

# JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

A 3-month supply of food is considered short-term storage. It consists of food you eat everyday and whose shelf-life is 3-5 years long. You should eat and rotate through these foods on a regular basis. Having this type of supply can give a lot of peace of mind and it can help you through tough times, like an illness, job loss, financial challenge, food shortages, pandemic lockdown, power outages, or natural disaster.

Hopefully, last month you put some thought into where you can store a 3-month supply of food. Now it's time to make up a plan of what to buy. Start by talking with your family to find out what foods they like, then come up with a two-week plan of meals your family likes. (It's okay to repeat some meals.) You should end up with 14 breakfast, 14 lunch, and 14 dinner entrees. (You should also include some snacks and treats in the plan.) Multiply each ingredient in your plan by 7, and then you have a 3-month plan.

As you are able, buy the ingredients, keep track of your purchases, and make sure to use and rotate through these supplies. See the pages attached to this newsletter to help you in the planning process. You can also read the article below for some different approaches to planning your supply.

The links below are to a couple of excellent articles that can give you a lot of insight into a 3-month food supply, so please take the time to read them. There are also some helpful videos to watch.

**Here are some links to more ideas about a 3-month food supply:**

- <https://theprovidentprepper.org/3-months-supply-of-food-amazing-peace-of-mind/>
- <https://theprovidentprepper.org/the-difference-between-short-term-and-long-term-food-storage/>

**IF YOU ONLY HAVE TIME TO DO ONE THING THIS MONTH, DO THIS:**

## November's ONE Thing

Create a 2-week meal plan using shelf-stable ingredients your family already likes to eat. Use that plan to determine your needs for three months, then gradually purchase the items in your plan.

### FIRST 3 MONTHS



Store pre-packaged foods that are easy to prepare.  
These should be foods that your family eats on a regular basis.  
Each time you shop, simply buy 1 or 2 extra to store.



Water Purification  
Methods

Water Supply  
1 gallon per person per day

### ROTATION & RECORD KEEPING



You should keep a permanent marker near where you store your food supply. Whenever you purchase food, write the purchase date on the side of the container. You should also make note of the expiration/best by date of the food. (I once read the idea to put a different colored Avery dot to color code the expiration by year and make it easier to see what needs to be used next.) As you store items, put the mostly recently purchased items near the back of the shelf, and the oldest items near the front. When you cook, be sure to use the oldest items first. As you're using items, you make note of the purchase date. This will give you helpful info about how quickly you are using up your supplies, how much to purchase, or what to stop purchasing.

If you are storing items in multiple locations, you might also want to keep a list of what is stored in each location and include the quantity of items and the expiration date so you don't forget what you have stored. Keep this in a special notebook or computer file.

This is our second year of gradually preparing by going through The Power of 3 Member Preparedness Plan.

You can find The Power of 3 plan at <https://www.orangestakelinks.com/>

See the "Emergency Preparedness" tab for previous issues of this newsletter and additional information.

# Time For More?

WHEN YOU FINISH "JUST ONE THING" AND HAVE TIME TO DO MORE

## 3-MONTH FOOD STORAGE PLAN

If you have been doing "Just One Thing" since last year, this should look very familiar to you. In October 2021, we did a one week plan and then built a 3-week food supply from that plan. This time we're going to plan out a 2-week menu that's different from that original 1-week plan. This will give you a variety. Then multiply the ingredients times seven and you'll have enough for 3 months. Here are the basic steps.



**Step 1:** Ask your family to list their favorite meals.

**Step 2:** From that list, select two week's worth of meal ideas that use shelf-stable and/or frozen ingredients. For each week, list breakfast, lunch, dinner plus a few snack/treat ideas for each day of the week for two weeks. (It's okay to repeat meal ideas.) Make sure you are including proteins, fats, and carbohydrates in your menu plan. Don't forget to take into account your family's special dietary needs, if any.

**Step 3:** Print the recipes for the meals you have chosen so you know all the ingredients you will need to get.

**Step 4:** Label 7 pieces of paper with these headings (Veggies, Fruits, Meats, Dairy, Basics, Other, Water) or copy the attached form or create your own spreadsheet.



