

## **POWER IN PREPAREDNESS! Week 9: Three-month Storage**

Family Home Evening—Choose what works for your family.

**Songs:** *I Will Be Valiant*, and *Dare to Do Right* (Children's Songbook, p. 162 and p. 158); *Choose the Right* (Hymns, p. 239)

**Book of Mormon Story:** Nephi breaks his bow.  
Read 1 Nephi 16:10-32.

### **Discussion Questions:**

- 1) What did Lehi find outside his tent door, and what did it do?  
He found the Liahona (see Alma 37:38). It was like a compass that pointed the way they should go in the wilderness. Sometimes it had words written on it.
- 2) What happened to Nephi's bow and then to his brothers' bows?  
Nephi broke his steel bow. His brothers' bows lost their springs.
- 3) What did Nephi use to make a new bow and arrow?  
Wood and a straight stick
- 4) How did Nephi get directions for where to hunt?  
He looked at the pointers on the Liahona and followed the directions.

### **Objectives:**

- 1) Heavenly Father gives us directions for how to take care of our families.
- 2) "By small means the Lord can bring about great things." (1 Ne 16:29) We can build up our food storage gradually.
- 3) We should be faithful and diligent in following the directions from our church leaders to store three months of food that is part of our normal, daily diet. We should rotate these items regularly.

### **Activity Ideas:**

- 1) Assemble the ingredients for a meal into a sealable bag. Cook the meal on another day.
- 2) Make a menu for two weeks and multiply the ingredients by six to create a shopping list for three months of food storage.
- 3) Try a three-day food storage trial, eating only stored foods. Make a note of problem areas (such as "Note: Need more chocolate!")

### **Treat Ideas:**

- a) Chocolate chips or candy bars
- b) Pop tarts or cold cereal with powdered milk
- c) Jiffy Pop or regular popcorn

## Three-month supply—A Thinking Sheet

What is in your normal, daily diet?

### Categories

1. Restaurant food

2. Fresh food

3. Freezer food

4. Shelf-stable food

### Storage Ideas

No storage possible.

a. Wintering-over of vegetables in the garden: carrots, cabbage

b. Cold storage: potatoes, carrots, apples, onions, garlic, green tomatoes

c. Sprouts

d. Indoor gardening of vegetables (Lights are subject to power outages.)

e. Raising animals

f. Refrigerator storage: eggs, buttermilk, nuts, plus

weekly storage of fruits and vegetables (Subject to power outages.)

a. Convenience foods: lasagna, ravioli, burritos, bread, juices, etc.

b. Raw foods: meats, fruits and vegetables, butter, cheese, yeast, yogurt and cheese cultures

(Subject to power outages, space limitations, and freezer burn.)

a. Cans: fruits, vegetables, proteins—meats, soups, stews, peanut butter

b. Convenience packages: pasta mixes, rice mixes, soup mixes, baking mixes

c. Dried: refried beans, potato flakes, fruits and vegetables

d. Baking supplies: salt, baking soda/powder, spices

e. Condiments

f. Oils

g. Treats: chocolate, Jell-O, popcorn, soda

## Emergency Convenience Meals for Two Weeks

A. Many civil authorities recommend storage of at least two weeks of food for emergencies. It is important to pack the food in advance so that you can grab it quickly in an emergency. If you wait until an emergency arises to choose food from your pantry, you are more likely to make foolish choices.

B. If you pack three days of survival food into seventy-two hour kits, you will only need to pack eleven days of convenient food into “two-week” boxes.

1. Choose three containers—one for breakfast, one for lunch, and one for dinner. Boxes work well, but plastic tubs are water resistant. Alternatively, you can put four days of meals into each tub.

2. Choose foods that are convenient—easy to cook under difficult circumstances and safe for storage for several years.

3. The level of effort in packing meals can range from simple to creative. You may choose to just gather together a variety of canned foods, or you may pre-measure ingredients to make more elaborate meal packages.

4. To assemble meal packages, pack instructions and ingredients into bags to make self-contained meals. Label the bags with the date and how much water is needed.

