

# new posts and handouts

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# why food storage: WHAT IS FOOD STORAGE?

Food Storage is the concept of “storing” food for a number of “what if” situations. After having a basic emergency preparedness plan in place including a 72 hour kit, the governing principles in which we have built our own food storage are as follows:

## WATER STORAGE:

Store drinking water for circumstances in which the water supply may be polluted or disrupted.

## THREE-MONTH SUPPLY:

Build a small supply of food that is part of your normal, daily diet. Gradually increase your supply until it is sufficient for three months. These items should be rotated regularly to avoid spoilage. We consider foods stored in a freezer to count for your 3 month food supply.

## LONG TERM FOOD STORAGE:

For longer-term needs, and where permitted, gradually build a supply of food that will last a long time and that you can use to stay alive, such as wheat, white rice, and beans. These items can last 30 years or more when properly packaged and stored in a cool, dry place. A portion of these items may be rotated in your three-month supply.

## **“WHY DO PEOPLE BUILD A FOOD STORAGE?”**

The 5 main reasons we have found that people build a food storage are as follows:

1. Natural Disasters
2. Economic Crisis
3. Health Benefits
4. Everyday Emergency
5. Religious Reasons

# why food storage: NATURAL DISASTER

This is our take on the “Natural Disasters” reason to store food. The truth is, this was one of the main reasons we “STARTED” our food storage program. After “growing up” and having kids we started realizing we were in charge of our families now. If some crisis were to happen, we would have had no idea how to deal with it and we were definitely not prepared.

We would ask ourselves- “If an earthquake hit and we had no power or water for days or weeks, would we have the supplies we needed on hand?” The list of potential “Disasters” is LONG! Here are just a few that we have come up with:

## **Natural Hazards**

Floods  
Tornadoes  
Hurricanes  
Thunderstorms and Lightning  
Winter Storms and Extreme Cold  
Extreme Heat  
Earthquakes  
Volcanoes  
Landslides and Debris Flow (Mudslide)  
Tsunamis  
Fires  
Wildfires

## **Technological Hazards**

Hazardous Materials Incidents  
Household Chemical Emergencies  
Nuclear Power Plants

## **Terrorism**

Explosions  
Biological Threats  
Chemical Threats  
Nuclear Blast  
Radiological Dispersion Device (RDD)  
Homeland Security Advisory System

**WAIT! Don't get too freaked out. We will be going into more details about all of these situations in future posts (one at a time and with tips on how to deal with them), but for now, we found there is GREAT truth in the following:**

] “if you are prepared  
you will not fear”

We started out SO overwhelmed, and totally unsure of how to go about actually becoming prepared. Through BabySteps and patience we have actually gotten to a point where we feel a little more confident and not so afraid to learn more! Don't let the fear overcome you! Get started today!

# why food storage: ECONOMIC CRISIS

While Natural Disasters is what encouraged us to START our food storage, we have to admit – the concept of an economic crisis is what KEEPS us building our food storage. We feel that the likelihood of money being tight is MUCH higher than a power or water outage type disaster. Money being tight could come as a national, local, or personal emergency. You never know what could happen and it's such a blessing to have food stored, and a plan in place for a time when you might have to live off what you have stored.

## **BONUS: Food Storage Saves Money!**

### Short Term Food Storage

Your short term food storage consists of getting a 3 month supply of foods that you eat on a day to day basis. Once you have this in place you can start to grocery shop from your food storage and only replenish those items when they go on sale and/or you have coupons. This will actually reduce your grocery budget as you will only buy things that are deeply discounted. But those few dollars a month will not mean as much to you as the food will if you have a short term emergency. For example, my husband took a pay cut for several months and we were able to spend less than HALF of our usual grocery budget for those months because we had stockpiled so much of our every day foods.

### Long Term Food Storage

Your long term food storage consists of getting a year's supply worth of life-sustaining foods that have a long shelf-life. These are items such as wheat, white rice, dried beans, powdered milk, etc. Since the shelf life is so long you can gradually purchase the items when they are on sale and work up to a year's supply. If you get brave enough to start using your long term food storage items in your everyday cooking, you can also save some money in the short term. Homemade bread is significantly cheaper than store-bought, especially if you grind your own wheat. Making other items from scratch such as muffins, pancakes, etc. can also save you money over buying packaged items.

In times of economic trouble you can rely on your food storage for long periods of time while other people are begrudging the high prices of rice and wheat. Prices will most likely come down before you deplete your stores. Lastly, if a major disaster, economic melt-down, or other long-term emergency were to occur, you can feel confident that your family will be able to survive with basic food and water for quite some time.

# why food storage: HEALTH BENEFITS

Food Storage can be as healthy (or not) as you want it to be. So don't be so afraid of those Long Term Food Storage Items anymore, they aren't just for cakes and cookies – here are just a few of the Health Benefits you can achieve by eating your food storage foods:

**Grains-** It's recommended by the USDA that half of our daily grain intake consists of WHOLE grains. Storing grains such as wheat is one of the most effective ways of getting whole grains in your diet. Here's an example of how much better for you whole grains can be. When whole wheat is processed into refined white flour, the following nutrients are lost:

- o Half of the beneficial unsaturated fatty acids
- o Virtually all of the vitamin E
- o Fifty percent of the calcium
- o Seventy percent of the phosphorus
- o Eighty percent of the iron
- o Ninety eight percent of the magnesium
- o Fifty to 80 percent of the B vitamins

We like to use our WonderMill wheat grinders to make pizza, pancakes, bread, and all sorts of things with our whole wheat.

**Legumes-** Legumes are truly a miracle food as far as health benefits go. They are low calorie, low fat, high in protein, high in fiber and can be used as substitutions for lots of less healthy foods. While they are a little more intimidating to get started with, once you start using them and learning more about them you'll find how versatile they can be! You can use mashed beans to replace the fat in recipes, ground dried beans to make bean flour for a very low-fat white sauce, or even sprout legumes to provide a healthy vegetable options. Sprouting a seed enhances its already high nutritional value (i.e. Oats when sprouted contain 600% more vitamin C).

**Misc Baking Ingredients-** The beauty of these long term food storage items is portion control! When you buy baked goods or processed foods you have no way of controlling how much sugar, preservatives, or salt go in your foods. When you're making your foods from scratch you can control how much, or how little fits your families tastes and lifestyle.

**Allergies or Other Dietary Restrictions-** If you or a family member has food allergies or other dietary restrictions, food storage is even more important for you. You have complete control over what goes into your cooking. By making it from scratch you are saving lots of money over specialized foods from the grocery store. And also, in case of a food shortage, you will already have foods on hand that are ok for your family to eat.

# why food storage: EVERYDAY EMERGENCY

While you would never think of STARTING to do food storage to prepare for “everyday emergencies”, it sure is a nice side benefit once you have some food storage accumulated. Here are a few every emergencies that we have found food storage to help with immensely:

**Recipe Ingredients:** Right in the middle of cooking dinner, you run out of one of your necessary ingredients. Instead of having to run to the store for that spice, egg, soup can, etc. ... you run down to your basement instead.

**Dinner Emergency:** Do you ever have one of “those days” where all of a sudden it’s 6:00 and you have a hungry family and hadn’t planned anything for dinner? Food storage can help! Look into your three month supply foods and you’ll always have something quick and easy on hand from Mac N Cheese, to Spaghetti, Hamburger Helper or beyond.

**Party Foods:** If you get invited somewhere, it’s common to be asked to “bring something”. If your food storage is stocked up, you will always have some kind of item on hand to bring (even desserts!) This will help you from blowing your budget to go get ingredients to make something special to bring.

**Convenience:** Sometimes having that extra 5 minutes of time in dinner preparation can feel like it’s preventing an emergency 😊 Using dehydrated veggies can save tons of time on chopping and are just great for soups, stews, casseroles, etc.

**Safety:** Using powdered eggs can prevent a salmonella “emergency”. Use them in your cookies and other batters and you can eat the dough, lick the beaters, etc. and know that you are safe. You also don’t have to be careful about washing your hands after cracking eggs into recipes. Who knew food storage could be so useful?

