

CHURCH COUNSEL ON A 3-MONTH SUPPLY

"Build a small supply of food that is part of your normal, daily diet. One way to do this is to purchase a few extra items each week to build a one-week supply of food. Then you can gradually increase your supply until it is sufficient for three months. These items should be rotated regularly to avoid spoilage."

START YOUR FOOD STORAGE FOR \$10 PER WEEK?!

This is a great article written by Alan T. Hagan! He gives some great ideas on **how do I begin my food storage program** for my family. You can start by asking:

▼ **Preparing for what?** He says, "Before buying anything you should sit down at the kitchen table with paper and pencil because you have some decision making to do. Ideally, everyone who'll be depending on the food storage should be at the table as well, but the person who will be responsible for the program can do it alone, if necessary. Your first decision to make is 'what are you storing for?' What situations and circumstance do you think might occur which would cause you to need your food stores and prevent you from easily being able to get more? Make a list of everything that occurs to you which you think has some significant probability of happening."

▼ **How do I pay for it?** He says, "Right off the bat, I want to say where you should not get the money to pay for your food storage and that is by running up debt. This means that you should not put your food purchases on credit cards. The money lost to credit card interest rates is self-defeating in the long run and will just get you further into a problem rather than getting you out of it. If you are the type who can and does pay off their credit card purchases every month when the bill comes due, then using one might be a real convenience; otherwise it's a temptation to be avoided. If you can afford to spare as little as **ten dollars a week** then you can make a solid beginning in putting food away for the time of need."

▼ **What can I buy each week for \$10?** Then Alan goes into examples of what you can purchase each week with a \$10 budget. Go here for more information:

<http://www.backwoodshome.com/articles/hagan59.html>

FOOD STORAGE AMOUNTS- 1 PERSON FOR 3-MONTHS

▼ I took what are prophets have counseled us to store for 1 person/year and divided that by 4 to get a "basic" 3-month supply.

Make a list of meals you eat all the time and add those items to your “basic” year supply. For example, The Reynolds Family eats some of these meals:

1. Chicken Enchiladas with Beans and Rice

Store these ingredients:

- Pressure-canned chicken
- Dried corn for making corn tortillas
- Green chile for enchilada sauce or canned cream-of-chicken soup for kid’s sauce
- Corn starch, garlic, cumin, dried onions, canned chunky tomatoes
- Rice
- Refried Beans

2. Chili

Store these ingredients:

- Dry pinto beans
- Pressure-canned hamburger meat
- Canned chunky tomatoes, dried onions
- Chicken bullion cubes, garlic salt, cumin, chili powder, oregano, green chile
- Cornmeal or dried corn for making cornmeal- use to make cornbread or Wheat or AP flour for making tortillas.

3. Bean and Bacon Soup

Store these ingredients:

- Dry white beans
- Dried carrot slices, canned chunky tomatoes
- Dried onion, garlic salt, chicken bullion cubes, dried/canned bacon dices
- Cornmeal or dried corn for making cornmeal- use to make cornbread or Wheat or AP flour for making tortillas.

4. Spaghetti and Meatballs

Store these ingredients:

- Pressure-canned hamburger meat
- Italian bread crumbs, dehydrated egg powder, dried onion
- Pasta sauce (or tomato sauce to make pasta sauce w/ oregano, garlic salt, etc.)
- Spaghetti noodles
- Canned corn

5. Chicken Parmesan

Store these ingredients:

- Pressure-canned chicken breast
- Italian Bread crumbs, dry parmesan cheese, garlic salt
- Vegetable oil for frying
- Pasta sauce (or tomato sauce to make pasta sauce w/ oregano, garlic salt, etc.)
- Spaghetti noodles or wheat grain to make buns for sandwiches.
- Canned corn

6. Beef Stroganoff

Store these ingredients:

- Pressure-canned beef chunks
- Dried onion, dried mushrooms, cream of mushroom soup, Worchester sauce, powdered sour cream mix
- Egg noodles
- Canned green beans

WEBSITE LINKS

Here are some great website links I have found on how to plan out your 3-month supplies using pantry lists, menus, spreadsheets, etc.:

Pantry List Handout

This list was created by folks at www.everydayfoodstorage.NET, and will help you know which items you'll need to make ANY recipe. Compare it with what is in your cupboards to see what you should be stocking up on TODAY! Go here for link.

3-month supply excel spreadsheet and tutorial.

A 3-Month food supply Excel spreadsheet from the website foodstoragemadeeasy.net (and view their how-to video). This spreadsheet will allow you to enter recipes and catalogue your family's personal needs for a 3 month supply.

Purchasing a 3-month supply.

Learn a system from the website theobsessiveshopper.net, on how to purchase your 3-month supply.

▼ 3-month supply in 12 weeks!

Want to learn how to obtain a 3-month supply in 12 weeks? Learn from www.theideadoor.com website which has a document listed that contains menu ideas that would provide 7 different meals, rotated weekly, for 3 months.