**Step 5:** Go through your recipes and write each ingredient in the proper category and note how much you need of each item. (If more than one recipe calls for that item, then just put a comma and add the new amount next to the other amount.)

**Step 6:** Add up the total amount you need of each item for all your recipes. Record that number in the proper column. (If you are repeating a recipe in your food rotation, make sure you have accounted for the quantity needed for that many batches.)

**Step 7:** Multiply the number from Step 6 by the number of weeks you are storing food for your storage goal. (Use 7 as your number to have enough for a three month supply.)

**Step 8:** Take an inventory of the food you already have on hand and record that number.

**Step 9:** Compare what you have on hand to what you need to store and determine what you need to purchase.

**Step 10:** As your budget allows, gradually buy extra items when you do your regular grocery shopping, until you have reached your storage goal, then mark it as complete. (If your recipe calls for non-shelf stable items, try to find shelf-stable substitutes, like powdered milk instead of fresh milk, freeze-dried veggies instead of fresh, etc.)



**Hooray! Now you have a 3-month food storage plan. Good for you!**

Editor's Note: The "I" in this newsletter is Laurel Evans, the Stake Emergency Preparedness Specialist. This humble newsletter is my attempt to help myself and others get better prepared for life's emergencies, both big and small. Please join me on the journey and feel free to share this info with anyone and everyone. If you have any questions, comments, suggestions, or corrections, please email me at [OrangeStakePreparedness@gmail.com](mailto:OrangeStakePreparedness@gmail.com). Happy Preparing! *You can do this!*

# Food Storage Planning Sheet

Start by asking your family to make a list of their favorite meals. Look at the list and choose recipes that have shelf-stable ingredients. Make two one-week meal plans for all three meals, plus snacks/treats. Try to list 3-4 breakfast ideas, 3-4 lunch ideas, 7 dinner ideas, plus a few snack/treat ideas. (You can repeat a menu on multiple days.) Make sure you are including proteins, fats, and carbohydrates in your menu plan since you need to plan for nutrition, not just calories. Don't forget to take into account your family's special dietary needs, if any.

Special Nutritional Requirements	
Dietary Limitations	
Personal Preferences	
Food Allergies	

## Favorite Family Meals

[illegible]

## 7 Day Meal Plan

(Print up two copies of this page.)

Now choose some meals from your family's favorite foods that use shelf-stable ingredients. If they are not all shelf-stable, think of a possible shelf-stable substitute to buy so you can make this recipe even if you can't get fresh food. These meals don't have to be fancy gourmet meals and it is okay to repeat an idea on multiple days, especially for breakfast and lunch. The key is to choose meals your family already likes so they'll want to eat them.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
Lunch							
Dinner							
Snacks/ Treats							

Notes:

## Food Storage Calculation Chart

**Food Category:** (Circle One) **Veggies**   **Fruits**   **Meats**   **Dairy**   **Basics**   **Other**   **Water**

**Date:** \_\_\_\_\_ **# Weeks you are saving for** \_\_\_\_\_

For each recipe, write teach item needed on its proper food category page, including type of food & amount needed for each recipe. If item shows up in multiple recipes, just add the additional amount & unit needed. Total how much is needed for one week, then multiply that times the number of weeks you want to store food. That's how much you should store. Inventory how much you have on hand and compare it to what you need so you can determine how much to purchase. Mark the box complete once you have completed your purchase.

Food Item	Type (canned, dehydrated, freeze-dried, frozen, fresh)	Amount Needed (Include units – tsp, cups, oz, etc.)	Total Needed For 1 Week	Multiply by # Weeks	Equals Quantity Needed	Total on Hand	Total to Purchase	Mark When Purchase Complete	Notes (If fresh item needed, make note to look for shelf-stable substitute items)
				X					
				X					
				X					
				X					
				X					
				X					
				X					
				X					

Note: The quantities you need may not match container sizes. You may need to do some converting of units to figure out how many containers to buy. Keep these conversions in mind: 3 tsp. = 1 Tb; 4Tb = ¼ cup; 6 tsp. = 1/8 cup; 8 oz = 1 cup.