# why food storage: RELIGIOUS REASONS

If you start researching “Food Storage”, you probably know that it is a very common practice among members of the Church of Jesus Christ of Latter Day Saints to have a food storage. Leaders of the Mormon faith have long counseled members to be prepared for uncertainties. Because of this, many members have or “try to” have food storage programs in place. Some examples of leader’s counsel include the following:

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

*President Thomas S. Monson, “That Noble Gift—Love at Home,” Church News, May 12, 2001, 7.*

“Everyone who owns a home recognizes the need for fire insurance. We hope and pray that there will never be a fire. Nevertheless, we pay for insurance to cover such a catastrophe, should it occur. We ought to do the same with reference to family welfare.”

*President Gordon B. Hinckley (1910–2008), “To Men of the Priesthood,” Liahona and Ensign, Nov. 2002, 58.*



# FINDINGS REPORT

summary of learnings





# Overview

Jodi and Julie came up with the Seven Day Challenge as a way to test their readers over at FoodStorageMadeEasy.NET (and themselves) in a simulated emergency situation. By actually living through these experiences people found a lot of things missing in their emergency preparedness plans. Think of the challenge as more of a hands-on lab than a lecture.

## Over 2000 Participants:

By doing the challenge on such a broad scale it invited a LOT of interaction and discussion by participants. People were encouraged by each other, learned from each other, and enjoyed the moral support even if their families weren't on board with the challenge.

## Motivating Factors:

While there were over 100 prizes donated from many different companies, people's main motivation in the challenge wasn't about winning prizes. Everyone wanted to LEARN. People were taking down copious notes during each day's events to make sure to work on those items once the challenge was over. Simulating living through an evacuation, or a quarantine, or lack of power or water makes you realize a LOT more what you would ACTUALLY want to have on hand for those situations.

## Summary of Learnings:

While each day has a summary with specific findings related to that "emergency", the overall learnings from this event have become very clear. While it is one thing to learn to use food storage on a daily basis and get familiar with the foods, it's completely different to transition to using them in an "actual" emergency. It's still a very good idea to start small and not to feel overwhelmed, but it's something that everyone can work on to become more self-reliant and confident in surviving with no power, water, etc. It's also a good idea to research what disasters are common in your area and to do more planning to be prepared for those specific events.

The next few pages give an overview of what emergency situation each day of the challenge brought along with key findings, statistics, and comments from participants. We gathered the data from Facebook comments, questionnaires, and blog comments. Remember, the challenge was designed to help people realize there are more reasons to do food storage than JUST to be prepared for traditional "emergencies".

# Day 1: NATURAL DISASTER "it's a flood!"

**There has been a flood and everyone in your city has been told to evacuate their homes for part of the day. You are not sure whether your home, or it's contents will survive the flood when you evacuate.**

## Daily Tasks and Limitations



- For this day, and ALL days of the challenge: no spending money, no going to stores
- You have no power for the whole day
- You have to "leave" your house within an hour for at least 5 hours (but you don't know if your house is going to be there when you get back)
- You can only grab what is in your disasters kit and ALREADY on your grab list when you leave
- You have to eat the food from your 72 hour kit while you are gone
- Your family gets soaking wet during evacuation, and one of your family members cuts their toe
- Your spouse is at work. You have to meet at your pre-determined meeting location when he or she is done work
- Once your whole family reunites you can return to your house
- When you get home, your fridge food is ruined, your basement food is flooded, and you need to make dinner with no power
- Keep your family entertained with no power (remember, lights, tv, appliances etc will not work!)



## Jodi & Julie's Summary



There are so many different scenarios in which you might need to evacuate that it has become clear that every family must plan for a variety of situations. If one spouse works out of the home, they should have a disaster kit at work. If you don't have a car at home, you may or may not have transportation in an evacuation situation so everything should be in backpacks and kept very light weight.

As far as 72 hour kit food is concerned, we found that most people did not have enough food for a full three days. Also, while it was nice to have some heated foods (and fun for the kids to cook it), we would highly recommend having enough foods in your kit to sustain you without needing to cook anything. The cookable foods could be treated as bonus or comfort foods.

Another little lesson learned (especially for family's with older kids) is to practice having time with no electronics. In today's world we are always "plugged in", so in an emergency it would be a huge shock to kids to not be able to do anything they are used to. Why not get used to doing this every now and then so they can have things in mind to do if the situation should ever arise.



## Stats: How did Readers Do?

- 65% of people were able to get out of the house within an hour
- Only 39% had a "Grab List" properly filled out beforehand
- 54% ate out of their 72 hour kits all day until dinnertime
- 86% of people had a first aid kit in their disaster kit
- Only 47% of people had spare clothing in their disaster kits
- 50% of people were able to meet in a pre-arranged meet up location
- 84% of challenge participants cooked a powerless dinner
- 94% were able to entertain themselves and kids all evening with no power

## Feedback from Participants

- Gather everything in a more central location
- Cooking utensils and pans need to be with food kits and easily grabbed
- Go over meeting places again with family. Practice disaster drills
- Freeze dried food, it's lighter
- I have not planned for what I would do with my pets in the event of an emergency
- More flashlights, more lamps, more drilling
- Backpacks by back door instead of throughout bedrooms
- Add diapers and diaper wipes to grab list
- I was ready if I would be stuck in the house but being evacuated, not so much
- Blowup pillows and warm throws in each 72 hour kit
- Check the gas gauge and keep it at the level my husband suggests I keep it
- I'm making the first aid kit a priority
- Need to make sure that ALL of our important papers are handy
- Put some food storage upstairs so it is in two locations
- I sat and thought about what to grab in an hour and it was really hard. Needs to be filled out!
- Make sure I replace what I use quickly
- More snacks and more kid friendly lunches in the 72 hr kit
- Our clothes were not quite the right size, I need to update them more frequently
- I really need to work on alternative ways to cook, a kerosene stove would be nice to have
- I won't take out food from kit until have new food to replace
- Have boxes/packaging for evacuating heirlooms listed on Grab List
- Regularly back up computers with Mozy
- I will have my disaster kit finished not half done in my closet
- Also, I had never considered WHERE we would go if we had to leave the house for 5 hours
- I will make my 72 hour kit with easier to carry...make it a back pack
- I also will think of things for the baby (she is 11 months old) and update her stuff every 3 month
- More entertainment for the kiddos
- Also, more easy makeable food without electricity in the house.... we didn't have many choices
- Get a better can opener
- I need to find a place to keep the stuff not packed away in some buried corner of the basement

# Day 2: IT'S A PANDEMIC "time for quarantine"

There has been an outbreak of the swine flu (or something like it) in your city, and you are ordered into quarantine in your home.

## Daily Tasks and Limitations



- For this day, and ALL days of the challenge: no spending money, no going to stores, and no restaurants. Today is more of a "THINKING" day than a "DOING" day
- You can't leave your house at all (if you have a prior commitment we understand, we both have something Thursday evening we committed to months ago!)
- Some of your family members have been infected and have fevers/ stomach flus and need proper medication
- You need to provide comfort foods to infected family members to make them feel better
- You have used up ALL the toilet paper and paper towels in your bathroom and kitchen, you can only use what you have stored extra (wherever that may be)
- The family members that have not been infected will stay healthy so long as they follow proper recommendations, meaning proper hand washing and sanitizing, and even wear face masks



## Jodi & Julie's Summary



Day 2 was a very interesting day to consider since Swine Flu is such a concern right now. If your family truly needed to be quarantined, some things to consider are as follows: Do you have enough money in savings to make up for lost time at work? Do you have medicines on hand at home to cover a wide variety of illnesses? Do you always have enough food on hand to last at least a week without shopping?