5. Be sure to include some foods that can be eaten cold without any preparation, such as Pop Tarts, crackers, or cans of soup.

### Breakfast ideas

(Alternating hot cereal and “sticky breads”)

Miscellaneous: dried fruits, hot chocolate, spiced orange drink, oil, jam, syrup, honey

- Day 4 Pop Tarts
- Day 5 Cream of Wheat
- Day 6 Biscuits and Hash
- Day 7 Oatmeal
- Day 8 Pancakes
- Day 9 Bean Porridge
- Day 10 Fry Bread and Hash Browns
- Day 11 Cream of Wheat
- Day 12 Biscuits and Hash
- Day 13 Bean Porridge
- Day 14 Pancakes

### Lunch ideas

(Alternating peanut butter and meat salads)

These suggestions are all sandwich spreads that need bread or crackers. If you have time when an emergency takes place, add some loaves of bread to your two-week convenience boxes. In case that isn't possible, be sure to pack boxes of crackers in advance.

- Day 4 Peanut Butter and Honey
- Day 5 Tuna Salad
- Day 6 Peanut Butter and Jam
- Day 7 Deviled Ham
- Day 8 Peanut Butter and Honey
- Day 9 Chicken Salad
- Day 10 Peanut Butter and Jam
- Day 11 Deviled Ham
- Day 12 Ham Salad
- Day 13 Peanut Butter and Honey
- Day 14 Turkey Salad

## **Dinner ideas**

Miscellaneous: oil, salt and pepper, drink mix

- Day 4 Cans of soup, or MRE's
- Day 5 Super Macaroni and Cheese
- Day 6 Dried Potato Soup
- Day 7 Chili Beans and Shells
- Day 8 Spanish Rice, Corn, & Refried Beans
- Day 9 Noodle Packages, Turkey, and Peas
- Day 10 Peaches and Hash
- Day 11 Chicken Noodle Soup
- Day 12 Orange Chicken
- Day 13 Tuna Casserole
- Day 14 Beef and Barley Stew

## **Treat ideas**

Jiffy Pop popcorn

S'mores: chocolate bars, graham crackers, and marshmallows (store the bag of marshmallows inside a sealable bag)

Squirt cheese

## **Two-week Recipes**

Quantities are intended to feed a family of 6.

### **Spiced Orange Drink**

Requires 1 c. water for each serving.

2 c. orange breakfast drink powder

1/3 c. presweetened lemonade powder

1 1/3 c. sugar

1 tsp. cinnamon

1/2 tsp. ground cloves

a. In advance, combine ingredients and mix well. Store in a plastic container or bag.

1. Combine 1 c. hot water and 3 tsp. mix.

### **Cream of Wheat**

Requires 16 c. water.

5 1/3 c. instant milk in a baggie

2 2/3 c. germade in a baggie

1/2 c. sugar in a baggie for sweetening

1. Combine 16 c. water and milk.

2. Heat milk until warm.

3. Add germade and simmer until thick. Serve with sugar and dried fruit.

### **Biscuits and Hash**

Makes two batches.

Requires 1½ c. water for each batch.

4 c. wheat flour

4 c. white flour

½ c. baking powder

½ c. sugar

4 tsp. salt

1¼ c. instant milk

2 c. shortening in two individually packaged shortening sticks (1 c. each)

2 cans (15 oz.) hash

a. In advance, combine flours, baking powder, sugar, salt, and instant milk. Divide into two bags. Pack each bag with a 1-cup, individually packaged shortening stick.

1. Combine 1 stick of shortening with 1 bag of mix.
2. Add 1½ c. water and stir.
3. Form into biscuits and bake (at 400 for 10-15 in a regular oven). Serve with jam.
4. Warm the hash.

### **Pancakes**

Requires 4 c. water.

3 tbs. baking powder

2 tsp. salt

4 tsp. unflavored gelatin (an egg replacer)

2 c. wheat flour

2 c. white flour

1 c. instant milk

½ c. oil

¼ c. honey

a. In advance, combine baking powder, salt, gelatin, flours, and milk to make pancake mix.

