ESSENTIALS OF HOME PRODUCTION & STORAGE

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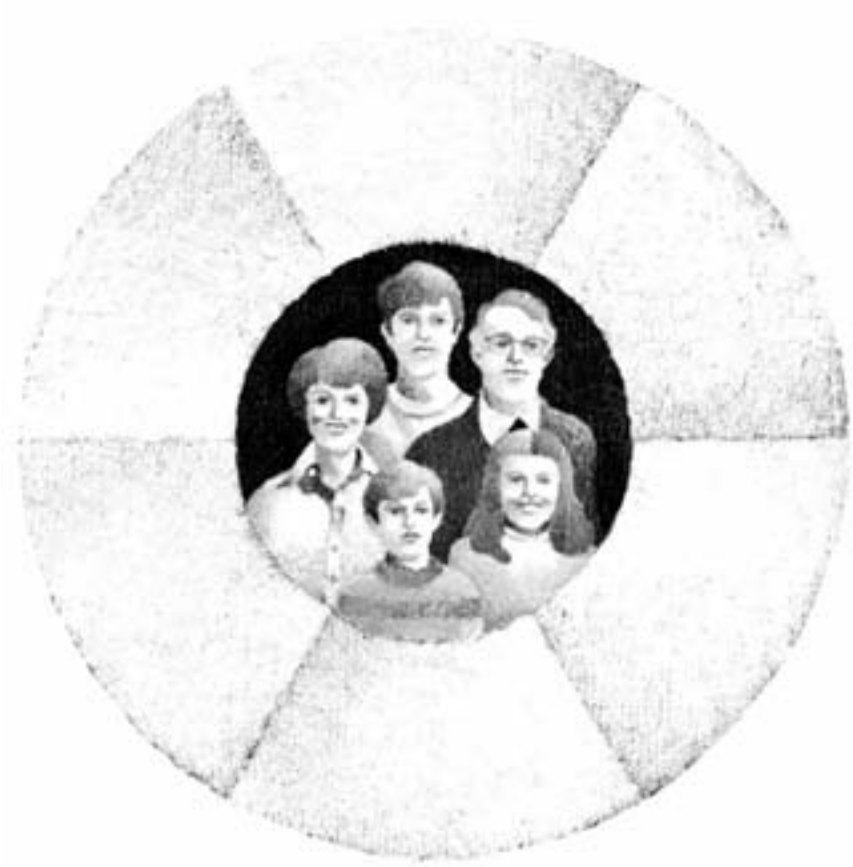
PERSONAL & FAMILY PREPAREDNESS

The Church of Jesus Christ teaches independence, industry, thrift, and self-reliance.

"As you know, in the recent past we have placed considerable emphasis on personal and family preparedness. I hope that each member of the Church is responding appropriately to this direction. I also hope that we are understanding and accentuating the positive and not the negative.

"I like the way the Relief Society teaches personal and family preparedness as 'provident living.' This implies the husbanding of our resources, the wise planning of financial matters, full provision for personal health, and adequate preparation for education and career development, giving appropriate attention to home production and storage as well as the development of emotional resiliency" (Spencer W. Kimball, "Welfare Services: The Gospel in Action," *Ensign,* Nov. 1977, p. 78).

Latter-day Saints have been counseled to prepare to care for themselves and their families in time of need. Personal and family preparedness should be a way of life, a way of provident living. Being provident involves being "wise, frugal, prudent, making provision for the future while attending to immediate needs" (Barbara B. Smith, "Teach LDS Women Self-Sufficiency," *Ensign,* May 1976, p. 118). One area of personal and family preparedness is home production and storage.



Essentials of Home Production and Storage

"Home production and storage is a very necessary element of personal and family preparedness; however, it is not the only element, nor is it necessarily the most significant element. Some people have reacted to the theme of preparedness as if it were a doomsday matter. In reality, all six elements of personal and family preparedness are to be emphasized so that the Latter-day Saints may be better prepared to meet the ordinary, day-to-day requirements of successful living.

"Our emphasis on this subject is not grounds for crisis thinking or panic. Quite the contrary, personal and family preparedness should be a way of provident living, an orderly approach to using the resources, gifts, and talents the Lord shares with us. So the first step is to teach our people to be self-reliant and independent through proper preparation for daily life" (Victor L. Brown, "Welfare Services Essentials: The Bishops Storehouse," *Ensign,* Nov. 1976, pp. 112–13).

Standards for Home Production and Storage

Each person or family should produce as much as possible through gardening, sewing, and making household items. Each person and family should learn techniques of home canning, freezing and drying foods, and where legally permitted, should store and save a one-year supply of food, clothing, and if possible, fuel.

HOME PRODUCTION

Let every Latter-day Saint that has land, produce some valuable, essential foodstuff thereon and then preserve it; or if he cannot produce an essential foodstuff, let him produce some other kind and exchange it for an essential foodstuff; let them who have no land of their own, and who have knowledge of farming and gardening, try to rent some, either by themselves or with others, and produce foodstuff thereon, and preserve it. Let those who have land produce enough extra to help their less fortunate brethren" (Conference Report, April 1942, p. 89; *Messages of the First Presidency,* vol. 6 [Salt Lake City: Bookcraft, Inc., 1975], p. 151).

"We encourage you to grow all the food that you feasibly can on your own property. Berry bushes, grapevines, fruit trees—plant them if your climate is right for their growth. Grow vegetables and eat them from your own yard. Even those residing in apartments or condominiums can generally grow a little food in pots and planters. Study the best methods of providing your own foods. Make your garden . . . neat and attractive as well as productive. If there are children in your home, involve them in the process with assigned responsibilities. . . .

"Wherever possible, produce your nonfood necessities of life. Improve your sewing skills; sew and mend clothing for your family. All the girls want to learn to type, they all want to go to an office. They don't seem to want to sew any more, and to plant and protect and renew the things that they use. Develop handicraft skills as the sisters have told us, and make or build needed items" (Spencer W. Kimball, "Family Preparedness," *Ensign,* May 1976, pp. 124–25; Conference Report, April 1976, pp. 170–71).

". . . Grow all the food you possibly can. Also remember to buy a year's supply of garden seeds so that, in case of shortage, you will have them for the following spring.

". . . Raise animals where means and local laws permit" (Vaughn J. Featherstone, *Ensign,* May 1976, pp. 116–17).

". . . We will see the day when we will live on what we produce" (Marion G. Romney, Conference Report, April 1975, p. 165).

Gardening

To determine proper varieties and quality of seed, planting dates, and correct procedures for your geographical area, obtain current information and assistance from local government, university, or other qualified sources.

The following general rules are appropriate for most areas:

Location

Every yard has space for a garden. Part of the lawn, play area, or flower garden may be converted to a garden. If you have no yard, vegetables may be grown in window boxes or pots. Plant the garden where it will receive at least four to six hours of direct sunshine each day. The soil should drain well, and an adequate source of water should be available.

Soil Preparation

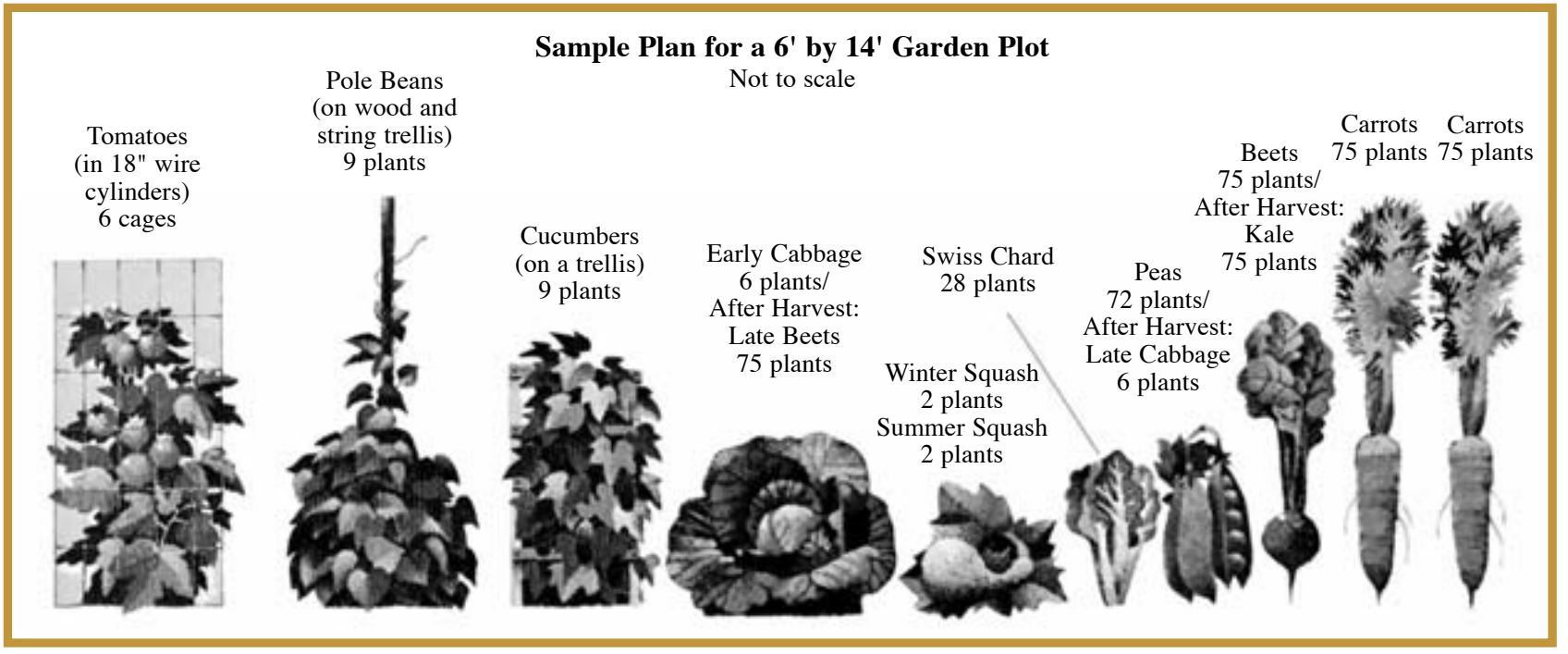
Soils that are low in fertility can be improved by the addition of fertilizer. Some fertilizer should be added before tilling, and the remainder should be used during the growing season.

