**The 100-Day Challenge**

Woodland Hills Ward Relief Society, September 2017

In September 2015, we received counsel from the Salem Stake Presidency and Stake Relief Society Presidency for all the members of our stake to obtain a three-month supply of food storage by the end of 2015. This meant that we had about 100 days to acquire about 100 days of food. As the Woodland Hills Ward Relief Society Presidency, we feel that it is timely that we revisit this counsel.

The sisters in our Relief Society have been doing an admirable job of slowly preparing “every needful thing,” but let us take this counsel as an opportunity to inventory our efforts and be guided by the Holy Ghost to complete our three-month supply by December 31. As a presidency, we make the following recommendations:

1. Do an inventory of your food storage.

2. Assess and complete your family’s three-month preparations for basic food storage items.

3. Round out your family’s preparations with food items that add convenience, nutrition, and taste appeal. We suggest that you store 100 cans each of fruits, vegetables, and meats/protein.

(Freeze-dried foods are also highly recommended. Frozenfood may be more appealing to your family’s tastes and is also a valuable means of storage. Keep in mind that frozen food doesn’t remain safe for very long without electricity or in transport.)

**Basic, Long-Term Food Storage Recommendations**

1. The following recommendations came from the Church in past years but are still practical for Utah residents.

2. If you have dietary restrictions, you will need to design your own food storage plan.

3. Keep in mind that the following recommendations will only provide for minimal survival needs.

**A three-month supply per person of basic foods:**

**Grains** 75 lbs.

(Wheat, rice, corn, oats, pasta, flour, other)

**Dry Legumes** 15 lbs.

(Beans, split peas, lentils, other)

**Sugar** 15 lbs.

(White sugar, brown sugar, honey, molasses, other)

**Nonfat Dry Milk** 4 lbs.

**Salt** 2 lbs.

**Cooking Oil** 2.5 quarts

(Olive, coconut, canola, corn, other)

**Storing Canned Goods**

1. Store canned goods in a cool, dry place.

2. Write the month and year of purchase on the top of the can. This is a great kid job!

3. Try to use the cans in order of purchase. For example, you could always take cans to use from the left, and always load new cans on the right.

4. Expiration dates are not guidelines for food safety! For explanation of expiration, sell-by, and use-by dates:

http://healthland.time.com/2013/09/18/is-your-food-expired-dont-be-so-quick-to-toss-it/

5. Studies have demonstrated that canned goods as old as 100 years can still be safe and have nutritional value. For studies on shelf-life:

http://modernsurvivalblog.com/survival-kitchen/canned-food-shelf-life-studies/

6. Examine the can—is the top bowed? Open the can—do the contents spew out forcefully? Examine the contents—does it look or smell funny? If so, throw it out.

7. If you are worried about botulism, heat canned goods at 176 degrees for ten minutes.

**8. Stop throwing away perfectly good food!!!**