

FOOD STORAGE “Are We Prepared,” September 2014 Ensign—President Thomas S. Monson

“Many more people could ride out the storm-tossed waves in their economic lives if they had a supply of food and clothing and were debt-free. Today we find that many have followed this counsel in reverse: they have a supply of debt and are food-free.”

“...Are we prepared for the emergencies in our lives? Are our skills perfected? Do we live providently? Do we have our reserve supply on hand? Are we obedient to the commandments of God? Are we responsive to the teachings of prophets? Are we prepared to give of our substance to the poor, the needy? Are we square with the Lord?”

“...We live in turbulent times. Often the future is unknown; therefore, it behooves us to prepare for uncertainties. When the time for decision arrives, the time for preparation is past.”

STORAGE +	EXPERIENCE =	PREPARATION
<p>WHAT TO STORE? —From church’s pamphlet, “All is Safely Gathered”: —3 month supply foods you normally eat —work up to longer term of basics that could keep you alive in an emergency —don’t forget condiments, spices, comfort foods —garden seeds —sprouting seed</p>	<p>ROTATE IT —Keep a record of what you have, rotate and replace —Shop from case lot to case lot sales 2-3 times a year—spring and fall —Write it in your budget every month! —Keep short term storage foods from going bad</p>	<p>DEFINED EXPECTATIONS —What does preparedness mean to you? —Do you want to survive, or thrive? Different approaches: —Food insurance—tuck away and don’t use, but then you don’t know how or haven’t practiced—not best approach —Rotate and use (store what you eat, and eat what you store)</p>
<p>HOW MUCH TO STORE? —short term—recipes, sit down and figure out what you typically eat in two weeks=multiply out how much you’d need for 3 months —amounts and suggested items on BYU handout for long term —food storage calculators online</p>	<p>RECIPES —Start by swapping out existing recipes with alternatives (food storage items, less sugar, different grains e.g. whole wheat, etc.) —Start collecting recipes—binder Part of BYU recommendation —Work together in groups (family, friends, online groups)</p>	<p>COMFORTABLE Mimics current lifestyle</p>
<p>HOW TO STORE? Short term—leave in packaging Long term—buckets, #10 cans, PETE containers, mylar Oxygen absorbers Canned foods—dates on packaging are deceiving (will last much longer than date)—so says on USDA website—storage dates do not relate to SAFETY, just peak quality, and it is arbitrarily set by food manufacturer, so canned food is still good for many, many years if stored properly—dark, cool, no sun, no dents (even dents can be fine if integrity of can has not been compromised), do not freeze. Taste and vitamins decline the longer it is stored, but it will not make you sick. Exceptions: food with oils can go rancid and will develop an off flavor. Test after opening—toss if tastes funny. Conditioning—Cool, dry, dark place—do not let freeze; attics and garages are terrible places to store food</p>	<p>PRACTICE/EQUIPMENT —Pick a time every week when you plan to experiment —Equipment: Grain Grinders Wheat grinders—both electric and hand 1. Demonstrate use—How long would it take you to hand grind enough wheat for 2 loaves? About 1 hr. 2. Different hand grinders—small and cheap—take forever, grind coarse, have to pass through a couple of times for bread-making —might be good for cereal though 3. Electric Grinders—Demo Wondermill; show Nutrimill—only takes a few mixtures to grind. A MUST if you plan on using your grains in everyday cooking. 4. Need emergency power source for electric —Pressure cookers—cut time by half in most cases —Sub out flours in recipes—grind lots of other things into flour besides wheat —Get used to making food now so your family is comfortable eating it...</p>	<p>CONFIDENT Secure that you know what to do with it when the emergency really happens</p>
<p>WHERE TO GET IT? —WinCo (Bulk grains, pasta, rice, sugar, yeast, salt, spices, beans, popcorn, oxygen absorbers; Freeze-Dried foods; Prepackaged #10-Cans of food; Mylar bags; Gamma seal lids) —Walmart (Prepackaged #10-Cans of food; Buckets; Freeze-Dried food) —Home Storage Centers (Bulk wheat; Prepackaged #10-Cans of food; Pouches of basics) —Case Lot Sales (Harmons, Macey’s, Petersons, Reams, and others) —Kitchen Kneads (Bulk grains, seeds, salt, spices; Wheat grinders; Hand grinders) —Family Storehouse (Freeze-Dried foods, Wheat grinders, hand grinders)</p>		

How to Disguise Whole Wheat so your Family Will Eat It!