Planning the Garden

Begin with a small garden plot. The garden can be enlarged as you become more experienced and become acquainted with the growing conditions. Draw a garden plan showing the location of each type of plant. You can use this plan the next year in developing a rotation system to control the buildup of disease and insect

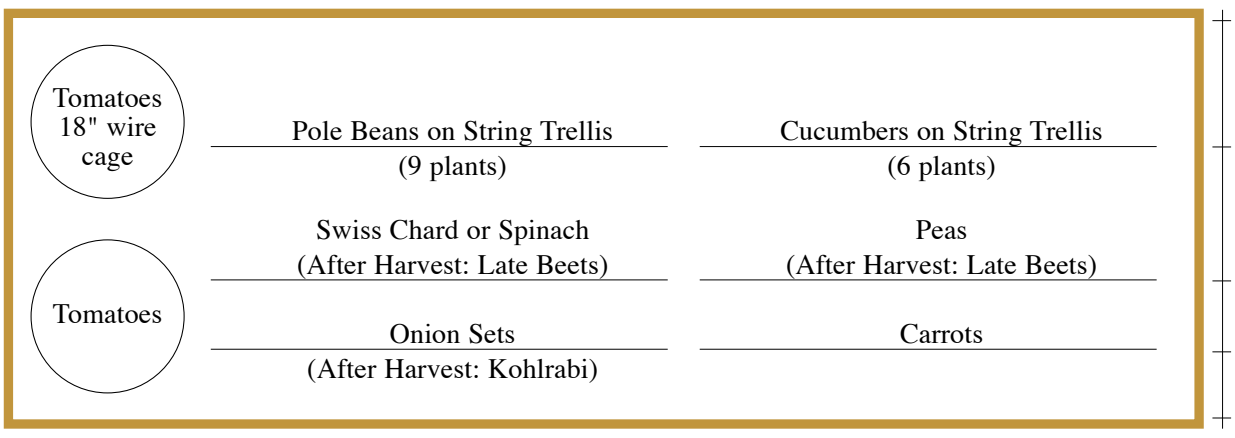
Sample Plan for a 6' by 14' Garden Plot

Not to scale

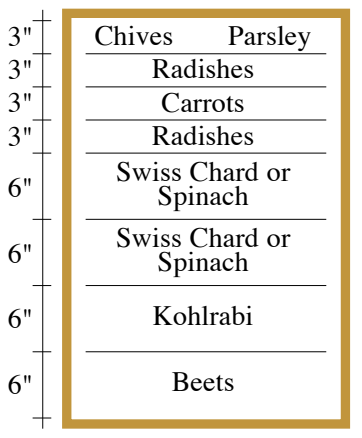


These plans are only suggestions.
Use imagination in planning your yard.
Vegetables and fruit trees can be
used in home landscaping.

Sample Plan for a 3' by 9' Garden Plot



Sample Plan for a 2' by 3' Garden Plot



infestation. The size of the garden and the type of produce should be adapted to local conditions and to your ability to care for them properly. Several crops usually can be planted successively in the same ground during the same year.

What to Plant

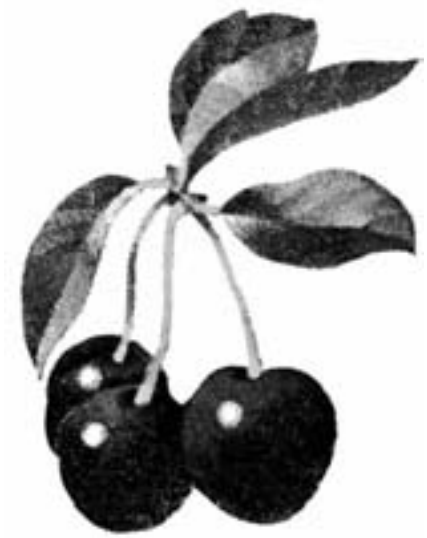
When deciding which vegetables and fruits to plant, determine which are suited to your geographical area and will be used by your family. Grow a variety of foods for better nutrition and more interesting eating. In appropriate climates, berry bushes, grapevines, and fruit trees could be included in the garden plan. Consider plants rich in vitamins, especially A and C. Dark green and orange vegetables are rich in vitamin A. Tomatoes, green peppers, strawberries, cantaloupe, and citrus fruits are excellent sources of vitamin C.

When to Plant

Plan the planting times to conform to the length of the growing season and to growth requirements for individual plants.

How to Plant

Fine seeds should be scattered on top of the soil and pressed down lightly. As a general rule, larger seeds should be sown at a depth three times the diameter of the seed. Stakes or trellises may be used for climbing plants, such as tomatoes and beans. It is best *not* to plant fruit trees in a lawn area. The watering and fertilizing program for a lawn is not suitable for fruit trees. Avoid planting so closely that you will not be able to walk or work in the garden.



Mulch

In addition to eliminating weeds, mulching promotes the retaining of moisture and the building up of the soil. Straw, hay, and grass clippings are all effective mulch. Usually, you should wait until the plants are well aboveground before applying the mulch.

Compost Pile

Organic matter from the garden and yard and leftover food scraps should be used in a compost pile to prepare nutrients for another crop. Check with local experts for instructions on how to build a compost pile.

Seeds

Seeds of a good quality should be used. A year's supply of seed may be stored in a dark, cool place to help maintain seed quality.

Seed Depth: Sow seed at depth three times the diameter of seed.

Food Preservation

The best method to use to preserve any fresh food for storage is determined by such factors as the nature of the food itself, space and equipment available, climate, other storage conditions, and cost. Because any method of food preservation presents both advantages and disadvantages, no single method will solve all storage problems. The following list includes several methods that have been used in various parts of the world for many centuries.

Live Plants and Animals

It is possible to maintain live sources of food in a variety of home situations. Live animals—such as chickens, pigs, rabbits, and goats—may be raised in many areas. Provision for adequate feed for the animals must be considered. A productive year-round garden is possible in tropical and some semi-tropical climates, and some sort of indoor gardening is feasible in other areas.

Drying

Many food products can be dried with little or no cost and equipment using the sun's rays or a simple stove. In general, this type of drying causes some loss of vitamins and of flavor, especially if the food is dried too long. Some foods may also be dried in an oven or in home dryers that contain a heat source and a fan to circulate the heat.

Smoking and Curing

A type of drying using smoke increases the storage life of food. Curing involves a combination of curing agents and smoking to preserve the food. Commonly used for preserving meats and fish, these methods greatly alter the flavor of the original product. Use of large amounts of curing agents, such as nitrates and nitrites, may produce cancer-causing substances and is limited by law in the United States.

Salting

Salt may be used in the drying to increase storage time of some foods, such as fish. Salt and water brines may be used to prevent the growth of spoilage organisms in some foods. Excess salt may be washed away before the salted food is used.

Sugar Preserving

Concentrated tree saps which contain sugars, such as maple, produce syrups that can be stored. Sugar may be added to fruits or fruit juices to make jams, preserves, and jellies.

Canning or Bottling

Heat-processed foods that are sealed in a closed container, such as a glass bottle or a tin can, can be stored for a year or more. However, appropriate containers, equipment, and fuel are necessary for this process and may be expensive. Low-acid foods, such as vegetables and meats, may cause severe illness and death if they are improperly processed. Canning must be done in a steam or water bath and not in the oven.

Bin Storage

In cool climates, some foods may be stored for short lengths of time in spring houses, root cellars, cool dark rooms, or bins of sand.

Cold Storage and Freezing

Refrigeration and freezing are useful ways of preserving many foods. However, these methods usually take a great deal of space and fuel consumption unless the food can be stored outside in very cold climates.

Fermenting and Pickling

Fermented or pickled products include pickles, sauerkraut, fermented soybean curd, and pickled eggs and olives. These methods make it possible to store vegetables for several months.

Production of Nonfood Items

In order to become independent and to stimulate their industry and thrift, individuals and families should develop skills in making and producing nonfood essentials. Home production of nonfood items might include the following:

Quilt Making

Material left from sewing or from outgrown clothing can be used to make bedding.

Clothing Production

Hand and machine sewing skills should be learned and practiced. Knitting, crocheting, and weaving are also useful for clothing production. A provident homemaker can make over and refurbish used clothing.

Soapmaking

Soap can be made out of fats drained from cooked foods, but lye is also necessary. Lye should be handled and stored with great care.

Fuel Production

When a source of coal or wood is not available, fuels can be made by the following methods:

1. Newspaper logs. Divide newspapers into sections and fold the sections to the size of half a page. Soak the folded sections in a tub of water to which a tablespoon of detergent has been added. While they are still wet, roll the sections individually on a rod one inch in diameter; squeeze out the excess water. Slide the rolls off the rod and stand them on end to dry. The rolls are ready to use as fuel when completely dry.

