

# FOOD STORAGE

*Simple foods. Simple to use.*

Planning for the unexpected is always a good idea. Food storage isn't just for natural disasters. Perhaps the disaster that will challenge your family is illness, unemployment or underemployment, or simply inflation.

Remember, "food storage" isn't just wheat and beans. It's all the food in your house. A pantry stocked for whatever the future holds...that's what I call "comfort food!"

## *If you need some motivation...*

"... I am suggesting that the time has come to get our houses in order... There is a portent of stormy weather ahead to which we had better give heed... We are carrying a message of self-reliance throughout the Church... I urge you brethren to look to the conditions of your finances... May the Lord bless you, my beloved brethren, to set your houses in order... That's all I have to say about it, but I wish to say it with all the emphasis of which I am capable." (Gordon B. Hinckley, General Conf., Oct 1998, Priesthood Session)"

### *Making Food Storage Work for You*

- **New Church guidelines:** Build a well-rounded supply of the foods necessary to make the meals your family regularly enjoys. Start with a **one week supply, then build to a 3 mo., 6 mo., and year supply of food.**
- It is very helpful to **plan out a month's worth of favorite family meals** and create a list of ingredients for these foods. Then multiply these numbers by 3 and you have a shopping list for a 3 month supply. I incorporate long-term storage items into my 3 month supply as well.
- You can rotate a 3 month supply and leave **long-term foods untouched** for years as insurance.
- **Store what YOUR family will eat!** There are many helpful food storage calculators online, but remember to adjust things to your family's likes and allergies. You CAN store brown rice, wheat pasta, etc.— just rotate more often.
- Shop **sales** and preserve foods in their season.

### *Benefits of Using Food Storage*

There are several benefits of incorporating your long-term food storage ingredients into your everyday cooking.



- You'll rotate your products and retain freshness.
- By stocking and maintaining a well-rounded supply of food, you can avoid some of the stresses that arise from unexpected situations.
- You can stretch your grocery budget by incorporating these foods into your weekday meals.
- No waste. With dehydrated foods, you just reconstitute what you need.
- You'll learn how to use these food staples in a way that your family will enjoy before there is a crisis.
- Convenience! No washing, peeling, chopping, etc. and much less mess. No shells in your eggs!
- You'll have a healthier family. Whole grains, fruits and vegetables make for satisfying meals that boost nutrition, and moderate weight.
- ***Blessings for obedience!***



Using food storage on a daily basis is simple, convenient, and economical. (And, every meal doesn't have to include wheat or beans!) Here are some easy ways to incorporate food storage into your family's diet and *convert any recipe to a food storage recipe!*



**1. Use whole grains.** Use wheat flour, oats, or other grains in your cooking. They add much more flavor and nutrition to your recipes. If this is new for your family, start slow. Begin by swapping out part of the white flour in recipes for whole wheat flour and work up to using more. Flour made from hard white wheat works great this way and the change is rarely noticed. Oats add nutrition and work just as well as bread crumbs in meatloaf. Cooked wheat can be added to ground beef to stretch a recipe for tacos. The wheat takes on the taco flavoring, and generally goes without detection, while making the meal healthier.

**2. Use powdered milk.** The pricey smoothie shops do it all the time! Powdered milk has fewer calories and less cholesterol than whole milk products and adds protein. Try it in soups, casseroles, bread recipes...and smoothies. I also love to have powdered buttermilk on hand. Powdered milk works great in baking! Add the powder to your dry ingredients and the water with your wet ingredients.

**3. Convert eggs.** Never run out of eggs again. Powdered eggs are convenient and easy to use. They are even great for camping...no more cracked eggs in the cooler. Eggs are an essential ingredient in a well-rounded food storage. They provide the least expensive source of high quality protein. Stored in a cool room of your home, powdered eggs in unopened cans will store for up to 7 years. Even after they are opened, they will last for 12 months on your pantry shelf. Just add the egg powder with your dry ingredients and the required water with your liquid ingredients. See the handy conversion chart for ease with recipes.

**4. Use dry beans instead of canned.** The savings is significant. To make them more convenient to use in your cooking, soak and cook a big batch of beans and freeze them in can-size portions. Place 1 2/3 cup portions of cooked beans in zippered sandwich bags and freeze. Then when your recipe calls for a 15.5 oz. can of beans, you just have to pull a bag from the freezer.

**5. Throw in dehydrated vegetables or fruits.** Dehydrated or freeze-dried fruits and vegetables retain much more nutrients than do canned vegetables, and add variety to food storage. Once you start using them, the convenience will win you over. No washing, peeling, or chopping. Dehydrated potatoes, onions, carrots, corn, bell peppers and celery are ready to use in soups and casseroles. Dehydrated apples are fantastic in oatmeal, or reconstituted and chopped for baked goods. They're also wonderful straight from the can as a snack.

**6. Spice up your storage!** A good supply of varied spices will add flavor and variety to basic food storage ingredients. Vacuum-seal spices in canning jars.