1. Combine mix, oil, honey, and water to make batter.
2. Fry pancakes. Serve with syrup.

### **Bean Porridge**

Makes two batches.

Requires 8 c. water for each batch.

1½ c. cracked Great Northern beans

1½ c. cracked wheat

1½ c. cracked brown rice

2⅔ c. instant milk in a baggie for each batch

cinnamon sugar in a baggie for sweetening

a. In advance, combine beans, wheat, and rice. Measure 2¼ c. cereal into a baggie. Makes two batches.

1. Combine 8 c. water and 2⅔ c. instant milk.
2. Heat milk until warm.
3. Add cereal and simmer until thick. Serve with cinnamon sugar and dried fruit.

### **Fry Bread and Hash Browns**

Requires 2½ c. water plus water for hash browns.

6 c. flour

1 c. instant milk

1 tbs. salt

2½ tbs. baking powder

oil for frying

honey for sweetening

hash brown packages

a. In advance, combine flour, milk, salt, and baking powder.

1. Combine 2½ c. water with mix and knead.
2. Let sit for an hour.
3. Break off pieces of dough and shape into saucers.
4. Fry in hot oil. Serve with honey.
5. Follow package instructions for hash browns.

### **Tuna Salad**

3 cans (6 oz.) tuna

1 jar (10 oz.) mayonnaise

2 tbs. dried onion in a baggie

1. Drain tuna.
2. Combine tuna, onion, and desired quantity of mayonnaise.

### **Chicken Salad**

3 cans (5 oz.) chicken

1 jar (10 oz.) mayonnaise

1 can (8 oz.) water chestnuts

2 tbs. dried carrots in a baggie

1. Drain chicken and water chestnuts.
2. Combine chicken, water chestnuts, carrots, and desired quantity of mayonnaise.

### **Ham Salad**

3 cans (5 oz.) ham

1 jar (10 oz.) mayonnaise

1 can (8 oz.) pineapple tidbits

2 tbs. dried celery in a baggie

1. Drain ham and pineapple.
2. Combine ham, pineapple, celery, and desired quantity of mayonnaise.

### **Turkey Salad**

3 cans (5 oz.) turkey

1 jar (10 oz.) mayonnaise

slivered almonds and 2 tbs. dried green pepper in a baggie

1. Drain turkey.
2. Combine turkey, almonds, green pepper, and desired quantity of mayonnaise.

### **Super Macaroni and Cheese**

Requires water to cook the noodles.  
Measure 4 c. macaroni into a baggie.

3 tbs. oil

1 can (28 oz.) tomatoes

1 box (8 oz.) Velveeta

Combine the following spices in a baggie:

4 tsp. dried onion

½ tsp. ground cumin

1 tsp. ground coriander

1 tsp. salt

¼ tsp. pepper

1. Bring water to a boil, cook the macaroni until tender, and drain.
2. Toss macaroni in oil.
3. Add tomatoes and spices to the macaroni.
4. Chop up the tomatoes in the pot.
5. Cut Velveeta in pieces and add to macaroni.
6. Simmer until cheese melts.

### **Spanish Rice, Chicken, and Corn with Refried Beans**

Requires 5 c. water (plus 2 c. water for refried beans).

Measure 1¾ c. rice into a baggie.

(For instant rice, decrease water to 3¾ c.)

1 tbs. oil

Combine the following four spices and tomato powder in a baggie:

¼ c. dried onion

½ tsp. garlic powder

¼ tsp. pepper

2 chicken bouillon cubes

½ c. tomato powder (or 1 can (8 oz.) tomato sauce)

1 can (12.5 oz.) chicken

Measure 1 c. freeze-dried corn into a baggie.

Measure 2 c. dried refried beans into a baggie.

1. Saute rice in oil. (You can skip this step if oil is not available.)
2. Add water, spice baggie, can of chicken (with liquid), and freeze-dried corn.
3. Cover and simmer the rice until tender. Don't stir too much.
4. Separately bring 2 c. water to a boil and add the dried refried beans.
5. Cover and simmer beans until thick.

### **Chili Beans and Shells**

Requires 4 c. water plus extra water as the beans simmer.