## Stats: How did Readers Do?

- 70% of people were able to stick with the quarantine and stay home all day
- A whopping 97% of challenge participants had fever medicines on hand
- 86% had medicine to help with stomach relief in the house
- 87% of people had some good comfort foods on hands for their family
- Surprisingly, 90% of participants had toilet paper in their storage, but only 78% had paper towels in their storage area
- Only 51% had appropriate face masks, we need to do better at that
- 89% had some hand sanitizer in the home, to help prevent spreading germs

## Feedback from Participants

- Need to upgrade medical supplies
- I knew I needed face masks but have been building other areas of food storage
- I need to have more medicine, in case we are here for a long time
- Think more of an individual disaster than trying to look at the whole elephant
- The medicine cabinet will be better prepared
- Keep soup supply up
- Make sure first aid kit is up to date and fully stocked
- Paper towels, more toilet paper, diapers and wet wipes
- I had what I needed although I don't know if my supplies would have lasted longer than a week
- Will ensure we have enough vitamin C, zinc lozenges, etc in addition to regular medications
- Make sure there is a stash of extra bed linens and comfy blankets to snuggle up when the drowsiness hits from illness
- More hand sanitizer, containers for people who get sick in bed
- Some ginger ale with real ginger and some Gatorade on hand
- Can up more of my chicken soup, maybe add some rice to my next batch
- More crackers because they help settle a upset stomach
- Paper products are quite critical, and one sick person can go through a roll a day
- I think I want more Emergen-C, probably 7-up and soda crackers
- I really need more 'stuff' on hand to keep the kids busy
- You think you have it all together and the kids got so bored
- Although I had Lysol and Clorox wipes, I didn't have any sanitizer for hands
- I will get a good thermometer and stock up juice and tissues
- More comfort foods and things to occupy our time
- I will try to replace the things we use regularly so there is more of a backup supply
- I think I will get some of them and maybe more jello but do not like the food coloring in them
- Antibacterial spray for use on phones and door knobs
- I think I will do a better job at keeping my home in a clean and organized state
- I think I am going to make each person a special bag that has everything they need for a quarantine these will be bags they can decorate and fill with things they enjoy and then stored under the bed- then they can truly have comfort

# Day 3: EVERYDAY EMERGENCY "dinner guests?!?!?"

Your spouse calls and announces their boss is coming over for dinner (or your boss invites themselves over for dinner TONIGHT!). You have no WAY to go to the store, and you have to come up with an impressive meal from what you already have in your home.

## Daily Tasks and Limitations



- For this day, and ALL days of the challenge: no spending money, no going to stores, and no restaurants
- You can use whatever food you have in your house (includes fridge, freezer)
- The meal has to have an appetizer
- The main course can't use meat because the boss is a vegetarian (your meal CAN use milk, and dairy)
- You have to have at least 2 side dishes for the dinner
- The meal has to have a dessert
- You have to get other family members to help you make the meal and or set the table "NICELY"
- Your house probably should be clean (even though that's not a "food storage" thing)
- Brainstorm what other types of "everyday" emergencies you may have, and how you could better prepare for them



## Jodi & Julie's Summary



Day 3 was a lighthearted day. While not an "emergency" in the traditional sense, it's definitely an emergency that could really happen to you. We had numerous people comment that something similar has happened to them in the past. This is an easy emergency to do something about. Just have in mind some good backup meals that can be made with ingredients you normally have on hand. One of Julie's favorite ideas is to ALWAYS have the ingredients to make a pudding pie because she is constantly asked to bring a "dessert" to events and hates going to the grocery store.



## Stats: How did Readers Do?

- While 80% of participants were able to create a nice appetizer from their food storage, 93% came up with a delicious dessert!
- 83% of people were able to come up with a vegetarian meal
- 82% of challenge participants managed to cook 2 nice side dishes

## Feedback from Participants

- Have some menus that uses my "staple pantry " ingredients so I don't have to think in a panic
- I can stock my pantry better
- Would like to get some dehydrated eggs and dehydrated cheese
- I usually have some homemade dishes in the freezer for these situations
- I need to learn how to do beans faster by becoming more familiar with my pressure cooker
- I need to have more side items on hand, I just did basic corn and mashed potatoes
- I want to plant a bigger garden
- I need more freezer space
- Will start to stock up on more veggies
- Need to think about what to have on hand for a dessert, I guess some fruit would work
- I have neglected desserts and comfort foods in my food storage
- I plan on buying some items that my family would enjoy
- I should have a variety of vegetarian choices, not just pasta
- Have more milk on hand for drinking - We have powdered milk that we will try next time
- Have a better stocked pantry and freezer, plus more canned fruits on hand
- Keep more variety of meal options on hand frozen or in the cupboard to meet any diet restrictions of guests
- Have more "NICE" recipes and ingredients on hand for nights like this
- Try to get some WOW recipes set aside to save time and always have the ingredients on hand
- I need to have more ideas for meals using my food storage
- I'll keep my freezer better stocked
- More choices for drinks would have been nice
- Make menus in advance
- I am going to store some dry parmesan cheese for topping dishes
- Expand the garden - It was an ok meal but nothing to write home about
- More organized recipe files

# Day 4: ECONOMIC CRISIS "money is tight!"

Times are tough. You have no income at the time. You have lost some critical utilities and are having to cut back on certain items. It's also the weekend, you've had a rough week and want to do something fun with your family or your friends.

## Daily Tasks and Limitations

- For this day, and ALL days of the challenge: no spending money, no going to stores, and no restaurants
- Your water got shut off because you couldn't pay your bill last month (remember toilets use 1 1/2-3 gallons of your stored water PER FLUSH)
- You no longer have cable, internet, or cell phones due to lack of money
- You ran out of bread, need some, and can't afford store bought -YES today is the day you have to actually try making bread
- You can't participate in activities that are paid for
- Do a fun activity with your family, or with your friends that costs no money outside of the home

## Jodi & Julie's Summary

Day 4 was the day that really hit home for a lot of our participants. Many of them said they have already been living this way do to their economic circumstances. This day really reinforced to us that even though most people START food storage thinking about natural disasters, it is most often actually USED in times of economic crisis.

Some economic benefits to food storage include saving money by stocking up when items are on sales, cooking more from scratch, and not constantly having to buy things you "run out of" at full price. And if things are really tight and bills aren't being paid, it is so relieving to know that at the very least you will be able to feed your family, and maybe use some of the normal grocery money to pay for other necessities.





## Stats: How did Readers Do?

- Just over half of the participants managed this day using only stored water
- 29% of people cheated and watched TV (BYU Football may have had an impact on this statistic)
- 32% couldn't go the day without using the Internet
- Only 26% couldn't manage without using their cell phone
- Our participants did well with 71% of people fulfilling the bread-making assignment
- 17% of participant's family members didn't LIKE their bread!
- 95% of individual's/families found a fun and FREE activity to do

## Feedback from Participants

- Probably should store more water
- Need to build stores of water, more batteries for radio, or buy a wind-up one
- Chemical toilet
- I have to find an alternative for the sun oven
- Keep the outdoor grill cleaner, better access to propane stove
- We have a savings account that will keep us going when/if we ever lose our job again
- We have large water containers in our garage - I need to figure out a better way to access them if I needed to
- Need to store more water for hygiene use, I had enough to drink but not enough for the bodies
- No longer question the need to have a very good food storage supply and will make that a priority
- Looking into getting a generator
- Buying diff types of food items like more yeast
- Buy a hand wheat grinder
- Maybe I should store gasoline for the cars
- I am glad I have been making bread and getting better at it
- I would like to have more fun things available
- Enough savings to pay bills for a year
- I would like to have more games for the family to play, just in case
- I need to increase my water storage so that I have at least a 2 week supply
- I need to have more baking soda and sawdust for the potty
- I will have to have another store of 'junk' water for the toilet - maybe an extra water barrel
- Plenty of wet wipes would be good when water is short
- I would like to get a solar oven and learn how to use it
- I need to practice making bread, so I'll know what I'm actually doing
- We didn't store much water because we didn't have a siphon hose - there was no way to get it out of the large containers
- It was really hard to not watch TV and use my cell phone
- More water for dogs too
- Having a convenient binder with food storage recipes

# Day 5: NATURAL DISASTER "earthquake!"

There has been an earthquake and you have lost some utilities.