1. **Try it in desserts first**—who can turn down a cookie?
2. **No need to use 100% whole wheat at all times.** Half white and half whole wheat provides excellent results. However, if your family is really fussy, start with 1-2 tablespoons of whole wheat flour in the bottom of each cup of white flour and increase the whole wheat amount each time you cook.
3. **Use recipes you know your family already likes.**
4. **Have your kids help you make the treat!** Kids love to try it when they help.
5. **Don't warn your family** that there is whole wheat in the food they're about to eat. Your family will assume you make the recipe as usual so sit back and smile to yourself as you see them gobble it up...wheat and all!
6. **Wheat flour is brown in color and best disguised in recipes using brown** sugar, molasses, chocolate fruit or vegetables, such as bananas, applesauce, carrots, pumpkin or zucchini in breads, cakes and cookies.
7. **Use soft white wheat for quick breads, pancakes, cakes, muffins, crackers, flatbread and cookies.** Since it has less gluten content, it bakes up less dense than hard white wheat. Soft white wheat is the wheat used for pastry flour. Kamut and spelt (ancient varieties of wheat) also work really well for these recipes.
8. **Use hard white wheat for yeast breads.** It has a high gluten content, and makes a lighter in color, less dense, and more mild and sweeter bread than hard red wheat.



How to Use Other Grain, Bean, and Seed Flours for Recipes other Than Bread

If you want to diversify your nutrition by adding more protein and vitamins, **get a Grain Mill and USE IT!** You can buy hand grinders and/or electric. Hand ones take forever and might not grind very finely, depending on how much you want to spend. Electric grinders are quick and are perfect for every day use—you can grind all sorts of things, but just be aware you would need a back-up power source in an emergency.)



Sub out ½ of the flour called for in your recipe with any of the following flours or a combination:

Beans: Chickpeas (garbanzo beans), black beans, white beans, pintos

Lentils: Any kind of lentil or split pea

Grains: Brown or White Rice, Popcorn, Millet, Amaranth, Quinoa, Rolled Oats or Oat Groats (buy gluten-free if you need), Sorghum

**If gluten is not a problem, then use the other half as either white flour or whole wheat. Kamut or spelt—both ancient varieties of wheat are sometimes tolerated by those with gluten sensitivities and can be used also.

**Note: if gluten-free, then use an all-purpose gluten free flour for the remaining amount of flour

If gluten isn't a problem, experiment with these grains too: Kamut and Spelt, Barley, Rye

Ground flax and chia seed also add extra nutrients—you can add a tablespoon or two in any recipe with the flour. **ONLY** use a coffee grinder or high powered blender to grind. They are too oily to use in a grain mill and will ruin it!

Want to learn how to use PULSES (Dry peas, lentils, beans and chickpeas)?

Visit this amazing website: <https://pulsepledge.com/>

It has all sorts of recipes and ideas on how to incorporate these healthy foods into your family's diet.



Some of My Favorite Food Storage Recipes:

CHILI

1 lb ground beef (or can omit, if no meat), or use canned meat 1 16-oz can corn
1 ½ c. chopped onion (can use dried) 2 t. salt
1 c. green pepper (can use dried) 2 T. chili powder
2 garlic cloves, minced (or use powdered) 1 t. black pepper
1 (28 oz) can whole or diced tomatoes, undrained 1 t. cumin
4 to 5 (16-oz) cans black or red beans (or combo)

Brown beef with onions, peppers, and garlic (if fresh)—if using dehydrated veggies, soak in water first. Add remaining ingredients and cook, stirring often until cooked through and bubbly. Serves 12-16.

SWEET CORN BREAD

Preheat oven to 350 degrees. Grease a 9x13" pan.