2. Candles. Cut strips of corrugated paper in 1½-inch widths. Roll each strip tightly and fit it in a tuna-fish can. Pour melted paraffin wax in the can so that it soaks the paper and fills the remaining space. Each can will burn for 1½ to 2 hours.

3. Briquettes. Punch a few holes in an empty can. Place in the can such flammable items as pieces of twigs, limbs and branches from fruit, nut, or other hardwood trees; or black walnut, peach, or apricot pits. Secure a lid on the can. Heat the can in a hot fire until the flames from the can turn yellow-red. Remove the can from the fire and allow it to cool. Store the briquettes in a moistureproof container until they are needed for fuel.

4. Fire starters can be made by filling paper (not plastic) egg cartons with melted paraffin wax. Tear the cartons into cubes. Build twigs or briquettes around the cube before lighting the paper covering. The paper of the carton burns rapidly, melting and igniting the wax, which starts the fire.

Furniture Making

Learning to make simple furniture or refinish old furniture can result in financial savings and can be rewarding.

HOME STORAGE

Planned storage in the home can help individuals and families be self-sustaining in whatever situation they meet. Accident, illness, unemployment, or commodity shortage may affect any family at any time. Wars, depressions, famines, earthquakes, floods, and tornadoes are also possibilities to consider in planning for the care and protection of the family.

President J. Reuben Clark, Jr. counseled that the Saints should save in times of plenty for emergencies in the lean years: "Let every head of every household see to it that he has on hand enough food and clothing, and, where possible, fuel also, for at least a year ahead" (Conference Report, April 1937, p. 26).

Other Church leaders have stressed the importance of home storage:

"But the Lord has told us to prepare ourselves individually in our homes; to see to it that we have reserves of food and clothing; and it wouldn't hurt to have some reserves of cash on hand. One has said: 'Where preparations are being made there will be little difficulty, but where no preparation has been made, suffering and difficulties will come.' We don't mean to alarm people. This has been the message of this Church since the institution of the Welfare Program, and we constantly bring it before you" (John H. Vandenberg, "Program of the Church," Welfare Agricultural Conference, 4 April 1970, p. 374).

Elder Harold B. Lee, in a welfare agricultural meeting on 1 October 1966, said:

"*We have never laid down an exact formula for what anybody should store*. . . . Perhaps if we think not in terms of a year's supply of what we ordinarily would use, and think more in terms of what it would take to keep us alive in case we didn't have anything else to eat, that last would be very easy to put in storage for a year. . . . If you think in terms of that kind of annual storage rather than a whole year's supply of everything that you are accustomed to eat which, in most cases, is utterly impossible for the average family, I think we will come nearer to what President Clark advised us way back in 1937" ("Storage Problems," p. 76).

The First Presidency has counseled: "The utmost care should be taken to see that foodstuffs so produced and preserved by the householder, do not spoil, for that would be waste, and the Lord looks with disfavor upon waste. He has blessed His people with abundant crops. . . . The Lord is doing His part; He expects us to do ours" (James R. Clark, comp., *Messages of the First Presidency of The Church of Jesus Christ of Latter-day Saints,* 6 vols. [Salt Lake City: Bookcraft, 1965–75], 6:151; Conference Report, April 1942, p. 89).

". . . Every precaution should be taken to avoid spoilage. All families should get the finest information available for local areas and conditions. Good information can be obtained from colleges and universities, county agents, the U.S. Government printing office and from reliable people in the food business" (John H. Vandenberg, "Counsel for the Church," Welfare Agricultural Meeting, 3 Oct. 1970, p. 390).

"*As to the foodstuffs which should be stored, the Church has left that decision primarily to the individual members*. . . .

"From the standpoint of food production, storage, handling, and the Lord's counsel, wheat [or other grains] should have high priority. Water, of course, is essential. Other basics could include honey or sugar, legumes, milk products or substitutes, and salt or its equivalent. The revelation to store food may be as essential to our temporal salvation today as boarding the ark was to the people in the days of Noah" (Ezra Taft Benson, Conference Report, Oct. 1973, p. 91; "Prepare Ye," *Ensign,* Jan. 1974, pp. 69, 80; italics added).

"*We encourage families to have on hand this year's supply; and we say it over and over and over and repeat over and over the scripture of the Lord where He says, 'Why call ye me, Lord, Lord, and do not the things which I say?'* How empty it is as they put their spirituality, so called, into action and call him by his important names, but fail to do the things which he says" (Spencer W. Kimball, "Family Preparedness," *Ensign,* May 1976, p. 125; Conference Report, May 1976, p. 171; italics added).

Three Categories of Home Storage

Basic Storage

Included in basic storage are life-sustaining foods and nonfood items that will store reasonably well for long periods. These include such basic food items as grains (wheat, rice, corn, or other cereal grains), nonfat dried milk, dried fish, legumes (beans and peas), sugar, salt (iodized for some areas), fat, and water. Store a year's supply of garden seeds to plant and to supplement the diet. Where garden space is limited, a multiple vitamin pill for daily use by each person may be stored as a safety measure for long periods of emergency. However, vitamin pills deteriorate so must be replaced within two to four years. Fresh taro or sweet potato, live pigs, chickens, and fish might be considered as basic items in areas where it is difficult to store food. Regular use of whole grains is vital to build a digestive tolerance for roughage. Basic storage should also include fuel, bedding, clothing, and medical supplies. (See pages 7–8.)

In addition, a grinder (preferably hand powered) for preparing flour (if wheat is the stored grain), recipes for using stored foods, and other such items are necessary.

Emergency Storage

Each family or individual should have portable container(s) with emergency supplies such as the following: water; food requiring no refrigeration or cooking (graham crackers, canned fruits, canned meats); medications and critical medical histories required by family members; change of clothing, including two pairs of stockings; sanitary supplies; first aid booklet and equipment (see pages 7–8); candles; matches; ax; shovel; can opener; and blanket. The container should be placed where it can be picked up at a moment's notice. Nearby for easy access should be a packet containing the most valuable of the family's personal documents, such as genealogical records.

Expanded Storage

This type of storage would include foods and other daily essentials to supply total nutritional needs and allow for variety and personal preferences in diet and living. This would include items normally used each day, such as baking powder, soda, and spices. Many foods that are adaptable for long-term storage, such as grains and legumes, lack certain essential nutrients; therefore, they need to be supplemented with fruits and vegetables to supply adequate amounts of vitamins A and C (dark green or orange fruits and vegetables and citrus fruits). These items may be stored in root cellars, or they may be bottled, canned, pickled, dehydrated, or freeze-dried. Smoked, canned, or freeze-dried meat and fish supply additional nutrients. Because these foods have limited storage life, they should be used and replaced regularly. Special provision should be made for infants or small children in the family. Soaps and cleaning supplies are essential, and some paper products very useful. (See Barbara B. Smith, "She Is Not Afraid of the Snow for Her Household," *Ensign,* Nov. 1976, p. 121.)

Water Storage

Some water reserve should also be considered. The approximate requirement per person on a two-week basis is fourteen gallons (seven gallons for drinking and seven gallons for other uses). Storage may be in plastic bottles, to which sodium hypochlorite (bleach) may be added if the purity of the water is in doubt (generally one-half teaspoon per five gallons if the water is clear and one teaspoon per five gallons if the water is cloudy).

Sterilized water may also be stored. (To sterilize, boil water one to three minutes and pour into hot, sterilized jars with sterilized lids, or process bottles of water in a water bath—twenty minutes for a quart jar and twenty-five minutes for a two-quart jar).

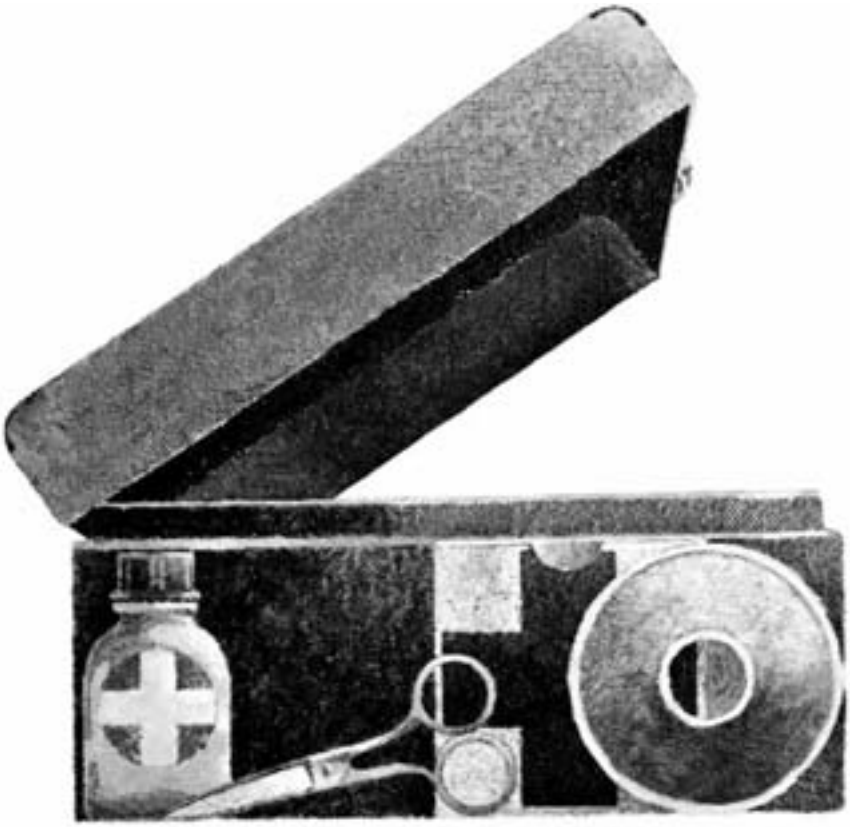
In cases of emergency, the water in water beds, water heaters, toilet tanks, and cisterns may be purified and used. Water heaters should be drained periodically to release any accumulated sediment so that the full capacity of the container is readily usable. Do not use bleach to purify water in water beds; obtain from the manufacturer a purifier that will not harm the plastic material of the bed.