## Daily Tasks and Limitations



- For this day, and ALL days of the challenge: no spending money, no going to stores, and no restaurants
- Your water pipe broke, and you have no water access
- The power has been cut off
- It's the 2nd day of the earthquake, your fridge food has gone bad, but the food in your freezer has managed to stay cold enough to use
- You're driving home from checking on a family member and the road is blocked with a bunch of large rocks from the earthquake, did you have a small car shovel (this is a very highly recommended item to store in your car)
- During the earthquake a beam fell on your computer(s) and crushed it. Did you have your data backed up in a remote location?
- Keep your family entertained all day with no power



## Jodi & Julie's Summary



One of the things that became the most apparent as we all suffered through a waterless, powerless emergency, is that our regular lifestyle will be severely altered. It is a huge pain to grind wheat with a manual grinder, and then to figure out a solution to actually cook something with it is another problem in itself. We ended up using a lot of canned goods and ready-to-eat meals just because they were so convenient.

If a long term situation arose, where we had to start baking with our food storage foods, we found that a lot of people (including ourselves) are grossly unprepared. This is something that is really hard for beginners to wrap their heads around, so it is something we want to tackle gradually in small steps. We used to feel we could avoid thinking about it for a while, but now that we have started actually using our food storage foods every day, we feel ready to tackle some of the harder issues.

One more takeaway for this day is almost everyone felt that they didn't have enough water stored when you start to consider hygiene, toilet flushing, dishwashing, clothes washing, etc. For a day or two you can avoid some of those things, but for a long term situation it requires a lot more thought and planning.



## Stats: How did Readers Do?

- People did better with the no water rule this day with 81% able to use only their stored water
- People must have been getting tired because only 61% cooked their meals without using any power or running water
- Just 25% of challenge participants had an emergency shovel in their car and this is one of the most recommend items to keep in a car kit
- Only 60% have an adequate computer backup plan in place - Scary
- 98% of people had enough candles/flashlights to get through a dark night

## Feedback from Participants

- I will continue to try very hard to get my Family's cooperation- I will NOT back down
- I need to get my cars prepped for emergencies, I have nothing but booster cables in them
- Get a family size tent to move the family into until home is declared safe
- Have shovel and bar of some sort for clearing the road
- Have more crafts and activities ready
- I need a good supply of fuel and extra water to cook with
- We need a few more flashlights, car emergency kits, some non gas lanterns would also be nice
- I used the last of the charcoal and so I will have to find something else to cook with tomorrow
- I'm going to try out our portable camp stove that we have, but never used, to make sure it works and find yummy recipes my kids like
- Will try to work on getting a generator
- Having an extra propane tank just in case, and the shovel
- Shovel for the car and some MRE's
- More tin foil, tarps, staple gun, duct tape, more germex, chain saw
- I need to do some serious work to prepare for an earthquake
- Need to figure that out-- like where outside food/water could be stored
- Shovel finding some games to play (simple ones) but we did have fun talking about old times
- Probably store some wood for camp fire style cooking
- We have a small shovel we just need to put it in our car
- Have 4 pages of a "to do list" and to buy list
- Buy more paper products, washing dishes by hand and heating the water is SO MUCH WORK
- If there is a real earthquake I will need to secure the tall shelves in my garage to the wall so they won't fall over
- Must have 3 month food supply in place sooner
- My family just would not play along with another day of no electricity
- I'd like my water easier to get to, it is in 30 gallon barrels, and the pump is not very reliable - I have to use very strong husbands and son's to get it

# Day 6: HEALTHY LIFESTYLE "this time is different"

It's time to change those unhealthy eating habits! You have been diagnosed with all sorts of health problems.

## Daily Tasks and Limitations

- For this day, and ALL days of the challenge: no spending money, no going to stores, and no restaurants
- You can't use any pre-packaged or convenience foods
- Your breakfast has to be low sugar
- Your lunch has to be low fat (if you're at work already, think about what you could have brought or made)
- Your dinner has to be from scratch using whole grains and/or legumes
- You have to have 3-5 servings of fruits and vegetables today

## Jodi & Julie's Summary

Day 6 covered a benefit of food storage that a lot of people don't think about. For our "emergency" we concocted some allergies and dietary restrictions. For some people this becomes a way of living for them when they have a child with certain health problems. But we have done some research on the benefits of cooking from scratch and using whole grains and it can be very beneficial to ANYBODY to include more of those foods in their diet.

Using food storage and creating healthier meals can take a little planning and getting used to, but it doesn't have to be difficult. We found that most participants wished that they ate more healthy on a regular basis, so this was a good reminder to start working towards that. It's also interesting to note that most food storage calculators lean heavily on wheat and don't include fruits or vegetables. So you definitely need to adjust for your own personal situations.



## Stats: How did Readers Do?

- 94% of challengers easily made a low-sugar breakfast and a low-fat lunch
- 88% of people made a dinner out of whole grains or legumes
- A healthy 78% made sure to include 3-5 servings of vegetables in today's diet

## Feedback from Participants

- Have more meals ready to make from scratch and make sure there are more fruits and veggies
- Dry some fruits to eat as snacks
- Write a bigger list for the week
- I would need to drink more water - I don't come close to the recommended 8 glasses per day
- Eat this way even when no one is telling me I need to
- Need a menu planned and stock put aside for it
- Let's just say we need to rethink our food storage.
- I need to be more familiar with protein alternatives (like beans, etc.) that aren't pre-packaged
- Store more agave
- Always make sure I have my food storage of dried beans and lentils, its much cheaper and really good for you.
- I rely too heavily on prepackaged foods at times - I also use too much salt
- I need some better low fat and low salt recipes
- Legumes is not something I am familiar with just yet - I wish I could just take that plunge
- We have already planted a fall garden, but I will for sure grow more vegetables next year
- I will also buy more frozen food (especially vegetables)
- More different types of homemade juices
- I'll learn how to prepare more meals with whole grains and legumes
- I will continue to take all the good hints and put them in to practice
- Get a wheat grinder and keep more wheat berries on hand to grind for oatmeal
- I was surprised how much processed food I have... granola bars, chips, etc
- I need to go through the cupboard again and clean out
- I have lots of beans and grains on hand, quinoa is one of my favorites - It makes a great substitute for couscous and much better for you
- I like the smoothie idea so more stuff for that
- I will make these kinds of meals more often
- I usually don't get enough fruits and veggies
- Look into freeze dried veggies more and learn more about the dehydrator I already have
- This one was pretty easy for me and extra motivation to eat healthy like I had planned on doing
- The hardest part was not giving the 3 year old, fruit rollups, gold fish crackers and ramen noodles
- This has been awesome to think creatively and be able to plan during these situations and it has given me a good to do list on what I still need

# Day 7: EVERYDAY EMERGENCY "you need what?"

One of your family members calls you in a panic and says they need a treat for a party they are going to (they didn't know about it, so don't freak out at them!). You are stranded at home with no car, and can't get to a store.

## Daily Tasks and Limitations

- For this day, and ALL days of the challenge: no spending money, no going to stores, and no restaurants (until your treat is made)
- You have run out of fresh butter (you can use shelf stable alternatives)
- You have run out of eggs milk (you can use powdered)
- You have run out of fresh milk (you can use powdered)
- Make a delicious dessert
- Once the dessert is ready, YOU ARE DONE!

## Jodi & Julie's Summary

We loved day 7, and so did everyone else. We wanted to highlight another way that food storage can make your life a little easier by pretending to need a dessert made for an event that day. Jodi is at home during the days with no car, so she definitely learned on this day that is nice to be prepared for ANY type of emergency. Lots of participants decided that they would start to keep more unconventional food storage items on hand in order to be prepared for these random types of occurrences. When you can buy things like cake mixes, puddings, pie crusts, etc. on sales and with coupons it's totally worth stocking up on!



