

# JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

Last year we spent several months gathering important documents, making copies and scans, and putting them in a Go Binder. A Go Binder is simply a notebook with copies of important documents and information that's ready to grab in case you need to evacuate your house in an emergency. It's one of the best ways to prepare for a disaster. To learn more about it, please read *Just One Thing* from March 2021, available at [OrangeStakeLinks.com](http://OrangeStakeLinks.com). There you will find ideas and free resources to get you started if you're not sure how to go about making a Go Binder.

As with many aspects of emergency preparedness, a Go Binder is never actually done, since you need to keep updating it. Although it would still be very helpful in its current state, there are some things that need to be updated, like insurance information, utility bills, retirement statements, etc. However, documents like birth certificates don't need to be updated, so your should have less work to do this year. Take some time to either finish gathering what you missed last year or go through your binder and replace time sensitive documents with more current versions. If you are able, you should scan the info, store it on a thumb drive, and keep it somewhere like a safe deposit box. Keep your Go Binder in a safe place since you don't want this information to fall into the wrong hands!

## FIRST 3 HOURS



Emergency Radio  
Battery powered or self crank AM radio



First Aid Kit



Fire Extinguisher



Search and Rescue  
Equipment



Important  
Documents  
Stored in an easily  
accessible location that  
is safe from fire and  
water damage.



Tools to shut  
off utilities

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

## April's ONE Thing

**UPDATE AND/OR FINISH YOUR GO BINDER.**

### What Goes In Your Go Binder

#### Personal & Medical Information

- **Personal Information page**- Include a photo & basic info on each person & pets too
- **Emergency Contact Numbers**
- **A copy of your family emergency plan**
- **Personal documents** (birth certificate, driver's license, social security card, passports, marriage license, military ID, adoption papers, divorce/child custody papers, etc.)
- **Individual Medical History** (list medical conditions, allergies, medication, surgeries, etc.)
- **Medical Provider Contact Numbers** (doctor, pediatrician, dentist, pharmacy, psychiatrist, veterinarian, etc.)
- **Copies of medical prescriptions**
- **Copies of eyeglass prescriptions**
- **Immunization records**



#### Insurance Information

- Homeowner's Insurance Policy
- Auto Insurance Policy & Vehicle Registration Cards
- Life Insurance Policy
- Medical Insurance Policy & copy of ID cards (front & back of card)
- Dental Insurance Policy & copy of ID cards (front & back of card)
- Vision Insurance Policy & copy of ID cards (front & back of card)
- Pictures & Lists of Belongings (This will help insurance appraisals in case you have to replace items. Try to get serial numbers for electronic devices. Walk through your house and make a video and/or photo inventory of what you have.)

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



## What Goes In Your Go Binder

*Continued*

### Financial Information

- ▣ Bank statements for checking & savings accounts
- ▣ Loan documents (mortgage, student loans, etc.)
- ▣ Investment account info (stocks, bonds, mutual funds)
- ▣ Retirement statements (social security, IRA, 401K)
- ▣ Internet banking passwords & account info
- ▣ Copy of recent paystubs
- ▣ Copy of recent tax returns
- ▣ Copy of recent utility bills

### Property Information

- ▣ Loan information/mortgage records
- ▣ Titles & Deeds
- ▣ Lease agreements
- ▣ Automobile/vehicle information (registration, title, bill of sale, license plate # and VIN#)
- ▣ Will and trust info (Ask your legal advisor which key parts you should copy.)
- ▣ Home inventory list/pictures/video (This will help to show insurance what needs to be replaced.)

Have copies of receipts to show price & date of purchase, model number, and serial numbers for big ticket items.

- ▣ Copies of Keys (home, cars, safes, business, RV, mailbox, safety deposit box, storage unit, etc.)
- ▣ Deed to cemetery lot

### Miscellaneous Information

- ▣ Cash -have a supply of small bills and some coins (You should also have cash in your 72-Hour Kit.)
- ▣ An "Evacuation Checklist"-Have multiple copies and assign different people to gather different things. People often panic in emergencies & this list will help you know what to get and where it's located.
- ▣ Maps/evacuation plans- Have the address and directions of where you plan to go if you need to evacuate your home. (Family member or friend's house, pet friendly motel, etc.)
- ▣ List of your passwords to websites. Try to come up with a code to encrypt this info since you don't want anyone to gain access to those websites.

## RECIPE CORNER BEANS

Beans are a great source of protein to have in your food storage. Canned beans are very convenient and easy to use, but it's a good idea to use and store dried beans too. You can buy black beans and white beans from the Church's online store or from the Home Storage Center in Fountain Valley. The beans in those number 10 cans will last for about 30 years. Each can has about 5.5 pounds of beans. Dried beans are also readily available in the grocery store for \$1 - \$2 per pound. A pound of dried beans will make the equivalent of about 2-3 cans of beans. With food prices going up, learning to cook dried beans would be a great way to save money. There are lots of great bean recipes out there.