Because it is impractical to store a year's supply of water in most places, it may be wise to store water-purifying agents.

First Aid Supplies

Basic emergency home storage should include first aid supplies. Store first aid supplies together in a metal, wood, straw, or plastic container with a tightly fitted cover. Supplies may be kept organized by dividing the box into compartments. Although you should check with your family doctor for any specific medicines and supplies that your family might require for an emergency, the following items are standard first aid supplies:

Adhesive tape
Ammonia
Antibiotic ointment
Bicarbonate of soda
Calamine lotion
(for sunburn and insect bites)
Diarrhea remedy
Elastic bandages
Gauze bandages
Hot-water bottle
Hydrogen peroxide
Ipecac syrup (induces vomiting)
Knife
Matches



Measuring cup
Medicine dropper
Needles
Paper bags
Razor blades
Rubbing alcohol
Safety pins
Scissors
Soap
Thermometer
Triangular bandages
Tweezers
First aid instruction book
Medications prescribed by physician
Consecrated oil

First aid kits and supplies should be checked and replenished regularly. Old or contaminated supplies are unsafe and should be replaced. Tubes or plastic bottles eliminate breakage. All supplies should be labeled and organized for fast use. (Another important emergency precaution is to have a tetanus immunization regularly—at least every ten years. When deep or dirty wounds occur, a booster shot is recommended.)

Clothing

Sufficient durable clothing should be included in a home storage program to meet the family's requirements for at least a year. This clothing should accommodate seasonal needs.

Where possible and practical, it is wise also to store fabric, thread, needles, and other sewing items. The provident consumer takes advantage of sales of material suitable for clothing that the family may require and will store these purchases until needed. A family can also save money by keeping a supply of clean used clothing that can be used in making needed clothes. A reserve of bedding should also be included.

Fuel and Light

If possible, a reserve of fuel (coal, oil, wood, etc.) should be part of the storage plan, at least enough for cooking purposes. Various supplementary heating and cooking units—some portable—are available. The best types can be used in an emergency both for the preparation of foods and for warmth. *Storage of fuel can be dangerous, and in some areas it is prohibited by law.*

Suggestions for Storage

Home storage should consist of a year's supply of basic food, clothing, and, where possible, fuel. After this goal has been reached, emergency and expanded storage should be begun.

People in mobile situations (such as the armed forces and school) or who have small homes with limited storage area should prepare as best they can for emergencies. Basic food items often can be stored in rather limited space. Closets, attics, space under beds, and even space made available by family or friends can be used. It is wiser to have food storage sufficient for only a few weeks or months than to have no storage at all. The food storage program should be adapted to meet individual needs, but the following general suggestions may be helpful:

1. The choice of foods for storage depends on availability, nutritive value, cost, storage qualities, and other considerations.
2. Store a variety of foods, as no single food has all the essential nutrients in the correct proportions.
3. Store the highest quality or grade of food obtainable. Wheat should be cereal grade, double cleaned, at least 11 percent protein, and no more than 10 percent moisture.
4. Foods should be stored in sturdy metal, plastic, or glass containers with tightly fitting lids. Sturdy wooden, straw, or

earthenware containers may also be used, but a plastic bag liner should be used to protect the food from possible contamination.

5. Foods should be stored in areas that permit easy access and allow control of temperature and humidity. (In general, cool temperatures prolong storage life and quality.) Not all storage items should be located in one area of the house; not all should be stored in one type of container.

6. To destroy insects that may infest grains, nuts, dried fruit, or other foods, place the food in a home freezer and keep it at 0°F (or below) for four days. As an alternative, the food may be sterilized by being heated in an oven at a low temperature (setting of warm or 200°F) for about one hour, depending on the nature of the food. Spread the food on shallow pans so that the heat can penetrate easily. Stir the food occasionally to keep it from scorching. Dry ice kills most adult insects and larvae, but it probably will not destroy the eggs or pupae. Pour two inches of wheat into the bottom of the container. Add dry ice; then fill with wheat. Eight ounces of dry ice is recommended for one hundred pounds of grain, or one pound for each thirty gallons of stored grain. Seal the containers loosely for five to six hours; then seal them tightly.

7. Storage should be acquired according to an orderly and systematic plan consistent with the family's needs. Borrowing money to acquire food storage is discouraged.

8. Food costs can be minimized by budgeting and shopping wisely.

9. Store foods that the family is willing to eat. In times of stress, it may be difficult to eat unfamiliar or disliked foods.

10. Stored foods should be used and replaced on a regular basis to maintain quality and minimize waste.

11. Maintain a food inventory and replace items as they are used.

12. Specific information regarding appropriate foods and optimal storage conditions in given localities should be obtained from local universities or government agencies.

Buying and Selling Storage Items

Reminder to leaders: Merchandising activities not related to the exempt purposes of the Church are not to be conducted by stakes, wards, or quorums. Stakes, wards, and quorums are not to be involved in purchasing and selling items such as food, storage containers, or nonreligious books. (See *General Handbook of Instructions*, number 21 [1976], pp. 107–8.) If individuals or groups wish to form independent organizations to obtain group discounts on home storage items, they may do so. These independent groups should abide by local laws and should not be identified with the Church.

CONCLUSION

Security through home production and storage can be strengthened if members of the Church live righteously, avoid debt, practice thrift, and are willing to work.

Each family or individual is encouraged to participate in home production and storage in order to provide for themselves. "If any provide not for his own, and specially for those of his own house, he hath denied the faith" (1 Timothy 5:8).

The home production and storage program is an integral part of personal and family preparedness. The program should be undertaken individually, according to the needs of the individual or family. Although the application varies in different locations and circumstances, the responsibility for preparedness remains.

SUMMARY OF HOME PRODUCTION & STORAGE

Home Production

(See pp. 2–5)

1

Gardening

In a garden plot or pots, a variety of vegetables and fruits suitable to the area, particularly those rich in vitamins A and C

2

Food Preservation

Live plants and animals
Drying
Canning or bottling
Bins
Freezing
Smoking, salting, pickling

3

Nonfoods

Quilts
Clothing
Soap
Fuel
Furniture

Basic Storage

(See pp. 6–9)

1

Food for one year such as:

Grains (wheat, rice, corn, or other cereal grains) (300 lbs/person)
Nonfat dry milk (75 lbs/person)
Sugar or honey (60 lbs/person)
Salt (5 lbs/person)
Fat or oil (20 lbs/person)
Dried legumes (60 lbs/person)
Garden seeds
The above amounts are estimated for an average adult. They supply 2300 calories per day.
or
Fresh taro
Sweet potato
Pigs
Chickens
Fish

2

Water

Two-week supply (14 gal/person)

3

Bedding

Enough to keep each person warm if there were no other heating supplies

4

Clothing

Enough to last one year (or fabric and necessities for sewing clothing)

5

Medical

First aid and cleaning supplies (see pp. 7–8, 27)

6

Fuel and Light

(a year's supply of fuel—at least enough for cooking)
Coal
Wood
Matches
Candles
Flashlights

Emergency Storage

(Easily accessible and in portable container) (See p. 7)

1

Food*

Three-day supply of food requiring no refrigeration or cooking, such as canned tuna fish or pork and beans (½ lb/person)

Nonfat dry milk (½ lb/person)

Graham crackers (1 lb/person)

Dried apricots (1 lb/person)

Canned orange or tomato juice (46 oz/person)

Peanut butter (½ lb/person)

*This supplies daily 2100 calories and essential nutrients.

2

Water

1 gal/person

3

Bedding

Blanket

Cloth sheet

Plastic sheet

4

Clothing

One change for each person

5

Personal Supplies and Medication

Toiletries

First aid supplies

Cleaning supplies

(tetanus immunization every five to ten years)

6

Fuel and Light

Matches

Candle

Battery-powered light

Signal flare

7

Equipment

Can opener

Dishpan

Dishes

Utensils

Matches

Candles

Flashlight

Ax

Shovel

Bucket

Battery-powered radio

Paper

Pencil

8

Infant Needs

If applicable

9

Personal Documents

Scriptures

Genealogy records

Legal documents (will, insurance policies, contracts, passports, birth certificates, etc.)

Patriarchal blessings

10

Money

Cash

Expanded Storage

(See p. 7)

1

Foods

Foods to give greater variety and nutrition, such as meats and cheese, and fruits and vegetables

Miscellaneous:

Baking powder

Yeast

Jell-O

Spices

Soups

Canned and bottled foods

Freeze-dried foods

2

Water

Water tanks or Water beds

3

Bedding

Sleeping bags

Pillows

4

Clothing

Various kinds and sizes of clothing for all seasons

5

Personal Supplies and Medication

Locate in various places—car, home, shed

6

Fuel and Light

Acquire a variety—paper logs, hurricane lamps, candles, etc.

