

# JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

## FIRST 3 WEEKS



In addition to the First 3 Day supplies, plan for enough water, food, and personal items to last 3 weeks.

Now that you have your water storage plan underway, it's time to plan your 3 week supply of food. There are a few important principles to keep in mind when storing food: 1) Store what you eat, and eat what you store. 2) Don't try to do this all at once. 3) Store food to provide good *nutrition* not just sufficient calories. 4) Be thoughtful about what you purchase. 5) Stick to a budget.

I know this seems like a lot to do, but don't worry, we'll take baby steps to make our food storage plan. First have your family list their favorite meals. Look at the list and choose recipes that have shelf-stable ingredients. Make a one week meal plan for all three meals, plus snacks. These don't have to be super gourmet meals and it's okay to repeat meals. For example, maybe you'll have pancakes on three days, not just one. Just come up with a basic plan, list out the ingredients, and multiply by three to get an idea of what you need to purchase for your three week food supply. Inventory what you have on hand, then purchase a couple of extra items each week until you have your supply.

There, that wasn't so bad, was it?

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

## October's ONE Thing

**CREATE A 1-WEEK MEAL PLAN OF MEALS YOUR FAMILY ALREADY LIKES TO EAT, USING SHELF-STABLE INGREDIENTS, THEN GRADUALLY PURCHASE THE ITEMS IN YOUR PLAN.**



### FRUITS & VEGGIES



Most of us don't eat enough fruits and vegetables as it is, and when it comes to food storage, it's even harder to find tasty options that you'll want to eat. If your family doesn't like canned peas now, they won't like them any better in an emergency. Now is the time to start exploring options for eating fruits and veggies if fresh ones become unavailable. Having frozen ones on hand is a good option if you have electricity, but if you lose power, you'll lose that option. Try a variety of canned, dehydrated, and freeze-dried fruits and veggies now to see which ones your family will eat. Make sure you "try before you buy" so you're not stuck a large quantity of food that nobody wants to eat. As you find foods your family likes, add them to your list of items to purchase. You should also make them a more regular part of your meal rotation so your family is used to them and you know how best to prepare them.

This year we are gradually getting better prepared 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 and additional information.

# Time For More?

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

## FOOD STORAGE PLAN

- Step 1:** Ask your family to list their favorite meals.
- Step 2:** From that list, select a week's worth of meal ideas that use shelf-stable and/or frozen ingredients. Try to list 3-4 breakfast ideas, 3-4 lunch ideas, 7 dinner ideas, plus a few snack/treat 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.
- 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 powered milk instead of fresh milk, freeze-dried veggies instead of fresh, etc.)



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

This planning method is a synthesis of information from multiple sources. Please go to these links for more information.  
<https://simplefamilypreparedness.com/six-steps-to-create-a-recipe-based-food-storage-plan/>  
<https://theprovidentprepper.org/wp-content/uploads/2014/08/Food-Storage-Action-Plan-New.pdf>

Editor's Note: The "I" in this newsletter is Laurel Evans, the Stake Emergency Preparedness Specialist. Please note that I am not an expert in all things emergency preparedness, but I'll share my knowledge and experience with you. I hope you will find my humble efforts helpful on your journey to being better prepared. 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 a one week meal plan 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

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.