## Stats: How did Readers Do?

- 92% of challenge participants were prepared with powdered milk on hand
- Only 65% had an alternative to butter in their food storage
- Surprisingly, just 59% have powdered eggs in case of an emergency
- 66% of people were able to think of a recipe that didn't need to use any alternatives to normal baking ingredients

## Feedback from Participants

- I will definitely look into alternatives to have on hand, but I didn't need them for this challenge
- I guess I should freeze some bananas to have for later
- I need to get my egg, butter, and milk powders, that is on my list, but have been concentrating on preserving summer produce lately instead
- This week showed me how quickly you can go through items in the house - especially when you are stuck at home
- More homemade mixes on hand
- I would like to store more fruit filling so I can make a pie at a moments notice
- I think I should have some starts for making homemade yogurt. - that way I wouldn't have to have any in the fridge
- We love dessert, I had lots of stuff on hand to make
- More nuts
- I've never thought of powdered eggs or butter alternatives
- Store shortening
- More supplies to last me longer
- I will most likely try and store more fresh stuff as often as I can
- Make a pantry list and stock up a bit more
- I need to store more of the ingredients for these \*fun\* foods - It would help the \*mental health\* of all the family
- Know where the flourless peanut butter cookie recipe is
- Look up some desert recipes that use the alternatives
- I need to inventory my baking products
- For this challenge, I was good and prepared, and I didn't even use a boxed mix - We even had dry milk for washing down our yummy treat
- The best thing we can do is learn to simplify our needs, and re-purpose many items
- I plan to have more food storage for my neighbors, so I can help others in these type of situations
- I'm still trying to figure out how to store strength and stamina
- Can't have too many chocolate chips
- I also have cookie dough in my freezer ready to go for such occasions
- I used applesauce in place of the butter, which I always do, but without eggs, I had to use mayo, which worked pretty well



## DISASTERS KIT SCAVENGER HUNT

Get your family together for a fun night. Whether you hunt for these items in your house or at a store, make it fun! Cut up the strips and assign different family members different items. Make it a race and see how quickly and fun getting prepared can be!









When you're all done make sure you store your kit in a safe place you would have quick access to in times of evacuation. Also, don't forget the disasters kit is only part of the plan - you'll want to make sure you have a family plan your family knows about, and a well stocked car for situations where you may not make it home in time!





Good luck and enjoy!

♥ Jodi & Julie

FOR MORE INFORMATION VISIT:  
[FoodStorageMadeEasy.NET](http://FoodStorageMadeEasy.NET)



	supply of water (one gallon per person per day)
	first aid kit
	prescription medications
	extra pair of glasses
	cash
	change of clothes
	sturdy shoes
	blankets or sleeping bags

	rain poncho
	body warmer
	list of emergency plan contact info
	booster cables for car
	car shovel
	rope
	N95 dust mask
	working gloves

	flashlight with batteries
	wind/waterproof matches
	candle
	baby stuff
	soap
	tooth care
	toilet paper
	personal hygiene products

	games/toys
	books
	hard candy
	tire repair kit and pump
	duct tape
	swiss army knife
	battery powered radio, and extra batteries
	whistle



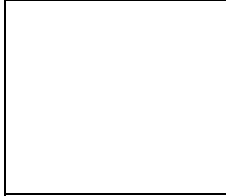
72-HOUR FOOD KIT  
For a detailed list go to:  
<http://foodstoragemadeeasy.net/getting-started/disasters-kit/>



EMERGENCY BINDER  
For a detailed list go to:  
<http://foodstoragemadeeasy.net/getting-started/disasters-kit/>



container(S)/backpacks to put stuff in



# Alternate Water Sources

## Water in your home

- Hot water heater tank
- Toilet tanks (don't use water that contains colored disinfectant!)
- Water pipes
- Ice in the freezer
- Canned food

## Traditional bodies of water near your home

- Rivers and streams
- Ponds and lakes

## Collect water from the air and plants

- Snow and ice
- Rain water
- Morning dew can be mopped up from rocks and plants (especially effective in desert areas). The easiest method is to use a handkerchief or shirt to gently mop up the dew and then wring it into a container. It is possible to mop up almost a quart an hour using this method!

## Obtaining water from the soil

- A hole dug in a damp or muddy area allows water to seep in and accumulate
- Mud wrung in a shirt or other cloth will force out water (muddy water can be partially cleared by allowing it to stand overnight and then running it through several thickness of cloth)
- Make an evaporation still (see update from 09/09)

## Locate sources of groundwater (in mountainous areas)

- Sloping side of the hills in dry mountain ranges
- Small seeps and springs can be found by following narrow canyons/gullies up to their heads
- The water table is usually close to the surface and you could locate it by digging at the base of cliffs and rocks where lots of vegetation is thriving, at the base of large sand dunes on the shady or steep sides, anywhere the ground is damp or muddy, in low spots where patches of salt grass, cattails, willows or elderberries grow

*Please note: Depending on the nature of the emergency situation you are in, some of these sources may be contaminated so make sure you have a plan in place for water purification. It never hurts to purify just to be on the safe side.*

# EQUIVALENTS, MEASUREMENTS AND YIELDS

Compiled by Nola Johnson Cockerham

## NOTE:

"=" means equals    "-" means minus    "+" means plus    tsp. = teaspoon  
T. = tablespoon    C. = cup    oz. = ounce    soda = baking soda

## MEASUREMENTS:

pinch = 1/16 tsp.  
1/4 T. = 3/4 tsp.  
1/8 C. = 2 T. = 1 fl. oz.  
1/3 C. = 5 T. + 1 tsp.  
3/4 C. = 12 T. = 6 fl. oz.  
2 C. = 1 pint = 16 fl. oz.  
16 C. = 4 quarts = 1 gallon  
4 pecks = 1 bushel  
2 oz. = 1/8 pound  
8 oz. = 1/2 pound

dash = 6 drops or 1/8 tsp.  
3 tsp. = 1 T.  
1/4 C. = 4 T. = 2 fl. oz.  
1/2 C. = 8 T. = 4 fl. oz.  
1 C. = 16 T. = 1/2 pint = 8 fl. oz.  
4 C. = 2 pints = 1 quart = 32 oz.  
8 quarts = 1 peck  
1 liter = 1 quart plus 3 oz.  
4 oz. = 1/4 pound  
16 oz. = 1 pound

## CAN SIZE

## AMOUNT

## USES

#1/4	1/2 C.	Meat spreads
#1/2	1 C.	Salmon
#300	1 3/4 C. (14-16 oz.)	
#1 tall (303)	2 C. (16-17 oz.)	Salmon and fruit cocktail
#2	2 1/2 C. (20 oz.)	Vegetables, fruits and juices
#2 1/2	3 1/2 C. (29 oz.)	Fruits, tomatoes, beets, pumpkin
#5	6 C. (46 fluid oz.)	Juices
#10	12-13 C.	Institutional and preparedness

At times it is necessary to use a substitution for a recipe ingredient. The substituted food may not perform exactly as the original food. Each ingredient has specific functions in a recipe and a substitute may alter the flavor, color, texture or volume, but still result in an acceptable finished product. Think about what function the ingredient is to perform.

## YIELDS AND EQUIVALENTS

INGREDIENT	AMOUNT	SUBSTITUTE/EQUIVALENT
<b>FATS:</b>		
1 pound = 2 C.		1 stick = 1/2 C. or 8 T. or 4 ounces
-----		
Shortening, solid	1 C.	7/8 lard OR 1 1/8 C. butter/margarine (decrease salt by 1/2)
-----		
Shortening, melted	1 C.	1 C. cooking oil
-----		
Cooking oil	1 C.	1 C. melted shortening OR 1 C. melted butter/margarine
-----		
Butter	1 C.	1 C. margarine  OR 1 C. shortening + 1/2 tsp. salt OR 7/8 C. lard plus 1/2 tsp. salt OR 4/5 C. bacon fat, clarified OR 3/4 C. chicken fat, clarified OR 7/8 C. oil

(NOTE: Do not substitute oil for solid fat in a baking recipe unless you have a recipe which specifically calls for oil or melted fat. Characteristics of the final product could be significantly different.)



