

**LESSON 4:  
"USING WHEAT FROM YOUR  
FOOD STORAGE"**

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EVENT FLYER  
PASS ALONG INVITATIONS  
LESSON PLAN  
TEACHER CHEAT SHEETS  
VISUAL AIDS  
HANDOUTS

# FOOD STORAGE made EASY

**"USING WHEAT FROM YOUR  
FOOD STORAGE"**

DATE:

TIME:

LOCATION:

**HOPE TO SEE YOU THERE!**

**LESSON 4: INVITATIONS**

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## **LESSON 4: USING WHEAT FROM YOUR FOOD STORAGE**

### **PURPOSE:**

To help class members feel confident **Using Wheat from Their Food Storage.**

### Materials/Handouts:

1. Teacher cheat sheet: "Benefits Of Wheat"
2. Printable "Visual Aids" for benefits of wheat
3. Teacher cheat sheet: "Using Wheat in Everyday Cooking"
4. "Our Favorite Whole Wheat Recipes" handout.
5. Teacher cheat sheet: "Using Wheat Without a Wheat Grinder"
6. "What to do with Wheat Without a Grinder" handout

### Note To The Teacher:

1. Remember to encourage class members to switch to using wheat slowly, so it's not hard on their digestive system.
2. Not everyone will have a wheat grinder, so be sensitive- however encourage them to borrow or save for one.
3. Give class members a clear action plan of things they can do to move forward.

### Preparation:

1. Study the "Benefits of Wheat" teacher cheat sheet.
2. Study the "Using Wheat in Everyday Cooking" teacher cheat sheet.
3. Study the "Using Wheat Without a Wheat Grinder" teacher cheat sheet.
4. Study other sources that may that may enhance your lesson, and additional resources below.
5. Print materials or handouts.
6. Optional: If you have a wheat grinder, do a demo of grinding wheat.
7. Prepare or assign refreshments if desired (see handout for ideas).

## **LESSON OUTLINE**

### Introduce Purpose of Lesson:

To help class members feel confident **Using Wheat from Their Food Storage.**

### **SECTION 1: BENEFITS OF WHEAT**

#### Discussion Question:

Why do you think it's important to have wheat in your food storage? Let class members offer their answers, thank people for participation.

#### Teaching Helps:

Go over "Benefits of Wheat" with the class. Use the teacher cheat sheet to help guide your lesson. This should take up about a quarter of the class time. You could give a whole lesson on this topic, but it's not the purpose so move through the benefits quickly.

## **SECTION 2: USING WHEAT IN EVERYDAY COOKING**

### Discussion Questions:

What are some of your reservations about using wheat? Do you know the differences between wheat types? Let class members offer their answers, thank people for participation.

### Teaching Helps:

Go over "Using Wheat in Everyday Cooking". Talk about the different kinds of wheat with the class. Share with the class which kinds of wheat are better for different kinds of cooking. Share what common uses wheat has, and some tips for using it more regularly. Use the teacher cheat sheet to help guide your lesson. This section should take up the bulk of your lesson. Optional: This is where you can demo a wheat grinder turning wheat into flour. Remind people that having an electric grinder can help you learn how to use your wheat on a regular basis, and it's not only about powerless cooking. Pass out the "Our Favorite Whole Wheat Recipes" handout.

## **SECTION 3: USING WHEAT WITHOUT A WHEAT GRINDER**

### Discussion Question:

Who here doesn't have a wheat grinder? Let class members offer their answers, thank people for participation.

### Teaching Helps:

Go over "Using Wheat Without a Wheat Grinder". Share the ideas of how to use wheat without a wheat grinder with simple instructions. Use the teacher cheat sheet to help guide your Lesson. This section should take up the rest of the class time. Pass out the "What to do with Wheat Without a Grinder" handout.

## **CONCLUSION**

### Encourage Class Members To:

1. Try mixing 1/2 wheat flour with 1/2 white flour in recipes.
2. Use wheat in at least 1 recipe over the next week.

## **ADDITIONAL RESOURCES**

<http://foodstoragemadeeasy.net/babysteps/step-5-grains/>

<http://foodstoragemadeeasy.net/2010/11/21/wheat-and-wheat-grinder-overview/>

<http://foodstoragemadeeasy.net/2009/11/03/alternatives-to-wheat-for-food-storage/>

<http://foodstoragemadeeasy.net/2009/03/13/about-wheat/>

## TEACHER CHEAT SHEET: "BENEFITS OF WHEAT"

Study this cheat sheet and use it as a guide to your discussion. Choose which portions will be appropriate for your audience. There are a lot of advantages to using whole wheat. Some may resist using it, encourage a gradual change.

Wheat can be stored up to 30 years, is cheap, and very versatile. Almost anything you make with white flour you should be able to make with fresh ground wheat flour.

