

POWER IN PREPAREDNESS! Week 6: Hygiene and Sanitation Storage

Family Home Evening—Choose what works for your family.

Songs: *When I Am Baptized*, and *My Heavenly Father Loves Me* (Children’s Songbook, p. 103 and 228); *Come, Ye Children of the Lord* (Hymns, p. 58)

Book of Mormon Story: Alma baptizes in the waters of Mormon.
Read Mosiah 18:1-22.

Discussion Questions:

- 1) What did Alma do after he fled from King Noah?
He taught the people the words of Abinadi about Christ.
- 2) What was the name of the fountain of pure water?
The waters of Mormon
- 3) How many people did Alma baptize in the waters of Mormon?
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Objectives:

- 1) Baptism is an essential ordinance that washes away our sins. Partaking of the sacrament enables us to renew our baptismal covenants, repent, and become clean again.
- 2) Cleanliness is next to godliness. Being clean is uplifting and rejuvenating.
- 3) We can be healthier and more cheerful in an emergency when we store hygiene and sanitation supplies.

Activity Ideas:

- 1) Store essential hygiene and sanitation supplies in your 72-hour kits.
- 2) Assemble a sanitation bucket.
- 3) Inventory your hygiene and sanitation supplies and identify your storage goals.
- 4) Draw smiley faces on toilet paper packages. (The cardboard centers are the “eyes.”)

Treat Ideas:

- a) Gummy worms
- b) Vanilla and chocolate pudding
- c) Mississippi Mud
 1. Mix together and spread in a 9” x 13” pan:
26 Oreo cookies, finely crushed
½ c. melted butter
 2. Freeze for 20 minutes.
 3. Mix together:
2 (3½ oz.) boxes instant chocolate pudding
2½ c. milk
 4. Fold into the pudding:
8 oz. whipped topping
 5. Spread the pudding mixture over the frozen cookie crust and freeze for another 20 minutes.
 6. If desired, top with more Oreo cookie chunks or chocolate syrup.

A Quick View of Hygiene and Sanitation Storage

Personal Hygiene Storage

72-hour Kit

1. Pack hygiene supplies in a zipped storage bag for easy re-packing and to protect from leakage.
2. Remember essentials.
 - a. Extra eyeglasses and contact lens supplies
 - b. Toilet paper: remove the cardboard tube for easy pulling from the center, and store in a zipped storage bag to protect from the elements
 - c. Feminine sanitary supplies, baby diapers, wet wipes
 - d. Toothbrush and paste
 - e. Soap, shampoo

Short-term “Toilet”

1. Fill a bucket with hygiene supplies: toilet paper, feminine sanitary supplies, gloves, and trash bags.
2. Store the bucket and a shovel with your food storage for use as an emergency “toilet.”
3. Consider the bucket as the “last resort” supply when the family unexpectedly runs out of supplies!
4. Invest in a toilet seat lid that fits a 5- or 6-gallon bucket (~\$13)
or a commercially manufactured emergency toilet.
5. Store baby diapers and wipes, if needed.

Long-term Inventory

1. Inventory hygiene supplies along with food storage.
2. Consider storing supplies in one main location for better awareness of quantities.
3. Store lots of soap—it becomes very valuable during difficult times.
4. Store some cloth baby diapers, diaper pins, and plastic pants.
5. Invest in a large washtub or a solar shower for bathing with less water.

Sanitation Storage

Short-term Supplies

1. Store disposable products for easy cleanup.
 - a. Store wet wipes—they’re useful for all kinds of cleaning with little water.
Seal the container in a zipped bag to minimize evaporation.
 - b. Store hand sanitizer.
 - c. Store disposable paper products, utensils, and aluminum foil for easy kitchen cleanup.

Long-term Inventory

1. Inventory cleaning supplies along with food storage.
2. Consider storing supplies in one main location for better awareness of quantities.
3. Emergency equipment
 - a. Store rubber gloves! Harsh weather and work can make hands crack and bleed.
 - b. Store plenty of plastic trash bags, disinfectant, and some bleach.
(Remember that liquid bleach is only good for about one year.)

Laundry

1. Store some liquid laundry detergent; it dissolves more easily than powdered detergent.
2. Emergency equipment
 - a. Store gloves!
 - b. Invest in a hand washer or scrub board.
 - c. Invest in a drying rack or clothesline and pins.