### FRUITS & VEGETABLES:

Lemon juice	1 tsp.	1/2 tsp. vinegar
-----		
Lemon	1 medium	1-3 T. juice and 1-2 tsp. grated peel
-----		
Onion	1 small	1 tsp. onion powder OR 1 T. minced dried
-----		
Tomatoes	1 C. canned	1 1/3 C. chopped fresh tomatoes, simmered
-----		
Tomato Juice	1 C.	1/2 C. tomato sauce plus 1/2 C. water
-----		
Tomato Sauce	1 C.	3/4 C. tomato paste plus 1 C. water
-----		

### FLOURS:

1 pound of cake flour	= 4 3/4 C.	
1 pound whole wheat kernels	= 3 1/3 to 3 3/4 C. grain	
1 pound of whole wheat flour	= 3 3/4 C.	
1 pound of cornmeal	= 3 C.	
1 pound of all-purpose flour	= 4 C. sifted	= 3 1/2 C. unsifted
	= 1 1/8 C. cake flour	= 1 C. cornmeal
	= 1/2 C. potato flour	= 7/8 C. rice flour
	= 1 1/2 C. rye flour	= 1 1/2 C. oat flour
-----		
Flour as thickener	1 T.	1/2 T. cornstarch or arrowroot starch OR 1 T. quick-cooking tapioca
-----		
All-purpose	1 C. sifted	1 C. unsifted all-purpose flour - 2 T. OR 1 C. plus 2 T. cake flour
-----		
Cake flour	1 C.	1 C. all purpose flour minus 2 T.
-----		
Self-Rising	1 C. sifted	1 C. sifted all-purpose flour + 1 1/2 tsp. baking powder & 1/2 tsp. salt
-----		
Whole wheat	1 C.	1 C. all-purpose flour
-----		
Cornmeal, self-rising	1 C.	7/8 plain cornmeal + 1 1/2 T. baking powder & 1/2 tsp. salt
-----		

**HERBS & SPICES:**

1 T. fresh herbs = 1/2 to 1 tsp. dried

Allspice 1 tsp. 1/2 tsp. each cinnamon &amp; ground cloves

Apple Pie Spice 1 tsp. 1/2 tsp. cinnamon + 1/4 tsp. nutmeg  
+ 1/8 tsp. cardamom

Garlic, dried 1 clove 1/8 -1/2 tsp. garlic powder or minced

Mustard 1 tsp. dry 1 T. prepared mustard

Pumpkin Pie spice 1 tsp. 1/2 tsp. cinnamon + 1/4 tsp. ginger  
+ 1/8 tsp. allspice + 1/8 tsp. nutmeg**LEAVENING:**Baking Powder 1 tsp. 1/4 tsp. soda + 5/8 tsp. cream of tartar  
OR 1/4 tsp. soda + 1/2 C. buttermilk  
(replaces liquid),Yeast, 1 T. (scant) 1 pkg. active dry yeast  
active dry OR 1 compressed yeast cake**LEGUMES (BEANS/LENTILS/SPLIT PEAS):**

1 pound = 2 C. uncooked = 5 1/2 C. cooked

1 C. uncooked = 2-3 C. cooked

**LIQUIDS:**

Broth (chicken/beef) 1 C. 1 tsp. bouillon dissolved in 1 C. water

Buttermilk 1 C. 1 T. vinegar or lemon juice & sweet milk to  
make 1 C. (let stand 5 minutes)  
OR 1 3/4 tsp. cream of tartar + 1 C. milk  
OR 1 C. plain yogurtCream, heavy 1 C. 3/4 C. milk and 1/3 C. butter/margarine  
(36-40% fat) (for use in cooking and baking)

Cream, light	1 C. half & half (12-16% fat)	7/8 C. milk plus 1 1/2 T. butter or margarine (for use in cooking) OR 1 C. evaporated milk, undiluted
Cream, sour	1 C.	1 C. plain yogurt
Egg, whole, raw	1 large 1 large = 3 T 5 large = 1 C. 6 medium = 1 C.	2 egg yolks OR 3 T. + 1 tsp. thawed frozen egg OR 2 T. + 2 tsp. dry whole egg powder + an equal amount of water OR 1 tsp. cornstarch + 3 T. liquid
Egg Yolk, raw	1 1 = 1 1/2 T. 12 large = 1 C.	3 1/2 tsp. thawed frozen egg yolk OR 2 T. dry egg yolk powder + 2 tsp. water
Egg White, raw	1 1 = 2 T. 8 large = 1 C.	2 T. thawed frozen egg white, OR 2 tsp. dry egg white plus 2 T. water
Milk, whole	1 C.	1 C. reconstituted non-fat dry milk + 2 1/2 T. butter or margarine OR 1/2 C. evaporated milk + 1/2 C. water OR 1/4 C. sifted dry whole milk powder + 7/8 C. water
Milk	1 C.	1/3 C. instant nonfat dry milk from powdered + (1 C. - 1 T. water) OR 3 T. sifted regular nonfat dry milk + (1 C. - 1 T. water)
Milk, sweet condensed	can = 1 1/3 C.	1 C. + 2 T. dry milk + 1/2 C. warm water mix well, + 3/4 C. sugar and 3 T. melted butter. Stir until smooth. OR 1/3 C. + 2 T. evaporated milk, 1 C. sugar and 3 T. melted butter or margarine. Heat & stir until sugar & butter dissolve.



-----  
Granulated, white 1 C. 1 C. corn syrup (decrease liquid by 1/4 C.)  
OR 1 C. molasses (decrease liquid by 1/4 C.)  
OR 1 C. brown sugar, firmly packed  
OR 2 C. sifted powdered sugar  
OR 3/4 C. honey (decrease liquid in  
recipe by 1/4 C.); for each cup of honey  
in baked goods, add 1/2 tsp. soda)  
-----

Honey, liquid 1 C. 1 1/2 C. granulated sugar plus 1/4 C.  
-----

Powdered Sugar 1 C. 3/4 C. granulated (substitution will not work  
on frostings and uncooked recipes)  
-----

### MISCELLANEOUS:

Chocolate, baking 1 oz. square 3 T. cocoa powder + 1 T. butter  
-----

Chocolate, 1 oz. 1/2 oz. baking chocolate + 1 T. sugar  
Semi-Sweet chocolate  
-----

Cocoa powder 1/4 C. 1 oz. (square) unsweetened chocolate  
decrease fat in recipe by 1/2 T.  
-----

Catsup 1 C. 1 C. tomato sauce + 1/2 C. sugar + 2 T.  
vinegar  
-----

Gelatin, flavored 3 oz. 1 T. plain gelatin and 2 C. fruit juice  
-----

### ALCOHOL SUBSTITUTIONS:

In Soups and Entrees --

Dry (unsweet) red wine: Water, beef broth, bouillon, tomato juice, diluted cider  
vinegar, liquid drained from canned mushrooms.  
-----

Dry (unsweet) white wine: Water, chicken broth, bouillon, ginger ale, white  
grape juice, diluted cider vinegar, liquid drained  
from canned mushrooms.  
-----

In Cheese Dishes -- Beer or Ale: Chicken broth, white grape juice, ginger ale.  
-----

-----  
In Desserts --

Brandy:	Apple Cider, peach or apricot syrup
Burgundy (Red):	Grape Juice
Burgundy (White):	White grape juice
Champagne:	Ginger ale
Claret:	Grape or currant juice or syrup or cherry cider
Cognac:	Juice from peaches, apricots or pears
Creme de menthe:	Spearmint extract or oil of spearmint diluted with a little water or grapefruit juice
Kirsch:	Syrup or juice from black cherries, raspberries, boysenberries, currants or grapes or cherry cider
Rum:	Pineapple juice or syrup flavored with almond extract
Sherry:	Orange or pineapple juice

NOTE: To cut the sweetness of the syrups, dilute with water. Also, there are many flavor extracts, such as almond or pineapple, that can be added for interesting flavors.

Flambes or Flaming Desserts -- The only substitute that might be used is a sugar cube soaked in lemon extract, then set atop a dessert and burned.