Measure 1 lb. (or 2 c.) white beans (Great Northern or Navy) into a baggie.

Combine the following four spices in a baggie:

¼ c. dried onion

1 tbs. chili powder

1½ tsp. salt

1 tsp. garlic powder

1 can (28 oz.) diced tomatoes

1 can (4 oz.) chopped green chiles

Measure 1½ c. small pasta shells into a baggie.

1. Combine water and beans and simmer for 2 hours until beans are tender.
2. Stir in spices, tomatoes, chiles, and pasta. (Don't add the tomatoes sooner because they will stop the beans from softening.)
3. Simmer until the pasta is tender.

### **Noodle Packages, Turkey, and Peas**

Requires 13 c. water.

Measure 4 c. instant milk into a baggie.

2 packages Butter Buds (or 16 tsp. butter powder)

6 instant noodle packages: Parmesan, Alfredo, etc.

4 cans (5 oz.) turkey

1 can peas or quantity of dried peas to make a side dish

1. Combine water, milk, and Butter Buds and heat.
2. Add noodle packages and simmer.
3. Add turkey to noodles.
4. Add drained, canned peas or dried peas plus additional water to noodles while they are simmering, or cook the peas separately.

### **Peaches and Hash (Beef or Pork)**

1 can (8 oz.) tomato sauce

2 cans (12 oz.) roast beef or pork (do not drain)

3 cans (15 oz.) potatoes (drain, but save the liquid to add if needed)

2 cans (15 oz.) peaches (drain)

4 tsp. brown sugar in a baggie

Combine the following five spices in a baggie:

1 beef bouillon cube

¼ c. dried onion

1½ tsp. thyme

1 tsp. salt

¼ tsp. pepper

(¼ c. dried green pepper optional)

1. Combine spices, sauce, roast beef or pork, and potatoes.
2. Simmer for 15-20 minutes.
3. Layer the drained peach slices over the hash.
4. Sprinkle brown sugar over peaches; broil or simmer.

### **Chicken Noodle Soup**

Requires water to cook noodles and 2 c. water for the ingredients.

Measure 3 c. soup noodles into a baggie.

2 cans (10 oz.) chicken (do not drain)

1 can (14.5 oz.) carrots (do not drain)

2 cans (10 oz.) cream of chicken soup

Combine the following five ingredients in a baggie:

2 chicken bouillon cubes

½ c. dried celery

½ c. dried peas

⅓ c. dried onion

⅙ c. instant milk

1. Bring water to a boil and cook noodles.
2. Combine noodles, chicken, carrots, cream of chicken soup, spices, and desired quantity of water.
3. Simmer.

### **Orange Chicken**

Requires 4 c. water.

2 cans (10 oz.) chicken

Measure 2 c. rice into a baggie.

(For instant rice, decrease water to 2 c.)

Combine the following seven spices in a baggie:

2 packages Butter Buds (or 16 tsp. butter powder)

¼ c. orange breakfast drink powder

2 tbs. dried onion

¼ tsp. thyme

1 tsp. poultry seasoning

1 tsp. salt

1 tsp. orange peel

2 cans (11 oz.) mandarin oranges

1. Combine water, chicken, rice, and spices.
2. Simmer until rice is tender. Avoid stirring or rice will get mushy.
3. Add mandarin oranges and mix in gently.

### **Tuna Casserole**

Requires water to cook noodles and 2 c. water for the ingredients.

24 oz. package of macaroni

1 can (10 oz.) cream of mushroom soup

1 cans (12 oz.) tuna

1 can (15 oz.) peas

1 box (8 oz.) Velveeta

Measure ⅔ c. instant milk into a baggie.

1. Bring water to a boil, cook noodles, and drain.
2. Drain tuna and combine with noodles, cream of mushroom soup, peas, milk, and desired quantity of water.
3. Cut up Velveeta and add to noodle mixture.
4. Bake for an hour or simmer until cheese is melted.

### **Beef and Barley Stew**

Requires 5 c. water.

Measure 1 c. pearl barley into a baggie.