1 ½ c. whole grain flour (any kind) 1 ¼ c. milk (can use 3 T. plus 1 t. powdered milk and 1 ¼ c. water)
1/2 c. sugar 1 T. vinegar
½ c. cornmeal 2 eggs slightly beaten (or powdered equivalent)
1 T. baking powder ⅓ c. oil
½ t. salt 3 T. melted butter

Sift dry ingredients in a bowl. Combine wet ingredients and add to dry just until combined. Don't overmix. Pour into prepared pan. Bake 30 min. or until toothpick comes out clean.

CHOCOLATE CHIP COOKIES

1 ½ t. vanilla
1 ½ c. butter (or coconut oil)
½ c. sugar
½ c. brown sugar
1 egg (or powdered equivalent)
½ t. salt
1 t. baking soda
2 c. whole grain flour—any kind (use 100% whole wheat, or combination of whole wheat and white flour, or other beans or grains flour) NOTE**for gluten-free cookies—1 c. garbanzo bean flour plus 1 c. gluten-free flour
½ bag chocolate chips

Blend butter, sugars, vanilla and eggs. Then add salt, soda, flour. Last chocolate chips. Bake at 350 degrees for about 12 min.

ROASTED WHEAT KERNELS (taste similar to corn nuts)

1/4 cup wheat berries (whole kernels of wheat)
1/2 tablespoon oil
1/8 teaspoon salt

Heat a small amount of oil in a skillet. Add wheat berries and pop like popcorn. They don't expand like popcorn, but they will pop. Swirl around in the pan to prevent burning. Sprinkle with salt while hot.

WHITE SAUCE (can use over meats, pasta, rice, veggies, casseroles)

2 c. water 1 t. salt
6 T. powdered milk 1 T. butter (or powdered equivalent)—optional
½ t. onion powder ¼ c. whole wheat flour (or 2 T. corn starch or ¼ c. garbanzo or white bean flour)
½ t. garlic powder

Put all ingredients in medium pan and cook on medium, stirring with wire whisk until thick and bubbly.

For cream of chicken soup—add 2 t. chicken bouillon (equivalent to 1 can of soup)

For cream of mushroom soup—add ¼ c. chopped canned, fresh or freeze dried mushrooms

For alfredo—add 1 c. grated parmesan and 3-4 T. cream cheese (or powdered equivalent)

For cheddar cheese sauce—add 1 c. grated cheddar (or freeze dried)

WHOLE WHEAT TORTILLAS

3 cups of whole wheat flour (fine) 1 cup of HOT water (may need a little more)
1/2 tsp baking powder 1/3 cup cooking oil (can use olive or coconut)
1 tsp salt

Mix all dry ingredients together. Add the oil, then the water. Knead 5 minutes. Roll the dough out so you can easily make equal pieces. Let dough rest 10 minutes. Form into 12. Roll thin (use nonstick spray to help if there are sticking or dryness problems). Grill on both sides, they cook quickly (no need to grease the frying pan at all).

PUMPKIN MUFFINS OR BREAD

3 1/3 c. whole grain flour 4 eggs (or powdered equivalent)
1 1/2 t. soda 2/3 c. water
1 t. salt 3 c. sugar
1 t. cinnamon 2 c. pumpkin puree
1 t. nutmeg Optional: chopped nuts and/or chocolate chips
1 c. oil (can sub out 1/2 c. with unsweetened applesauce)

Mix dry ingredients, then remaining ingredients until smooth. Put in greased loaf pan or muffin tins. Bake at 325 degrees. Bread (2 loaves)=65-80 min; 24 muffins=35-40 min.; 48 mini muffins=25 min.

BEST EVER WHOLE WHEAT BREAD

7 c. whole wheat flour 2/3 c. oil
2/3 c. vital wheat gluten 2/3 c. honey or 1 c. sugar
2 1/2 T. instant yeast 2 1/2 T. bottled lemon juice
5 c. hot water (120-130 F) 5 c. whole wheat flour
2 T. salt

Mix together the first three ingredients in your mixer with a dough hook. Add water all at once and mix for 1 minute; cover and let rest for 10 minutes (this is called sponging). Add salt, oil, honey or sugar, and lemon juice and beat for 1 minute. Add last flour, 1 cup at a time, beating between each cup. Beat for about 6-10 minutes until dough pulls away from the sides of the bowl. This makes very soft dough.

