATS, VEGETABLES, etc.
- **Multiply each item and quantity by the number of meals in step 5.** (We used 10)
 - Baby Step Example:
- You have 10 meal plans, 5 of them require 2 lbs of hamburger each
5X2=10
- **Multiply this, 10X30** (10 for 10lbs of burger that 10 meals will require and 30 for the 30 times the meal will be served in the 300 days = **300lbs** hamburger to store.
- Do this with each ingredient on your list.
- The Result is YOUR SHOPPING LIST for 80 to 90 percent of your years food storage.



Food Storage Shopping List

- Determine how you can purchase the items.
- Buy the extra food as you can, BUT, **HAVE A PLAN!**
Baby Step Idea:
- Put your meal plan on a calendar or put recipes on a rolling recipe index or rotate them in a file box.
- **Example:** recipe index, if you chose the 10 meal plan, put each meal menu on 10 recipe cards.
- Each day you cook the food storage meal rotate that card to the back of the 10 cards.
- The next time you prepare a meal use the front meal plan card and keep rotating the cards.
- (You may eat out or go out of town, but the next time you prepare a meal at home you will know what meal you are scheduled to eat on your rotation plan.)



Keep Going

- Do this same procedure for BREAKFAST and LUNCH.
- If you have concentrated all your efforts on main dishes, your family is going to get awfully tired of chili and beef stew if an emergency strikes. But if you have supplemented the chili and stew with apple slices, Jell-O or even Cream of Wheat, you'll be better prepared to ride out the crisis or whatever it is for the duration.



THREE MONTH MEAL BASED PLAN

Do steps 1 through 4. (Build List, Evaluate the List, List Side Dishes and Bring Recipes Together.)

- Step 5 Example: 10 Recipes chosen, 75 is the number of food storage meals you will eat in 3 months.
- You have 75 days to plan meals for.
- You are rotating meals every 10 days.
- Divide 75 (25 days each month the storage will be used for the 3 months) by 10 (The number of meal plans.)
=7.5 Round to 8. Each recipe will be repeated 8 times in the 75 days you cook meals using your food storage.



3 Month Example

- You have 10 recipes, 5 of them require 2 lbs of hamburger.
- $5 \times 2 = 10$ lbs of burger
- Multiply 10×8 for the 8 times the meal will be served in 75 days.
- =80 lbs of hamburger to store for 3 Month (75 day) Supply of food.
- Do this for each ingredient on your list. The result is your SHOPPING LIST for 80 to 90 percent of your 3 MONTH FOOD STORAGE.



YEARLY

- Make sure you go over your plan at least once a year.
- Check families changing needs.
- Drop old recipes not wanted.
- Add new recipes for variety.



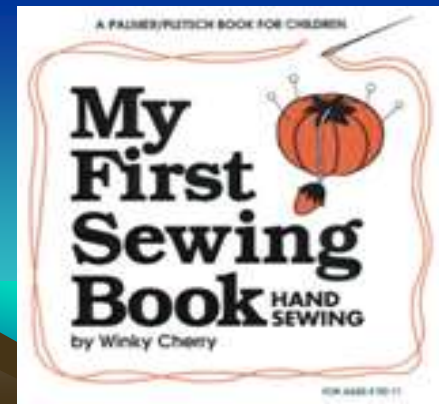
OTHER NECESSITIES

- We will be happy during a crisis to have enough food for our family.
- We will be even happier if we have...
- Toilet paper,
- Warm clothing,
- Light,
- First aid, etc.
- Work on this a little at a time.



DEVELOPE THE LIFESTYLE OF PROVIDENT LIVING

- BABY STEPS - INCH BY INCH IS A CINCH
- Reading and family study.
- Get your family involved by teaching family survival and other pertinent information in at least 1 Family Home Evening a month.
- Take classes. Try sewing, food drying, canning, freezing, gardening, sprouting, fermenting and culturing, quilting, bread baking, mix making.



- Teach your children to shop, cook and LIVE providently.
- Teach your children young or grown. Have them take classes with you.
- Make storage part of your regular diet.
- Base your storage on the foods you eat
- Learn to be a savvy shopper
- ***These activities keep alive the skills necessary for our survival in times of emergency.***



ARE WE THERE YET?

“We can rest assured that if we have done all in our power to prepare for whatever lies ahead, He will then help us with whatever else we need.”

Bruce R. McConkie