Combine the following eight spices in a baggie:

¼ c. dried green pepper

2 tbs. dried onion

2 tbs. dried celery

1 tsp. marjoram

¼ tsp. pepper

2 bay leaves

¼ tsp. garlic powder

2 beef bouillon cubes

2 cans (8 oz.) tomato sauce

2 cans (15 oz.) mixed vegetables

2 cans (12 oz.) roast beef

1. Combine water, barley, spices, and tomato sauce.
2. Simmer until barley is tender.
3. Add vegetables and roast beef.
4. Simmer until heated through. Remove bay leaves.

## Two-week Emergency Meals—Shopping List

The shopping takes about two hours. The assembly takes three to four hours.

In January 2009, the total cost was approximately \$260 (not including items from storage).

### Dried Vegetables

If using dried vegetables, prepare the following quantities:  $\frac{3}{4}$  c. green pepper (1½ c. fresh), 1¼ c. celery (2½ c. fresh), 2 tbs. carrots ( $\frac{1}{4}$  c. fresh), corn and peas for side dishes (or use canned vegetables).

### Breakfast

**from storage:** Ziploc gallon bags and sandwich baggies, sugar, cinnamon, ground cloves, germade or Cream of Wheat, instant milk, wheat flour, white flour, baking powder, salt, gelatin, cracked Great Northern beans, cracked wheat, cracked brown rice

**buy:**

oil bottle, dried fruits, hot chocolate  
orange breakfast drink powder  
pre-sweetened lemonade powder  
Pop Tarts  
2 shortening sticks  
1 squeezable (17 oz. or 22 oz.) jam  
4 cans hash (15 oz.)  
oatmeal packages (for six people)  
1 bottle (24 oz.) syrup  
3 bottle (8 oz.) honey  
3 hash browns (4.5 oz. boxes)

### Lunch

**from storage:** dried onion, dried carrots, dried celery, dried green pepper, slivered almonds

**buy:**

11 boxes crackers  
3 jars (18 oz.) peanut butter  
2 bottles (8 oz.) honey  
1 squeezable (17 oz. or 22 oz.) jam  
3 cans (6 oz.) tuna  
4 cans (4.25 oz.) deviled ham  
4 jars (10 oz.) mayo  
3 cans (5 oz.) chicken  
1 can (8 oz.) water chestnuts  
3 cans (5 oz.) ham  
1 can (8 oz.) pineapple tidbits  
3 cans (5 oz.) turkey  
slivered almonds



## **Dinners**

**from storage:** macaroni, dried onion, cumin, coriander, salt, pepper, Great Northern beans, chili powder, garlic powder, small pasta shells, rice, dried green pepper, chicken bouillon cubes, dried corn (or canned), instant milk, dried peas (or canned), beef bouillon cubes, brown sugar, soup noodles, dried celery, thyme, poultry seasoning, orange peel, macaroni, pearl barley, marjoram, bay leaves, tomato powder

### **buy:**

oil bottle, salt and pepper, Kool-aid  
Jiffy Pop, chocolate bars, graham crackers, marshmallows, squirt cheese  
cans of soup (for six people)  
2 cans (28 oz.) tomatoes  
2 boxes (8 oz.) Velveeta  
2 packages (11 oz.) dried soup  
1 can (4 oz.) chopped green chiles  
instant rice, if desired  
3 cans (8 oz.) tomato sauce  
2 c. freeze-dried corn (or 1 can corn)  
2 c. dried refried beans (or 1 can refried beans)  
Butter Buds or butter powder  
6 noodle packages  
4 cans (5 oz.) turkey  
1 can peas  
4 cans (12 oz.) roast beef or pork  
3 cans (15 oz.) potatoes  
2 cans (15 oz.) peaches  
5 cans (10 oz.) chicken  
1 can (14.5 oz.) carrots  
2 cans (10 oz.) cream of chicken soup  
(orange breakfast drink powder—on breakfast list)  
2 cans (11 oz.) mandarin oranges  
1 can (10 oz.) cream of mushroom soup  
1 cans (12 oz.) tuna  
1 can (15 oz.) peas  
2 cans (15 oz.) mixed vegetables

## ***A Quick View of Shelter-in-Place Emergencies***

### **General Preparation**

1. Put gas in the car.
2. Bathe and change clothes.
3. Run the dishwasher. Catch up on laundry.
4. Fill tubs and washing machines with water.
5. Unplug computers, TVs, and other important electrical appliances.
6. Turn the freezer to the coldest temperature, put in dry ice, and cover it with a blanket.
7. Eat perishables first. Feed pets.
8. Listen to the television or radio for instructions from emergency officials.
9. Check on your neighbors, especially the elderly or disabled.