Spray a large bowl with oil and take dough out of the mixing bowl. Cover and let rise for 30 minutes. Uncover and turn out on counter. Do NOT flour your counter, this will add dryness you don't want in the bread. You basically want your dough to feel a "little" sticky. Separate dough into bread pans, and let rise until double in size, about 30 minutes. Bake at 350 for 22-30 mins or until browned. This recipe will make 6 loaves of bread.

FALAFELS

1 c dried chickpeas, soaked overnight, or two 15 oz. cans 1 t. ground cumin
2-3 c water, as needed Salt & pepper, to taste
1/2 t. baking soda 2 T. whole grain flour, as needed to form dough
1/4 c. dehydrated onion dices 1 T. dry parsley flakes
1/4 t. garlic powder, or 1/2 t. dry minced garlic Oil for deep frying, preferably peanut or coconut
1 t. dry coriander

In a medium saucepan, combine soaked chickpeas, water, baking soda and a pinch of salt. Bring to boiling, reduce heat and simmer until tender (about an hour). Drain chickpeas, reserving liquid. Omit this step if using canned beans.

In a medium bowl, add warm chickpeas and other ingredients, except the flour, and mash the mixture until thoroughly combined. You can use a food processor, but be careful not over-blend or your falafels may fall apart during cooking. You want the result to be a thick paste, just shy of becoming dough.

Start with 2 Tbsp of flour, and sprinkle more in a little at a time until your paste is just thick enough to form loose balls or patties. If the dough becomes too stiff or dry, adjust the texture by adding small amounts of the reserved cooking liquid.

Form the mixture into small balls, about the size of a ping pong ball and slightly flatten, or divide mixture into 4 parts and form patties.

Heat at least 2 inches of oil to 350F/175C in a deep heavy skillet or kettle, and fry the falafels (in batches to avoid crowding) until golden brown (5-7 minutes), turning every couple of minutes to cook evenly and prevent sticking.

Remove the browned falafels with a mesh strainer or slotted spoon, and blot on a paper towel (if necessary) before serving hot with your choice of fixings. (Can serve with pita bread, sprouts, hummus, etc.)

Places to buy in Bulk:

Local: Winco Foods; Sandy or Lindon LDS Home Storage Centers (first come, first served on current bulk items, then only hard white or red wheat—BEST PRICE AROUND); Case lot sales (Harmon's, Macey's, Peterson's, Ream's, and others); Kitchen Kneads; WalMart; Costco; Sam's Club —others, just have to look around

Online: Honeyville (also store in SLC), Azure Standard (Co-op—order online, monthly shipments to a local drop location), Amazon, Rainy Day Foods —others also, just search

Food Calculator Amounts—Plug in number of family members and it tells you amounts you need for many basic food storage items:

<http://www.thefoodguys.com/foodcalc.html>

Lots of ideas for food storage and recipes (including chart below):

www.everydayfoodstorage.NET



for more tips, visit www.everydayfoodstorage.NET

Use this conversion chart to use powdered milk in any recipe calling for milk! Simply look down the "milk" column for the amount needed in your recipe then add the dry powdered milk to your dry ingredients and the water to your wet ingredients.

Milk	Water	Dry Powdered Milk
1 Cup	1 Cup	3 Tablespoons
3/4 Cup	3/4 Cup	2-1/4 Tablespoons
2/3 Cup	2/3 Cup	2 Tablespoons
1/2 Cup	1/2 Cup	1-1/2 Tablespoons
1/3 Cup	1/3 Cup	1 Tablespoon
1/4 Cup	1/4 Cup	3/4 Tablespoon

Using more of your Powdered Milk in everyday ways...

Sweetened Condensed Milk (14 oz. can) 1/2 C. Hot Water 1 C. Dry Pdrd Milk 1 C. Sugar 1 T. Butter Blend VERY WELL in blender.	Evaporated Milk (12 oz. Can) 1-1/2 C. Water 1/2 C. + 1 T. Dry Powdered Milk Blend VERY WELL in blender.	Buttermilk Add a tablespoon of lemon juice or white vinegar to a cup of milk and let it stand for 5 to 10 minutes.
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