### HEALTH FACTS:

- Wheat is an important protein that has most of the nutrients, vitamins and minerals that your body needs for survival (wheat sprouts containing 2900 calories produce 100% of the 50 essential nutrients a person needs to stay healthy).
- Wheat has ALL of the following vitamins and minerals in each kernel: iron, calcium, magnesium, potassium, phosphorus, copper, selenium, manganese, zinc, thiamin, niacin, riboflavin, pantothenic acid, vitamin B6, vitamin E, folate, fiber and fat.
- One cup of hard wheat has 632 calories, 3.7 g of fat, 130.6 g of carbohydrates, 23.4 g of fiber, and 26.9 g of protein.
- A study by James Stevens who wrote the book *Making the Best of the Basics*, found that it takes 130 slices of white bread to equal the nutrients in one slice of whole wheat bread.
- Simply swapping white for whole wheat bread you cut your chances of heart disease risk by 20% (according to The Journal of the American Medical Association in 2003).
- Fiber helps you feel full and makes it easier for you to control your weight.
- Reduces your risk of colon cancer & other diseases.
- Fiber reduces the risk of heart attacks and strokes.
- There are no chemicals, bleaches, or additives added to your freshly ground wheat flour.
- Wheat can be sprouted and used on salads, in smoothies, or put in soups/stews to add even more nutrients to your diet.
- Wheat can be used as a meat extender. Use in your ground hamburger, sausage or turkey or add to soups and stews to extend your meat.

### WHITE FLOUR VS WHEAT FLOUR:

Regular white all purpose flour is only made from one portion of the wheat kernel—the endosperm. When the bran and germ are removed from the wheat grain, over 80% of the fiber, nutrients and antioxidants are also removed. White flour is nutritionally useless and breaks down in the body as sugar. The body cannot tell the difference between eating a spoonful of sugar or a slice of white bread. This causes all kinds of problems with a person's insulin levels, pancreas, and metabolism. Eating whole grain flour is MUCH healthier for your diet

Benefit:

LONG SHELF  
life

Benefit:

full of

vitamins



**Benefit:**

**full of**

**fiber**

Benefit:

Use as a  
FLOUR

Benefit:

Use as a  
SPROUT

Benefit:

Use to  
extend meat

## **TEACHER CHEAT SHEET: "USING WHEAT IN EVERYDAY COOKING"**

Study this cheat sheet and use it as a guide to your discussion. Choose which portions will be appropriate for your audience. There are many types of wheat, and ways to use wheat. Encourage class members to buy small portions, find which ones they like, then stock up on the kind they prefer.

### **TYPES OF WHEAT**

Our preferred variety of wheat to use is hard white (either winter or spring, whatever you can find). This type is typically found wherever you buy wheat.

Red vs. White:

Red wheat tends to have a stronger wheat flavor and produces a heavier denser bread than white wheat. Red wheats are typically the hard varieties and whites are typically soft. However if you prefer the flavor of one over the other you can find soft red and hard white. Experiment with different varieties in your recipes to find out what works best for you and your family.

Hard vs. Soft:

Hard varieties of wheat are the most common and versatile. Hard wheat has a higher gluten (protein) than soft wheat. It is better for making breads, pastas, pancakes, etc. Soft varieties have lower protein and nutrients but are better for pastries and other items where a light fine flour is required.

Spring vs. Winter:

Wheat is categorized by which season it is harvested in (either winter or spring). Winter wheat has a tiny bit less protein than spring wheat. Winter averages about 12% protein while spring wheat is closer to 14%. The winter wheat is a little harder than spring as well. Red winter wheat tends to be better for baking than red spring wheat. There isn't much difference between winter and spring varieties of white wheats.

### **WAYS TO INCORPORATE WHEAT INTO DAILY USE**

- Start gradually. Try replacing half white flour, with half whole wheat flour.
- If you have eaters who don't like the wheat flavor, make sure to use hard white wheat.
- Use it in recipes you already use and love. Don't try adding too many new factors at once.
- Have your kids help you make the food. When they participate in the project they tend to want to try it.
- Start using wheat flour in recipes that use flavors that can disguise the taste or color. Try it in recipes that use brown sugar, chocolate, applesauce, bananas, etc.