7

Equipment

Tools

Grinders

Sewing machines

Battery-powered radio

Gardening supplies

Coal stove

8

Paper and Cleaning Products

Facial and toilet tissues

Aluminum foil

Plastic bags

Soap and cleaning supplies

9

Financial Resources

Traveler's checks

Stocks and bonds

Real estate

Checking account

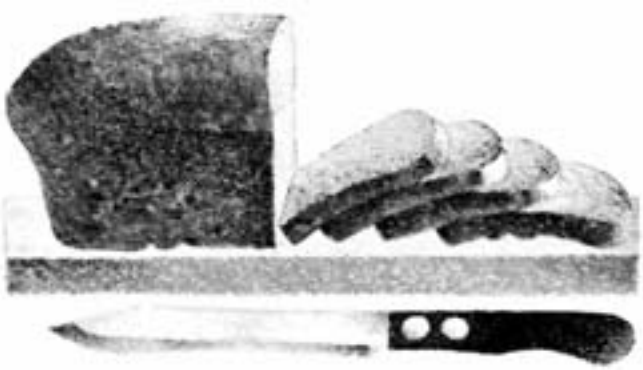
Other investments

RECIPES

Whole Wheat Bread

1 cup (240 milliliters) hot water
1 cup (212 grams) brown sugar (or ½ cup [154 grams] molasses and ½ cup [97 grams] white sugar)
6 tablespoons (70 grams) shortening
1 cup (240 milliliters) warm water
2 tablespoons (30 milliliters) honey
½ ounce (14 grams) dry yeast (or substitute 1 cup [240 milliliters] Everlasting Yeast for water-honey-yeast mixture)
3 cups (70 milliliters) warm water
4 teaspoons (24 grams) salt
6 cups (858 grams) white flour
6 cups (822 grams) whole wheat flour
1 cup (150 grams) cracked wheat (optional)

Combine first three ingredients; stir until dissolved. Let stand. Combine next three ingredients; let rise. Combine the above two mixtures. Add warm water, salt, and white flour. Beat vigorously to make a sponge. Mix in whole wheat flour and cracked wheat (if used). Knead, adding more white flour as needed. Let rise until double in bulk. Punch down. Form into loaves, and let rise until double in bulk. Bake at 400°F (204°C) for 45 minutes. Makes 6 loaves.



Wheat Cereal

1 cup (88 grams) wheat
2 cups (480 milliliters) water
½ teaspoon (3 grams) salt

Mix above ingredients together. Put in shallow pan or slow cooker. Bake overnight at 200°F (93°C). Or may soak overnight; then cook on top of stove for 2 hours. Serve with milk and sugar or dates. Wheat may be ground in food blender or grinder for a finer texture.

Wheat Thins

1¾ cups (239 grams) whole wheat flour
1½ cups (212 grams) white flour
⅓ cup (80 milliliters) oil, emulsified in blender with ¾ teaspoon (4 grams) salt and 1 cup (240 milliliters) water

Mix dry ingredients. Add oil-salt-water mixture. Knead as little as possible. Makes a smooth dough. Roll dough as thin as possible on unoiled cookie sheet (not more than ⅛ inch [0.3 centimeters]).

Mark with knife to size of crackers desired, but do not cut through. Prick each cracker a few times with a fork. Sprinkle dough lightly with salt or onion salt as desired. Bake at 350°F (177°C) until crisp and light brown (30 to 35 minutes).

Graham Crackers

Mix together:
½ cup (115 milliliters) evaporated milk (or ⅓ cup [22 grams] dry milk powder plus ½ cup [120 milliliters] water)
2 tablespoons (30 milliliters) lemon juice or vinegar

Mix the following ingredients in the order listed. Blend well to keep oil in emulsion.
1 cup (212 grams) dark brown sugar
½ cup (120 milliliters) honey or (97 grams) white sugar
1 cup (240 milliliters) oil
2 teaspoons (10 milliliters) vanilla
2 eggs, beaten slightly

Combine above two mixtures. Add the following:
6 cups (822 grams) whole wheat or graham flour
1 teaspoon (6 grams) salt
1 teaspoon (6 grams) soda

Divide mixture into four equal parts. Place each part on a greased and floured cookie sheet. Roll from center to edges until about ⅛ inch (0.3 centimeters) thick. Prick with a fork.

Bake at 375°F (191°C) for about 15 minutes or until light brown. Remove from oven and cut in squares immediately. Makes 60 crackers.

Wheat Flakes

2 cups (274 grams) coarse-ground whole wheat flour
2 cups (480 milliliters) water
1 teaspoon (6 grams) salt

Mix lightly with spoon until free from lumps. Beat just until mixed. Pour onto cookie sheet or jelly roll pan. Use ½ cup dough on a 12-inch (30.5 centimeters) by 15-inch (38 centimeters) cookie sheet. Tip sheet back and forth to cover entire surface. Drain excess (about ¼ cup) from one corner, leaving a thin film.

Bake at 350°F (177°C) for 15 minutes. Break into bite-sized pieces.

Wheat Treats

Soak wheat in cold water for 24 hours, changing water once or twice during this period; or boil wheat for 30 minutes. (Wheat will triple in volume.)

Drain wheat and rinse. Remove excess water by rolling wheat on a cloth or paper towel.

In a heavy kettle, heat vegetable oil to 360°F (182°C). Put small amount of wheat (about 1½ cups [130 grams]) in a wire basket or strainer and deep fry in hot oil for 1½ minutes. Drain on absorbent paper.

Season wheat with salt or other seasonings as desired—garlic, celery, onion, or seasoned salts. This makes a crunchy treat.

Honey Wheat

1 tablespoon (15 milliliters) water
1 cup (240 milliliters) honey

Boil to hard crack stage and pour over Wheat Treats.

Everlasting Yeast

1 quart (960 milliliters) warm potato water
½ yeast cake or ½ tablespoon (5 grams) dry yeast
1 teaspoon (6 grams) salt
2 tablespoons (25 grams) sugar
2 cups (286 grams) white flour or (274 grams) whole wheat flour

Stir all ingredients together. Place mixture in a warm place to rise until ready to mix for baking. Leave a small amount of Everlasting Yeast for a start for next time. Between uses, keep in covered jar in refrigerator until a few hours before ready to use again.

Add same ingredients, except yeast, to the everlasting yeast start for the next baking. By keeping the everlasting yeast start and remaking some each time, yeast can be kept on hand indefinitely.

Sour Dough Starter

2 cups (286 grams) white flour or (274 grams) whole wheat flour
2 cups (480 milliliters) warm water
2 teaspoons (10 milliliters) honey or (8 grams) sugar

Mix well. Place in uncovered bottle or crockery jar. Allow mixture to ferment 5 days in a warm room, stirring mixture several times a day. This will aerate the batter and allow the air to activate the mixture. It will smell yeasty, and small bubbles will come to the top.

After using some yeast for baking, "feed" the starter (to replace the amount used in baking) by using equal parts of flour and water or potato water. In 24 hours the yeast will form and work and be ready for the next use.

Store unused portion of yeast in the refrigerator in a glass or crockery jar with a tight-fitting lid. Shake the jar often. Activate the yeast again before using by adding 2 to 3 tablespoons (18 to 27 grams) of flour and the same amount (30 to 45 milliliters) of water and store.

Homemade yeast can be used to replace all or part of the commercial yeast called for in a recipe; allow 24 hours for homemade yeast to rise.

Yogurt

1 quart (960 milliliters) lukewarm water
2 cups (134 grams) dry milk powder
2 tablespoons (32 grams) plain yogurt or dry yogurt starter

Mix all ingredients together. Pour into a thermos bottle and let stand overnight.

To make cream cheese: Hang the finished yogurt in a cheesecloth bag overnight. Add salt to taste.

To make salad dressing or sour cream substitute: Add salt and seasonings.

To serve as a dessert: Add sugar to taste.

Sweetened Condensed Milk

In a small bowl combine 1 cup plus 2 tablespoons (75 grams) nonfat dry milk and ½ cup (120 milliliters) warm water. Add ¾ cup (147 grams) sugar, and stir until dissolved. If necessary, set bowl in hot water to hasten dissolving. Although not as thick as regular sweetened condensed milk, this works well as a substitute.

Egg Substitute (for use in baking)

Before starting recipe for cookies, cake, etc., combine 1 teaspoon (2 grams) unflavored gelatin with 3 tablespoons (45 milliliters) cold water and 2 tablespoons plus 1 teaspoon (35 milliliters) boiling water. This mixture will substitute for 1 egg in a recipe.

Rice Pudding

1 cup (198 grams) rice
¾ cup (147 grams) sugar
¾ cup (107 grams) raisins
1 quart (960 milliliters) milk (reconstituted canned or powdered)
½ teaspoon (8 grams) nutmeg

Mix all ingredients together in a 1½ quart (1½ liters)

ovenware casserole. Bake at 300°F (148°C) for 1 hour. Serve hot or cold. Serves 8.

French Salad Dressing

1 can (10 ounces or 300 milliliters) condensed tomato soup
1 teaspoon (2 grams) pepper
1 teaspoon (6 grams) salt
1 teaspoon (2 grams) dry mustard
1 teaspoon (5 milliliters) Worcestershire sauce
½ cup (120 milliliters) vinegar
1 cup (200 grams) brown sugar
1 small onion, chopped
1 cup (245 milliliters) salad oil

Combine all ingredients. Shake well and keep in refrigerator.