### **Winter Storms**

1. Layer clothing and wear a hat.
2. Bring in firewood or arrange for an emergency heat supply.
3. Shut blinds and drapes. Insulate windows with newspapers and blankets.
4. Hang sheets in open doorways to block off a room.
5. Allow for ventilation for heating equipment.
6. Seal the freezer with duct tape and cover it with a blanket.
7. Put perishables outside in a lined garbage can.
8. Run water at a dribble and wrap pipes (or drain pipes).
9. Obtain emergency water from a water heater or melted snow.
  - Turn off electricity or gas to the water heater before draining it.
  - Fill the water heater with water before turning electricity or gas back on.
10. Avoid overexertion that can cause a heart attack.

### **Thunderstorms with lightning**

#### **Indoors**

1. Stay indoors.
2. Unplug TVs, computers, and air conditioners or shut off electricity at the main box.
3. Do not use plug-in electrical equipment that can cause electrocution.
4. Avoid using running water.

#### **Outdoors**

1. If driving, stay in the car.
2. Get out of water and off of small boats.
3. Stay away from tractors, motorcycles, scooters, golf carts, and bicycles.
4. Stay away from wire fences, clotheslines, metal pipes, rails, or sheds.
5. Do not stand underneath a tree or project yourself above the surrounding landscape.
6. Get into a cave, ditch, or canyon, or under head-high clumps of shrubs.
7. If you feel an electrical charge, drop to your knees with your head between them.

#### **After**

1. People struck by lightning do not carry an electrical charge and may be handled safely.
2. A person “killed” by lightning can often be revived by CPR.
3. In a group struck by lightning, the apparently dead should be treated first; those who show vital signs will probably revive spontaneously.

## **Tornados or High Winds**

### **Before**

1. Secure outdoor objects that might fly around.
2. Close windows, drapes, and shutters.
3. Listen to the television or radio for instructions from emergency officials.
  - Tornado watch—tornadoes are possible.
  - Tornado warning—a tornado has been sighted.

### **During**

1. Stay away from windows, heavy appliances, and chimneys.
2. Shelter in a basement, interior hallway, bathroom, or open ditch.
  - Stay away from windows, doors, and outside walls.
  - Stay out of and away from cars.
  - Avoid free-span roofs.
3. Get under something sturdy.
4. Protect your head from flying debris.
5. Listen for the distinctive roar.

### **After**

1. Check for injuries.
2. Look out for broken glass and downed power lines.
3. Use caution when entering buildings. Have damaged buildings inspected.

## **Nuclear**

### **Before**

1. Store potassium iodide tablets (28 tablets (130 mg.) per person).
2. Shelter below ground in buildings of heavy construction.
3. Move dense material such as dirt or furniture around your shelter.
4. Turn off the air conditioner, furnace, ventilation fans, and other air intakes.
5. Know the standard warning signals:
  - Attention/alert—steady 3-5 minute blast of sirens
  - Attack warning—rising and falling tone

### **During**

1. Intense flash of light—DON'T LOOK!
2. Heat wave—Take cover behind a wall.
3. Shock wave—Curl up in a ball and cover your head.
4. Wind—will blow out and then back.
5. Fallout starts after 30 minutes and lasts for 72 hours to 14 days.
  - Shelter underground until local authorities advise leaving.
  - If traveling, go upwind.

### **After**

1. Wash thoroughly: hair, nose, and contaminated clothing.
2. Take potassium iodide (two tablets per day for 14 days).
3. Guard against secondary infection.