### **FAVORITE FOOD ITEMS TO USE WHOLE WHEAT IN:**

- BREAD!
- Pastas
- Tortillas
- Pizza dough
- Pancakes



# OUR favorite WHOLE WHEAT RECIPES

<http://FoodStorageMadeEasy.NET>

## Pizza With WHOLE WHEAT CRUST

### Ingredients:

2 1/2 C. Medium Hot Water  
5 tsp. SAF Instant Yeast\* If using regular yeast use to 2 Tbsp.  
2 Tbsp. Sugar  
3 Tbsp. Oil  
1 tsp. Salt  
6 C. Flour (you can do half all-purpose and half white wheat)  
1/2 to 1 Cube of Butter

### Directions:

Pour medium hot water in bowl. Sprinkle yeast on top and dissolve. Add sugar, salt, and oil. Slowly add approx 6 cups of flour. Melt 1-2 cubes butter on cookie sheet in oven as it is heating to 400 degrees and melt. Place dough on cookie sheet and press to fill pan, make sure butter gets on top of the dough. Double in size (10-15 minutes). Cook for 10 to 12 minutes. Cut into strips or top with favorite pizza toppings.

## WHOLE WHEAT pasta

### Ingredients:

1 1/2 C semolina flour  
1 1/2 c freshly ground whole wheat flour  
1/2 tsp salt  
4 eggs  
1/4 c water  
1/4 c olive oil

### Directions:

Combine semolina and flour and salt. Beat eggs lightly. Mix eggs, water and oil. Stir in to four mixture until a stiff dough forms. You may need to add a little more flour. Knead 10 minutes or until elastic. Let rest, covered for 20 minutes. Roll out thinly. Cut into desired shape or shape with machine. Cook in boiling, salted water for 2-5 minutes.

## Blender pancakes

### Ingredients:

1 Cup Milk (for powdered milk is 3 T. Milk and 1 C. Water)  
1 Cup Wheat Kernels, whole & uncooked  
2 Eggs (2 T. powdered eggs 1/4 C. Water)  
2 tsp Baking Powder  
1-1/2 tsp Salt  
2 Tbs. Oil  
2 Tbs. Honey or Sugar

### Directions:

Put milk and wheat kernels in blender. Blend on highest speed for 4 or 5 minutes or until batter is smooth. Add eggs, oil, baking powder, salt and honey or sugar to above batter. Blend on low. Pour out batter into pancakes from the actual blender jar (only one thing to wash!) onto a hot greased or Pam prepared griddle or large frying pan. Cook; flipping pancakes when bubbles pop and create holes.

## WHOLE WHEAT tortillas

### Ingredients:

4 cups of whole wheat flour (fine)  
1/4 tsp baking powder  
2 tsp salt  
1 cup of warm water (may need a little more)  
1/4 cup cooking oil

### Directions:

Mix all ingredients together to make a nice pliable dough. Knead 1 minute and let rest 5 minutes. Form into 18 balls, roll thin, and fry on both sides. It doesn't take long to cook. No oil required if cooking on a non-stick pan.

## enchilada pie

### Ingredients:

1 1/2 c black beans (you can use a can)  
1 lg onion (can use 1 Tablespoon of dehydrated onions)  
1 can of cream of chicken\*  
1 can of cream of mushroom\*  
3/4 cup of milk\*  
1 (4oz) can diced green chilies  
1 (8 oz) can mild enchilada sauce  
1 pkg soft tortillas (you can make your own)  
1/2 lb cheddar cheese, grated  
1/2 lb Monterey jack cheese, grated

### Directions:

Wash and cook beans. Mix next 6 ingredients with beans. Place tortillas in greased 9 by 13 inch pan. Top with half the bean mixture and half the cheese. Repeat the layers. Bake at 350 degrees for 40 minutes. Cool slightly and cut in squares. \*(You can replace the 2 cans and milk with a batch of homemade cream of chicken using white bean flour:

### Bean Flour Cream of Chicken

#### Ingredients:

4 T of white beans ground (makes 5 T of bean flour)  
4 tsp of chicken bouillon  
1 3/4 cups of water

#### Directions:

Combine all ingredients and on stovetop cook at medium temperature until thick and delicious (whisk frequently). The soup should cook in 3 minutes. This will also replace a can of cream of chicken plus liquid called for in casserole dishes.

For more tips on building and using your food storage, visit us at <http://FoodStorageMadeEasy.NET>

 Jodi & Julie

## **TEACHER CHEAT SHEET: "USING WHEAT WITHOUT A WHEAT GRINDER"**

Study this cheat sheet and use it as a guide to your discussion. Choose which portions will be appropriate for your audience. There are many ways you can start using wheat if you don't have a wheat grinder yet. This cheat sheet is the same as the handout. You may choose to just give out the handout and not cover this during class time.

### **THERMOS WHEAT**

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. Recipe from author Rita Bingham

### **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.

### **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 dessert or just a snack.

### **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 your fruit smoothies, or if you have a juicer you can use them in other healthy juice drinks.

### **CRACKED WHEAT**

You can crack wheat in 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.

### **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. 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.

### **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.



# WHAT TO DO WITH WHEAT WITHOUT a WHEAT GRINDER

<http://FoodStorageMadeEasy.NET>

## 1. Thermos Wheat

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. Recipe from author Rita Bingham

## 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 your 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 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. 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.