Sprouting

Rotate your seed storage, as fresh seeds tend to be more viable than those stored for long periods of time. When sprouting, place proper amount of seeds and water in a widemouthed bottle and soak at least 8 to 12 hours.

After soaking, cover bottle with a piece of nylon stocking, net, or fiberglass window screening. Hold in place with an elastic band or a regular bottle ring so air and water can pass through freely. Pour water in jar and gently shake. Pour off water, and lay jar on its side in a dark place. Repeat this two or three times a day.

Seeds Sprouting in Two Days

Use 2 cups per quart (approximately 1 liter).
Rye (500 grams)
Wheat (180 grams)
Beans (360 grams)
Rice (400 grams)
Oats (500 grams)

Seeds Sprouting in Three to Five Days

Use the following quantities per quart (approximately 1 liter):
Alfalfa (1 tablespoon [18 grams])
Lentils (2 tablespoons [30 grams])
Clover (2 tablespoons [30 grams])
Mung beans (2 tablespoons [30 grams])
Garbanzo beans (½ cup [120 grams])

Suggestions for Using Sprouts

Mix sprouts into casseroles, nut loaves, meat loaves, poultry dressing, vegetable salads, gelatin salads, soups, stews, egg dishes, soufflés, scrambled eggs. For bread dough, use sprouts from wheat, rye, or oats.

In soups, stews, and omelets, add sprouts just before serving. Navy bean, soybean, and pinto bean sprouts should be cooked.

Most sprouts make a fine crisp salad or sandwich filling when served with a dressing made from cream cheese, cottage cheese, yogurt, avocados, cooked sprouts, mashed beans, or cheese spread.

Alfalfa and lentil sprouts make an excellent salad when used alone or with leafy salad vegetables. Use the dressing of your choice on such a salad.

Macaroni Salad

1 cup (136 grams) uncooked macaroni
1 teaspoon (6 grams) salt
4 cups (960 milliliters) boiling water
1 can (6½ ounces or 196 grams) tuna fish
1 cup (150 grams) chopped vegetables (celery, green pepper, onion, sprouts, cooked peas, carrots, etc.)
Salad dressing

Bring water and salt to a boil. Add macaroni. Boil until tender (10 minutes); do not overcook. Drain. Rinse in cold water. Drain again. Chill. Mix with tuna fish (or other cold meats) and vegetables. Marinate with salad dressing to taste (approximately ⅓ cup [50 grams]).

Tuna and Noodle Casserole

8 ounces (220 grams) noodles
1 can (6½ ounces or 196 grams) tuna fish
1 can (10 ounces or 280 grams) condensed mushroom or chicken soup
⅔ cup (161 milliliters) milk (canned or reconstituted powdered milk)
½ cup (70 grams) buttered crumbs

Cook noodles in 4 cups (approximately 1 liter) boiling water. Rinse and drain. Arrange noodles and tuna fish in layers in casserole. Combine soup and milk. Pour over noodles and fish. Top with buttered crumbs and a dash of paprika. Bake in moderate oven (375°F; 190°C) about 25 minutes or until browned. Makes about 6 servings.

Tortillas

1 cup (146 grams) corn meal
1 cup (143 grams) white flour
Ground corn may be substituted for above two ingredients.
½ cup (120 milliliters) water
½ teaspoon (3 grams) salt

Mix ingredients together and knead well. Add small amount of water, if necessary. Let stand for 10 minutes. Knead and pat or slap into the shape of a thin pancake. Add more water or flour as needed. Cook on top of the stove in ungreased heavy iron or Teflon-coated skillet, turning so as to cook through but not to burn. Serve with a topping of mashed chili beans and grated cheese (optional).

Chili Beans

2 cups (360 grams) dried beans (red kidney or pinto)
4 cups (960 milliliters) boiling water
1 teaspoon (6 grams) salt
1 teaspoon (2 grams) dry mustard
2 tablespoons (25 grams) sugar
1 cup (240 milliliters) tomato sauce or catsup (optional)
1 onion, chopped (optional)
1 tablespoon (6 grams) chili powder

Soak beans overnight. Drain and add other ingredients. Cook for ½ hour on top of stove. Put in bean pot and cook in slow oven (200–250°F; 93–121°C) for 3 hours, or turn heat down and cook in a heavy saucepan on top of stove until tender.

Browned Rice

1 cup (198 grams) rice
¼ cup (46 grams) shortening
¼ cup (40 grams) chopped onion, meat, celery, or other vegetables (optional)
1 teaspoon (6 grams) salt
3½ cups (846 milliliters) water

Heat shortening in skillet. Add rice. Cook, stirring constantly, about 10 minutes or until lightly browned. Add vegetables and continue cooking 2 or 3 minutes (optional). Add salt and water. Simmer over low heat 20 to 25 minutes or until rice is tender and excess liquid has evaporated. Makes 6 to 8 servings.

Peanut Butter Cookies

½ cup (92 grams) shortening
½ cup (97 grams) white sugar
½ cup (106 grams) brown sugar
1 egg or egg substitute
½ cup (120 grams) peanut butter
1½ cups (215 grams) white flour or (196 grams) wheat flour
½ teaspoon (3 grams) soda
¼ teaspoon (1 gram) salt

Cream shortening. Gradually add sugars, beating until smooth and fluffy. Add egg and beat well. Add peanut butter and mix thoroughly. Sift flour, soda, and salt into mixture. Drop by teaspoonfuls onto ungreased cookie sheet. Press down with floured fork. Bake at 350°F (177°C) until lightly browned.

Soy Patties

2 cups (400 grams) soybean pulp
2 cups (400 grams) cooked brown rice
2 tablespoons (23 grams) vegetable fat
1 onion, chopped fine
½ tablespoon (8 milliliters) soy sauce
½ teaspoon (3 grams) salt
Flavor with garlic or sage
½ cup (70 grams) whole wheat bread crumbs (buttered)

Mix all ingredients (except bread crumbs) together. Shape into patties. Roll in whole wheat bread crumbs. Bake in greased pan at 350°F (177°C) until brown, or warm in frying pan. Serve with gravy, if desired.

To make soybean pulp: Soak beans in water for at least 3 hours. Boil beans in water for 15 minutes. Drain. Mix beans thoroughly by pounding or in a blender with enough water to puree into a stiff paste.

Soy Meat

1 pound (545 grams) mashed soybeans
1 cup (137 grams) whole wheat flour
2 eggs or egg substitute
1 tablespoon (18 grams) salt
1 teaspoon (1.5 grams) garlic
1 teaspoon (0.6 grams) oregano
1 teaspoon (0.6 grams) basil

Mix all ingredients together. Spoon into hot oil in fry pan. Cook on medium heat for a few hours, turning occasionally until brown and crusty. Use in place of ground meat.

PUBLICATIONS

Requests for publications on home production and storage may be made to local food and nutrition or health departments of universities or government agencies.

Commercial Publications

Chevron Chemical Company. *All about Vegetables*. West Edition. San Francisco, California: Chevron Chemical Company, 1973.

Chevron Chemical Company. *Twelve-Months Harvest*. San Francisco, California: Chevron Chemical Company.

Ball Blue Book, New Revised Edition 29. Muncie, Indiana 47302: Ball Corporation. 50¢

Food and Agriculture Organization of United Nations. *Bigger Crops and Better Storage. The Role of Storage in the World Food Supplies*. Rome, Italy: 1969. World Food Problems, no. 9.

Kerr Glass Manufacturing Corporation. *Kerr Home Canning and Freezing Book*. Sand Springs, Oklahoma 74063. $1.00

Sunset Books. *Vegetable Gardening*. Menlo Park, California: Lane Books, 1977. $2.45

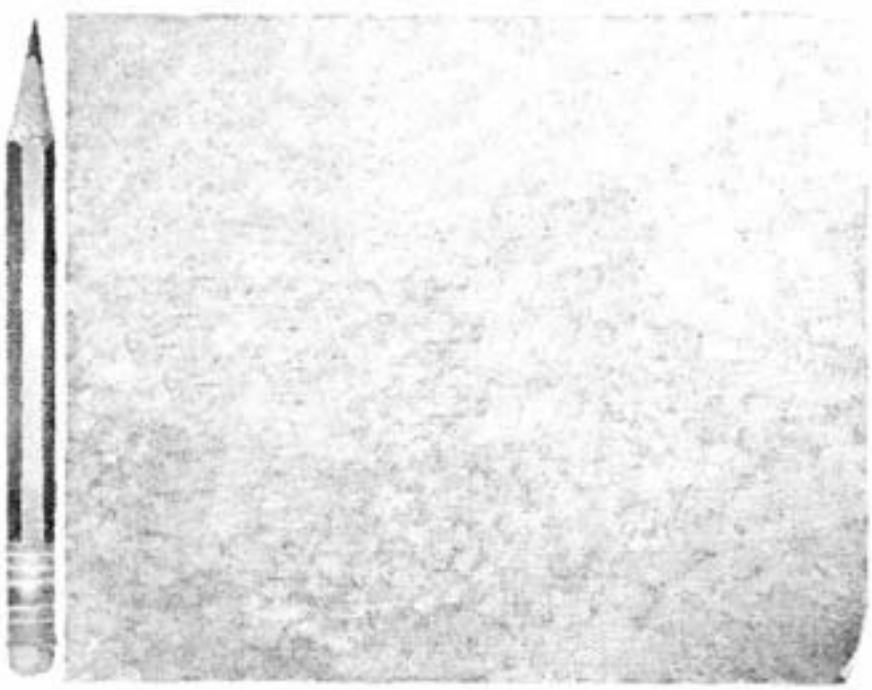
James Underwood Crockett and the Editors of Time-Life. *Vegetables and Fruit*. New York: Time, Inc., 1972.