-----  
**REFERENCES:**

Alice Cheney Johnson (my mom)

Relief Society lessons

Better Homes and Gardens Cookbook

Jane Brody's Good Food Cookbook

Georgia C. Lauritzen, Ph.D. Food/Nutrition Specialist (Extension Office)

# Alternatives to Wheat

## 1. Store extra of the other grains

According to food storage calculators, one adult should store 300 lbs of grains for a one year supply of food. Of this 300, half of it is supposed to be wheat. If you have a wheat allergy, obviously this is not going to apply to you. You may choose to store a lot more alternative grains, which can include oats, gluten-free quinoa, millet, amaranth, rice, or cornmeal. You can start to collect food storage recipes that use these grains instead of focusing on the traditional items like breads, etc.



## 2. Learn how to make substitutions

A lot of recipes that call for wheat flour can be modified for wheat allergies. For example, cream of chicken soup or any white sauce base recipe can be made using bean flour. You can make gluten-free bread using other flours such as rice flour, millet flour, oat flour, etc. If you own a wheat grinder then these types of substitutions are SO easy to make and you can store the bulk grains in your food storage, just like you would store wheat! For a great summary of different types of gluten-free flours check out this post on the Gluten Free Mommy blog:



<http://glutenfreemommy.com/gluten-free-grains-101-the-best-flour-blend/>

# Using Wheat without a Wheat Grinder

## 1. Thermos Wheat (Recipe from author Rita Bingham)

Bring 1 c. of wheat kernels, 2 c. water, and 1 t. salt to a boil in a medium saucepan. Pour into a heated stainless steel or glass-lined thermos bottle. Secure cap. Place bottle on side. In the morning, pour off any additional water, add butter and honey, and serve hot.

## 2. Wheat Berries

Add some of your plain dry wheat kernels to a pot of water. Bring it to a boil and cook for a few minutes. Then let simmer for about 45 minutes. Drain the wheat berries and stick them in a tupperware container in the fridge. These are delicious to add to yogurt or to use to replace some meat in recipes. You can also use it in place of brown rice in a lot of recipes.

## 3. Popped Wheat

Take 1 cup of your cooked wheat berries (see above) and add to a frying pan or pot with two tablespoons of oil in it. Cover with a lid and cook over a hot stove shaking the pan while it cooks. After about 4-5 minutes the kernels will be nice and toasted. Put the popped wheat on a paper towel to get the extra oil off, and sprinkle with your choice of seasonings. Try it with salt, seasoned salt, garlic, barbecue salt, onion salt, cinnamon and sugar or any combination you desire. These are delicious on salads as a topping, mixed with trail mix, or as toppings for a desserts or just as a healthy snack.

## 4. Wheat Grass

Most people have heard how healthy wheat grass is for you, but most people DON'T know that you can make your own wheat grass at home for free with just a little bit of your food storage wheat. You can snip bits off and add them to some delicious fruit smoothies, or if you have a juicer you can use them in other healthy juice drinks.



## 5. Cracked Wheat

You can crack wheat in a blender or a coffee grinder. To do it in a blender you simply put in about 1/4-1/3 cups of wheat and pulse it until it looks like little cracked kernels. These kernels will cook much faster than regular wheat, and cook up in the same way that you cook rice on the stove or in the microwave. You can use cracked wheat to make hot cereal, add it into bread, or cook it up and use as a meat filler.

## 6. Wheat Sprouts

Making wheat sprouts is a different method than making wheat grass. You can sprout wheat just like any other vegetable seeds, legumes, or other grains. Make sure to review our tutorial on how to grow sprouts (see step 6). Most people like wheat sprouts to be very small, just barely sprouted. These are delicious to throw on salads or to add into your whole wheat bread for a little extra texture and flavor.

## 7. Blender Wheat Flour

If you are cooking a recipe for something like pancakes or waffles, you can EASILY use your whole wheat kernels, mix the whole recipe in your blender, and pour it straight from there onto a griddle or waffle-maker. Just make sure to add the liquid for your recipe into the blender, then add in your wheat kernels and blend for about 5 minutes. Then add the rest of the ingredients. Our Recipe Appendix includes a recipe for Blender Wheat Pancakes and we also have a delicious Corn Cakes Recipe you could try in the blender too.

# About Cornmeal/Popcorn

## Types of Cornmeal:

**Steel ground:** The most common type of cornmeal, it has the husk and germ almost all removed. Because of this, steel ground cornmeal has less flavor and nutrients but does have a very long shelf life. This is the type you will typically find at the grocery store.

**Stone ground:** This type of cornmeal retains more of the husk and germ but because of this it is more perishable than steel ground.

Cornmeal can be found in white, yellow, red, and blue varieties. Yellow and white are the most common.

## Types of Corn:

The basic types of dried corn used for food storage are: flint, dent, and popcorn. All can be used fairly interchangeably but flint is a little better for cornmeal, dent is better for corn masa, and popcorn is the most versatile since it can be popped for a snack OR ground into meal or flour. Corn can be found in white, yellow, red, and blue. Yellow corn is often recommended over white, since white corn doesn't contain carotene (which converts into vitamin A). Yellow dent corn is very common at food storage stores, but popcorn can easily be found at grocery stores.

## Corn/Cornmeal Shelf Life:

**Cornmeal:** Between 6 and 18 months. Store in a cool dry place to help prolong this.

**Corn:** 8 years or more if stored in a sealed airtight container with an oxygen absorber.

## Corn/Cornmeal Uses:

Dried corn can be used as a vegetable in stews, popped into popcorn, or ground into flour or cornmeal. Corn flour is most commonly used to make corn masa which is a dough used to make tortillas. Cornmeal (fresh ground or store bought) can be used to make delicious cornbread or corn cakes. It can also be made into hominy or grits.

## Recommendations:

We recommend starting by purchasing a small amount of cornmeal and try some food storage recipes out and see if your family likes eating those foods. If it turns out to be something you really like, then we highly recommend storing a lot of popcorn and grinding it fresh which helps with flavor and gives you more nutrients. If you don't have a wheat grinder available to you, try to buy cornmeal in good sealed containers such as #10 cans to help prolong the shelf life.

# All About Dried Beans

## Soaking Beans:

1. Quick Soak Method: hot soaking helps dissolve some of the gas-causing substances. Cover beans with twice as much water as beans, bring to a boil, boil 2 minutes, remove from heat and allow to soak at least 1 hour or up to 4 hours. Discard soaking liquid.
2. Traditional Overnight Soak: Cover with twice as much water as beans and soak 8-18 hours in cool place, discard soaking water.
3. Do not salt soaking liquid. It will toughen the bean.
4. It is not necessary to soak split peas and lentils.

## Cooking Legumes:

1. Beans will double to triple in size during soaking and cooking. In other words, 1 cup dry beans will produce 2-3 cups of cooked beans.
2. The slower the beans are cooked the easier they are to digest. Slow cooker cooking on low for 6-10 hours is perfect.
3. If adding water to cooking beans is necessary, bring water to a boil before adding. Adding cold water to boiling beans will toughen beans and slow down cooking process.

## Softening Old Beans:

The older the bean the tougher it is and less digestible. Here are a few tips to soften old beans:

1. Cook and freeze. The freezing moisture in the bean helps to rupture the cell wall and create a more palatable product.
2. Pressure cook. Follow manufacturer's directions for using pressure cooker. Increase cooking time as needed to produce a desired texture.
3. Pressure-can beans. This method makes a readily usable product as well as softens beans. Follow USDA canning instructions below for pressuring.

## Increasing Consumption of Beans:

You should eat beans about 2-3 times a week. (2½ to 3 cups per week)

1. Plan menus.
2. Puree cooked beans and add to baked goods (bread, cake, cookies, etc.). Substitute pureed beans for shortening or margarine, straight across. (equal amounts)
3. Prepare convenience foods such as home canned dry beans or cook and freeze for later use.
4. Add whole mashed beans to meatloaves, soups, stews, casseroles (in small amounts to begin with, then increase as desired, and as allowed by family taste preference.)