Magazines

American Horticulturalist. Mount Vernon, Virginia: American Horticulture Society. Six times a year.

American Vegetable Grower. Western Edition. Willoughby, Ohio: Meister Publishing Company. Monthly.

Experiment Station Quarterly Research Publication. Presents findings and research being conducted. Can be obtained from each land-grant university. Issued quarterly.



Horticulture. Boston: Massachusetts Horticulture Society. Issued monthly.

Western Fruit Grower. Willoughby, Ohio: Meister Publishing Company. Issued monthly.

Land-Grant University and USDA Publications

Information on various subjects may be obtained by writing to the publications mailing service in the land-grant university in your state. If information is not available in your area, materials listed below may be ordered for the charge as noted at the end of the reference.

Materials marked with an asterisk (*) may be obtained from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

Beekeeping

**Beekeeping for Beginners*. USDA Home and Garden Bulletin no. 158. 25¢

Raising Bees. Utah State University, Logan, Utah 84322. EC157. 20¢

Selecting and Operating Beekeeping Equipment. USDA Farmers Bulletin no. 2204. 30¢

Canning

Canning Foods: Fruits, Vegetables, Pickles, Jellies. Agricultural Extension Service, University of Tennessee, Knoxville 37916. Publication 724. 50¢

Canning Fruits and Vegetables. Pennsylvania State University, College of Agriculture Extension Service, University Park, Pennsylvania 16802. Circular 561. 15¢

Canning Fruits and Vegetables in North Carolina. North Carolina Agricultural Extension Service, North Carolina State University, Raleigh 27607. HE203. 15¢

Home Canning of Fruits. Division of Agricultural Sciences, University of California. Leaflet 2269.

**Home Canning of Fruits and Vegetables*. USDA Home and Garden Bulletin no. 8. May 1976. 45¢

**Home Canning of Meats and Poultry*. USDA Home and Garden Bulletin no. 106. Revised Feb. 1975. 35¢

Home Canning of Vegetables. Division of Agricultural Sciences, University of California. Leaflet 2270. Free

**How to Make Jellies, Jams, and Preserves at Home*. USDA Home and Garden Bulletin no. 56. 1975. 45¢

**Making Pickles and Relishes at Home*. USDA Home and Garden Bulletin no. 92. 45¢

Drying

**Drying Foods at Home*. USDA Home and Garden Bulletin no. 217. Jan. 1977. 45¢

Drying Fruits and Vegetables at Home. College of Agriculture Cooperative Extension Service, University of Arizona, Tucson 85721. A-80. Free

Home Drying of Fruits and Vegetables. Extension Service, Utah State University, Logan, Utah 84322. EC 332. 25¢

How to Build a Portable Electric Food Dehydrator. Bulletin Mailing Service, Industrial Building, Oregon State University, Extension Service, Corvallis, Oregon 97331. Circular 855. 15¢

Freezing

Handbook for Freezing Foods. Mabel Doremus and Ruth Klippstein, Extension Service, New York State College of Human Economics, Cornell University. Mailing Room, Building 7, Research Park, Media Services, Ithaca, New York 14853. Bulletin 1179. 50¢

Home Freezing of Fruits. Division of Agricultural Sciences, University of California. Leaflet 2713. Free

**Home Freezing of Fruits and Vegetables*. USDA Home and Garden Bulletin no. 10. Slightly revised 1971. 75¢

Home Freezing of Vegetables. Division of Agricultural Sciences, University of California. Leaflet 2724. Free

**Home Care of Purchased Frozen Foods*. USDA Home and Garden Bulletin no. 69. 1960. 5¢

**Home Freezing of Poultry and Poultry Main Dishes*. USDA Agriculture Information Bulletin no. 371. Revised 1975. 50¢

**Freezing Meat and Fish in the Home*. USDA Home and Garden Bulletin no. 93. Slightly revised 1970. 25¢

Vegetable Freezing Methods. Flora Bardwell and Georgia Lauritzen, Cooperative Extension Service, Utah State University, Logan, Utah 84322. EL168. Free

Ball Freezer Book, vol. 1, no. 1. Ball Corporation, Muncie, Indiana 47306. 1976. 75¢

Home Gardening

Gardening. Cooperative Extension Service, University of Georgia, College of Agriculture, Athens 30601. ?¢

Getting Along with Your Garden. Ezra Taft Benson Institute, Brigham Young University, Provo, Utah 84602. 75¢

Grow a Vegetable Garden. Agricultural Extension Service, University of Tennessee, Knoxville 37916. Publication 645. Revised Aug. 1973. 50¢

Grow Your Own Vegetables. Extension Service, College of Agriculture, Pennsylvania State University, University Park, Pennsylvania 16802. Circular 559. 10¢

Growing Vegetables. Cooperative Extension Service, University of New Hampshire, Durham, New Hampshire 03824. 1977. No price

The Home Vegetable Garden. Cooperative Extension Service, College of Agriculture, University of Connecticut, Stoors 06268. Publication 69-36. 25¢

Home Gardens. Cooperative Extension Service, College of Agriculture, Washington State University, Pullman 99163. Bulletin 422. Slightly revised Feb. 1976. 25¢

Home Vegetable Garden. Cooperative Extension Service, Michigan State University, East Lansing 48823. Bulletin E-529, Farm Science Series. 25¢

Home Vegetable Gardening. Cooperative Extension Service, Ohio State University, Columbus 43210. Bulletin 287. 30¢

Introduction to Home Gardening. New York State College of Agriculture and Life Sciences, Cornell University, Ithaca 14850. Extension Bulletin 1049. 15¢

**Minigardens for Vegetables*. USDA Home and Garden Bulletin 163. Revised 1974. 30¢

Growing Vegetables—Recommended Varieties for Utah. Alvin R. Hanson and Melvin S. Burningham, Utah State University, Logan, Utah 84322. EC313. 20¢

Vegetable Gardening in Containers. Texas Agricultural Extension Service, The Texas A&M University System, College Station, Texas 77843. MP 1150. Free

Insect Control

How to Control Insects and Diseases in Your Home Orchard. Division of Agricultural Sciences, University of California. Leaflet 2249. Free

**Insects and Diseases of Vegetables in the Home Garden*. USDA Home and Garden Bulletin no. 380. $1.20

Vegetable Garden Insect Control. Reed S. Roberts, Cooperative Extension Service, Utah State University, Logan, Utah 84322. Insect Control Series no. 27. Revised June 1977. 25¢

Utah Fruit Pest Control. Utah State University, Logan, Utah 84322. EC299 Revised. 25¢

Household Insect Control. Reed S. Roberts, Cooperative Extension Service, Utah State University, Logan, Utah 84322. CS23. Revised 1977. 25¢

Fruit Spray Program for the Home Orchardist. Extension Service, Utah State University, Logan, Utah 84322. EL137. Free

Pruning

Pruning for Fruit. Extension Service, College of Agriculture, Pennsylvania State University, University Park, Pennsylvania 16802. Special Circular 126. 30¢

Pruning the Home Orchard. Cooperative Extension Service, College of Agriculture, Washington State University, Pullman, Washington 99163. Extension Bulletin 660. 25¢

Training and Pruning Fruit Trees Around the Home. Division of Agricultural Sciences, University of California. Leaflet 2252. Free

Pruning the Home Orchard. Extension Service, Utah State University, Logan, Utah 84322. EC363. 20¢

Safety

**Keeping Food Safe to Eat*. USDA Home and Garden Bulletin no. 162. Revised 1975. 35¢

Storage

**Can Your Kitchen Pass the Food Storage Test?* DHEW Publication no. (FDA) 74-2052. ?¢

Food Storage in the Home. Flora Bardwell, Reed S. Roberts, D. K. Salunkhe, Extension Service, Utah State University, Logan, Utah 84322. EC257. Revised. 25¢

Home Storage of Wheat and Grain Products. DeVere R. McAllister and Reed S. Roberts, Extension Service, Utah State University, Logan, Utah 84322. Extension Circular 371. 20¢

**Storing Vegetables and Fruits in Basements, Cellars, Outbuildings, and Pits*. USDA Home and Garden Bulletin no. 119. Slightly revised 1973. 40¢

**Storing Perishable Foods in the Home*. USDA Home and Garden Bulletin no. 18. Revised 1971. 10¢

Water

Twenty-three Ways to Save Water in an Emergency. Extension Service, College of Agriculture, Pennsylvania State University, University Park, Pennsylvania 16802. Special Circular 199. 10¢

Emergency Water: Home Storage and Emergency Disinfection. Department of Social Services, Division of Health, State of Utah, P.O. Box 2500, Salt Lake City, Utah 84110. 1977. Free

Also check with your local Civil Defense unit.

INVENTORY METHODS

To evaluate the adequacy of your home storage program, take a written inventory. The inventory should be kept current by maintaining a record of items removed from and added to the storage. Three inventory methods are described below:

1. Keep a sheet of paper and pencil near your storage area. Each time an item is removed or added, it should be recorded. When the sheet is filled, it can be used as a shopping list to replenish the supply or to bring the inventory up to date.

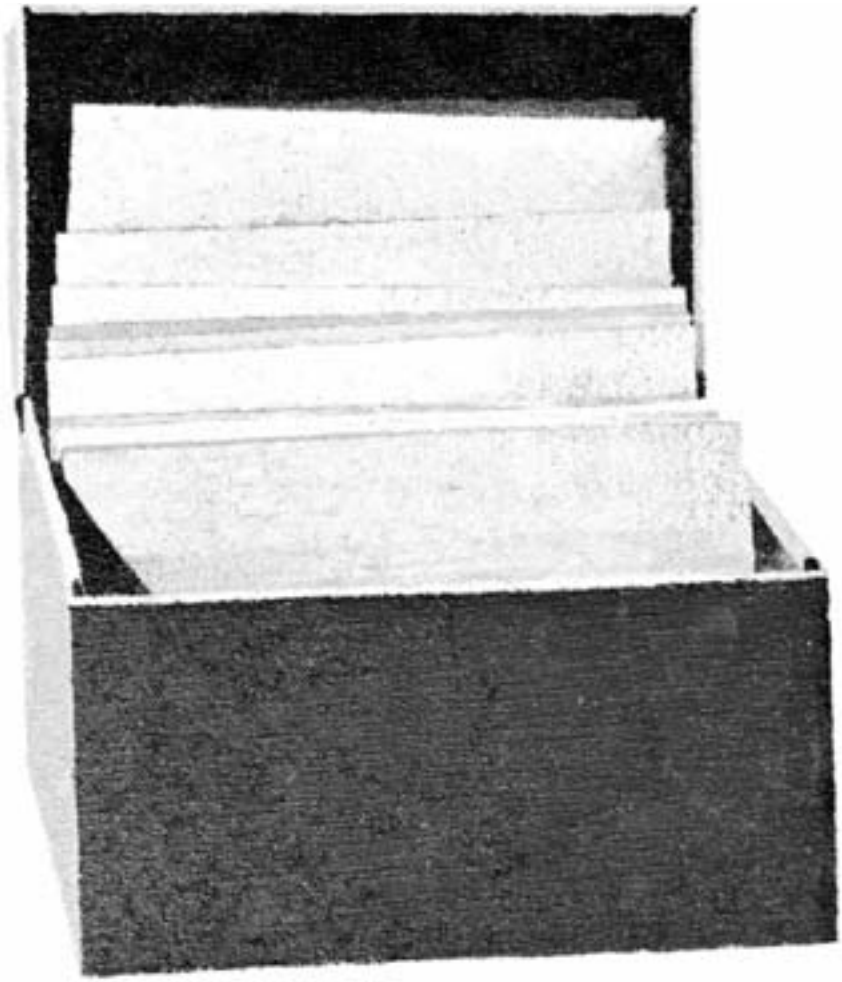
2. A card file may be used with each type of food listed on a separate card.

3. Perpetual Inventory. The suggested inventory is shown on pages 20 through 27. This inventory offers a list of possible foods that could be stored. It allows three entries. If pencil is used, the entries could be erased and the sheet reused. Or the sheets could be duplicated before any are used; then new sheets can be added as the first ones are filled. Design an inventory to meet your particular needs.

Example

Date	*Amount Added*	*Amount Used*	*Size*	*Product*
January 3		2	6½ oz.	Canned Tuna
January 7		1	16 oz.	Canned Corn
January 11	12		6½ oz.	Canned Tuna

Example



Perpetual Inventory—Basic Storage

Item	Number in Family	Approx. Amount Needed per Person*	Total Amount Needed	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand
example	5	300 lbs	1500	200	2/4/78	–10	190	2/10/78	+25	215
Grains										
Wheat										
Flour										
Rice										
Corn										
Oatmeal										
Pastas (enriched)										
Other cereals										
Dairy Products		300 qts								
Powdered (regular, nonfat) (4 qt/lb)										
Canned, evaporated										
Cheese (bottled or canned)										
Other										
Sugar		60 lbs								
Sugar										
Honey										
Jam										
Jell-O										
Other										
Salt		5 lbs								
Fats		20 lbs								
Shortening (vacuum-packed)										
Vegetable oil										
Other										

* Supplies daily 2300 calories (average required for each family member) and essential nutrients
** Minus (–) indicates removal from storage; (+) indicates additions to storage.

Item	Number in Family	Approx. Amount Needed per Person*	Total Amount Needed	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand
Legumes		50 lbs								
Dried soybeans										
Pinto beans										
Navy beans										
Red beans										
Split peas or lentils										
Canned beans										
Canned nuts or peanut butter										
Other										
Garden Seeds										
Multiple Vitamins										
(especially A and C)		365								
Alternative Live Storage										
Taro										
Sweet potato										
Pigs										
Chickens										
Fish										
Other										
Water (for two weeks)		14 gals								

Bedding (see p. 26)

Clothing
(enough to last one year; see p. 26)

Medical (see p. 27)

Fuel and Light (see p. 26)

Perpetual Inventory—Emergency Storage

Item	Number in Family	Approx. Amount Needed per Person*	Total Amount Needed	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand
Foods Requiring No Refrigeration or Cooking*										
Canned tuna fish or pork and beans		½ lb								
Dried milk (regular, nonfat)		½ lb								
Graham crackers		1 lb								
Dried fruits (apricots)		1 lb								
Canned orange or tomato juice		46 ozs								
Peanut butter		½ lb								
Other										
Water		1 gal								
Equipment										
Manual can opener, dishes, utensils, dishpan										
Ax										
Shovel										
Bucket										
Pencil										
Paper										
Other										
Bedding										
Blanket										
Cloth sheet										
Plastic sheet										
Other										
Clothing (a complete change)										
Shoes										
Socks										
Underclothing										
Other										
Fuel and Light										
Matches										
Candle										
Battery-powered light										
Signal flare										
Other										

* This supplies daily 2100 calories and essential nutrients.

** Minus (–) indicates removal from storage; (+) indicates additions to storage.

Item	Number in Family	Approx. Amount Needed per Person*	Total Amount Needed	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand
Personal Supplies										
Soap										
Toothbrush										
Shaving supplies										
Comb and brush										
Other										
Medication (regularly used), first aid supplies (see pp. 7–8, 27)										
Tetanus immunization (every five to ten years)										
Other										
Infant needs (if applicable)										
Personal Documents										
Scriptures										
Genealogical records										
Legal documents										
Wills										
Insurance										
Contracts										
Passports										
Birth certificates										
Patriarchal blessings										
Other										

Perpetual Inventory—Expanded Storage***

Item	Number in Family	Approx. Amount Needed per Person*	Total Amount Needed	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand
Meats		60 lbs								
Meat (canned)										
Cheese (canned or bottled)										
Poultry (canned)										
(cooked or canned equivalents)										
Tuna (canned)										
Other canned fish										
Smoked or dried meats										
Frozen meat										
Frozen fish										
Frozen poultry										
Freeze-dried meats										
Freeze-dried fish										
Freeze-dried poultry										
Other _____										
_____										
Canned Fruits and Vegetables:****		365 lbs								
Peas										
Green beans										
Corn										
Peaches										
Apricots										
Tomatoes										
Tomato or fruit juice										
Other _____										
_____										
Frozen fruit										
Frozen vegetables										
Dehydrated fruits										
Dehydrated vegetables										
Freeze-dried fruits										
Freeze-dried vegetables										
Miscellaneous										
Yeast										
Baking soda										
Baking powder										
Vinegar										
Spices										
Pickles										
Soup										
Other _____										

* Supplies daily 2300 calories (average required for each family member) and essential nutrients.
** Minus (–) indicates removal from storage; (+) indicates additions to storage.
*** These foods increase the number of calories stored, so could be substituted for some of the sugar, fat, or lentils.
**** Include good sources of vitamin A—such as carrots, spinach, and apricots—and good sources of vitamin C—such as orange or tomato juice. Provides four 4-oz. servings per day.

Item	Number in Family	Approx. Amount Needed per Person*	Total Amount Needed	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand
Water										
Water tanks										
Water beds										
Other										
Equipment										
Tools										
Grinders										
Manual can opener										
Sewing machine										
Radio (battery-powered)										
Gardening supplies										
Other										

Perpetual Inventory—Nonfood Storage

Item	Number in Family	Approx. Amount Needed per Person	Total Amount Needed	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand
Bedding (enough to keep each person warm if no other heating supply is available)										
Quilts										
Blankets										
Sheets										
Sleeping bags										
Other										
Clothing										
Fabrics										
Patterns										
Needles										
Thread										
Other										
Fuel (where possible, a year's supply; at least for cooking)										
Coal										
Wood										
Paper logs										
Matches										
Candles										
Light (battery-powered)										
Other										
Paper and Cleaning Products										
Facial tissues										
Aluminum foil										
Garbage bags										
Toilet tissue										
Soap										
Cleaning supplies										
Other										
Garden Seeds (enough for one-year's planting)										

Item	Number in Family	Approx. Amount Needed per Person	Total Amount Needed	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand
Financial Resources										
First Aid Supplies*										
Scissors										
Knife										
Thermometer										
Measuring cup										
Medicine dropper										
Hot-water bottle										
Triangular bandages										
Soap										
Matches										
Razor blades										
Needles										
Safety pins										
Adhesive tape										
Elastic bandage										
Gauze bandages										
Paper bags										
Bicarbonate of soda										
Ipecac syrup (induces vomiting)										
Ammonia										
Hydrogen peroxide										
Calamine lotion (for sunburn and insect bites)										
Rubbing alcohol										
Diarrhea remedy										
Antibiotic ointment										
First aid instruction book										
Medication as prescribed by physician										
Consecrated oil										
Other										

*Anything that has been sterilized must be resterilized periodically.
** Minus (–) indicates removal from storage; (+) indicates additions to storage.

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