# All About Split Peas

## What are split peas?

Split peas are the dried peeled and split seeds of *Pisum sativum*. Even though the peas are round when harvested and dried, they are mechanically split after they are peeled. This helps decrease the cooking time.

## What are the varieties of split peas?

There are two varieties of split peas, yellow and green. Yellow split peas have a milder flavor and are good to use in dishes where you want to hide the richer, green pea flavor.

## What is the shelf life of split peas?

If stored in the regular plastic bags that most legumes come from the grocery store in, the shelf life is only about 1 year. But if properly stored in an airtight sealed container with oxygen absorbers, the shelf-life can extend to ten years or more.

## How do you cook split peas?

Split peas do not need to be pre-soaked like other dry legumes. You simply throw them into the soup or stew you are making and they will cook in a reasonable amount of time. The 12 bean soup (found in Recipe Appendix) is a great one to throw some split peas into! Split peas may also be ground into pea flour to use as the basis for some pea soup recipes.

# Basics of Food Dehydration

Drying is the oldest method of preserving food. The early American settlers dried foods such as corn, apple slices, currants, grapes, and meat. Compared with other methods, drying is quite simple. In fact, you may already have most of the equipment on hand. Dried foods keep well because the moisture content is so low that spoilage organisms cannot grow.

Drying will never replace canning and freezing because these methods do a better job of retaining the taste, appearance, and nutritive value of fresh food. But drying is an excellent way to preserve foods that can add variety to meals and provide delicious, nutritious snacks. One of the biggest advantages of dried foods is that they take much less storage space than canned or frozen foods.

Recommended methods for canning and freezing have been determined by research and widespread experience. Home drying, however, does not have firmly established procedures. Food can be dried several ways, for example, by the sun if the air is hot and dry enough, or in an oven or dryer if the climate is humid.

With the renewed interest in gardening and natural foods and because of the high cost of commercially dried products, drying foods at home is becoming popular again. Drying is not difficult, but it does take time and a lot of attention. Although there are different drying methods, the guidelines remain the same.

Although solar drying is a popular and very inexpensive method, Illinois does not have a suitable climate for it. Dependable solar dehydration of foods requires 3 to 5 consecutive days when the temperature is 95 degrees F. and the humidity is very low. The average relative humidity in central Illinois on days with 95 degrees F. temperatures is usually 86 percent. Solar drying is thus not feasible.

Drying food in the oven of a kitchen range, on the other hand, can be very expensive. In an electric oven, drying food has been found to be nine to twelve times as costly as canning it. Food dehydrators are less expensive to operate but are only useful for a few months of the year. A convection oven can be the most economical investment if the proper model is chosen. A convection oven that has a controllable temperature starting at 120 degrees F. and a continuous operation feature rather than a timer-controlled one will function quite well as a dehydrator during the gardening months. For the rest of the year it can be used as a tabletop oven.

*\*This information is taken from the University of Illinois at Urbana-Champaign, College of Agriculture, Cooperative Extension Service, Circular 1227. For even more detailed information please visit their website at [http://www.aces.uiuc.edu/vista/html\\_pubs/DRYING/dryfood.html](http://www.aces.uiuc.edu/vista/html_pubs/DRYING/dryfood.html)*

# All About Spices

When we participated in our 7 Day Challenge we came to realize just how important these foods really are in making your life feel somewhat normal in an emergency, and also in adding variety to your long term storage foods. We recommend getting a few spare bottles of spices/herbs that you commonly use. This will ensure you have enough for your long term cooking needs, and also give you the convenience and cost-savings in the short term. Don't go overboard on buying too many bottles though, as spices can lose their flavor over time.



[Here are a list of common spices/herbs to get you started:](#)

## **Herbs\***

Basil  
Bay Leaves  
Chives  
Cilantro  
Dill  
Mint  
Oregano  
Parsley  
Rosemary  
Sage  
Tarragon  
Thyme

## **Spices\***

Allspice  
Black Pepper  
Caraway  
Cardamom

Celery Salt/Seed  
Chili Powder  
Cinnamon  
Cloves  
Coriander  
Cumin  
Fennel  
Fenugreek  
Garlic Powder/Salt  
Ginger  
Mustard Seed/Dry Mustard  
Nutmeg  
Onion Powder/Salt  
Paprika  
Red pepper flakes  
Saffron  
Turmeric  
Vanilla  
White Pepper

*\* Herbs are the leafy, green plant parts used for flavouring purposes, and may be used fresh or dried, typically cut into very small pieces. Spices are dried and often ground or grated into a powder. Small seeds, such as fennel and mustard seeds, are used both whole and in powder form.*

# All About Condiments

In BabyStep 9: Comfort Foods we list spare condiments as one of the items to store. As we have explored the reasons why people do food storage we found that everyday emergencies were the ones that seem to occur the most. Condiments are definitely something to store to prevent an “emergency”. Have you ever run out of ketchup the day of a barbecue and not had time to run to the store? Don’t you hate it when you run out of soy sauce and have to buy a bottle for FULL price? With food storage this will never happen again!

So here’s what to do. Compile a list of the condiments your family uses and then watch for them to go on sale and pick up a few bottles. Keep a little inventory list of what you have and mark off when you use one up so you can remember to replace it next time it’s on sale. Here is a list of ideas to get you started:

- ketchup
- mustard
- relish
- mayonnaise
- peanut butter
- barbecue sauce
- soy sauce
- worcestershire sauce
- teriyaki sauce
- olive oil
- vinegar
- horseradish
- cranberry sauce
- applesauce
- hot sauce/chili sauce
- taco seasoning

# Emergency Heat Sources

Keeping warm is essential for survival. Loss of body heat, Hypothermia, is very dangerous and can lead to loss of body parts and even death. Wet conditions quickly increase the loss of body heat. When traditional heat sources are not available, below are a few ideas to help you keep warm:

## **Dry (preferably wool) clothing:**

If you get wet from rain, snow or sweat, change into clothing that is dry. Wet clothing loses its insulation value and extracts body heat 240 times faster than dry clothing. Wool clothing and blankets are preferred. Cotton clothing, particularly denim, retains water. But wool is insulating, water resistant, and keeps your body warm even if wet.

## **Hats and mittens (preferably gloves):**

Covering your head is vital as you can lose up to 80% of your body heat through your head. A knitted wool stocking hat is good.

## **Insulated boots or shoes:**

Feet can be kept warm by wearing wool socks and wearing two pair if your shoes are large enough. A towel could also be wrapped over shoes and duct-taped on.

## **Layered clothing:**

Several thin layers of loose-fitting clothing retain body heat and can be removed easily if body starts to perspire and/or you are chilling. Water & wind resistant outer clothing with a hood. Also, scarf or towel to cover your mouth to keep cold air from your lungs.

## **Sleeping bags:**

Two or more people huddled together inside two sleeping bags zipped together will be warmer than each in separate sleeping bags. A smaller bag can also be placed inside a larger-sized one.

## **Car heater:**

If trapped in your car during a snowstorm, run heater 10 minutes every hour. Make sure the exhaust pipe is not blocked by snow and open one window a crack to allow ventilation.

## **Mylar blankets or emergency bags:**

Good in wind or rain. Put a wool blanket between you and the Mylar blanket, if possible.

## **Survival candles, safety heat (in a can), hand warmers**

## **Rice or bean-filled packs:**

You can also use socks filled with rice/beans and tied shut. Heat the packs/socks in a fire or coals. They will maintain heat for a period of time. Rocks or bricks can also be heated thoroughly, then carefully wrapped in towels or newspapers.

## **Thermal undergarments**

## **Insulated clothing:**

Leaves, newspaper, straw, etc. (stuffed between two layers of clothing). Tie your shoe laces around the cuffs of your pants to hold material in. If you were trapped in a car during a snowstorm, use the stuffing from the seat cushions.

## **Plastic garbage bag**

This can be worn as a rain jacket or can insulate the body if stuffed with dry leaves or grass