My favorite way to cook beans is in my Instant Pot because it is so quick and easy. Here are some great articles to teach you how to cook beans.

### **Stove Top Method & Recipes That Use Beans:**

<https://www.kitchenstewardship.com/how-to-cook-dry-beans/>

### **Pressure Cooker Method:**

<https://www.kitchenstewardship.com/how-to-pressure-cook-dry-beans-without-soaking/>

## BLACK BEAN BROWNIES

Most people think of beans in savory recipes, but of course, I found a dessert. I was "afraid of" and intrigued by the idea of using beans to make brownies, but my curiosity won out and I'm so glad it did. These are very yummy, fudge like brownies.

- 1 15 oz. can black beans
- ¼ cup honey
- 1/3 cup coconut oil, melted
- 1 tsp. vanilla extract
- ¼ cup coconut sugar
- ¼ cup cocoa powder
- ½ tsp. baking powder.
- 2 large eggs
- ¾ chocolate chips divided



Preheat oven to 350 degrees & grease an 8x8" pan. Combine all ingredients except chocolate chips in a blender and blend well. Mix in ½ cup chocolate chips by hand. Pour batter into the pan, then sprinkle with remaining chocolate chips. Bake 25 - 30 minutes, or until the top is set. Let cool, cut, and enjoy! Store in the fridge, but microwave for 15 seconds to "restore" fresh-from-oven gooeyness.

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!*

Here are some great recipes for using dried beans. Both come from 100 Days of Real Food: Fast & Fabulous by Lisa Leake. She also has great recipes on her blog: <https://www.100daysofrealfood.com/>.

### **Slow Cooker Black Bean Soup** (Can also be made in the Instant Pot)

1 ½ cups dried black beans (rinsed & picked over to remove any discolored or grossly misshapen beans)  
4 cups chicken or veggie broth  
1 onion, roughly diced  
1 bell pepper (any color), roughly diced  
3 garlic cloves, minced  
1 jalapeño, seeded, de-ribbed, and minced (optional)  
2 teaspoons chili powder  
1 teaspoon ground cumin  
1 teaspoon salt

Toppings: Grated Monterey Jack cheese, sour cream, cilantro, brown rice.

1. Combine all the ingredients in the slow cooker with 2 cups of water. Cover and cook on high for 8-10 hours or overnight.
2. Blend until smooth with an immersion blender or in batches in a stand blender. You can have a smooth puree or leave it slightly chunky. Serve warm with the desired toppings or store in the fridge or freezer.

*Notes from Laurel:* I cook it in my Instant Pot for 25 minutes on manual. I will also add some lime juice. At the RS meeting we added some crema Mexicana and some queso fresco and it was delicious! I like to make a double batch and freeze enough for a future meal as a gift to myself when life is crazy. I heat the giant frozen soup block in my Instant Pot for a delicious, easy meal.

### **White Chicken Chili**

1 tablespoon olive oil  
½ onion, diced  
½ jalapeño, minced  
1 pound boneless, skinless chicken breasts, cut into 1-inch pieces  
1 teaspoon chili powder  
1 teaspoon ground cumin  
1 ¼ teaspoons salt  
¼ cayenne pepper  
½ cup frozen corn kernels (no need to thaw)  
two 15 ounce cans white beans (such as Great Northern or cannellini), drained and rinsed \*  
1 ¾ cups chicken broth  
¼ cup heavy cream  
Toppings: chopped cilantro, sour cream, grated Monterey Jack cheese, diced avocado and/or tortilla strips

1. In a medium soup pot, heat the olive oil over medium heat. Add the onions and jalapeño and cook, stirring until the onion has softened, 2 to 3 minutes.
2. Add the chicken and cook, stirring occasionally, until it is lightly browned on the outside and no longer pink on the inside (add more olive oil if the part starts to dry out), 4 to 5 minutes.
3. Toss the minced garlic and spices into the pot and turn a few times to coat the chicken evenly. Add the corn, beans, and chicken broth and bring to a boil. Reduce the heat to low and simmer, about 20 minutes.
4. Break up some of the beans with the back of a wooden spoon to help thicken the chili. Stir in the cream, garnish with the desired toppings, and serve.

\*Notes from Laurel: I soaked 2 cups dried white beans overnight. I used the saute function on my Instant Pot to do the first steps, then added my soaked beans (after rinsing and draining them again) instead of the canned beans and added 2 ½ cups broth. I cooked them on the manual setting for 27 minutes and then did a 7 minute pressure release.

## White Bean Blondies

★★★★★ 4.7 from 30 reviews

*Naturally sweetened recipe for delicious white bean blondies – my kids love it! Baking with beans instead of flour adds protein to this healthy dessert.*

Author: [Tiffany](#)

Prep Time: 5 mins

Cook Time: 20 mins

Total Time: 25 minutes

Yield: 9 blondies

Category: Dessert

Method: Oven

Cuisine: American

### ingredients

- 1 1/2 cups cooked white beans (I used great northern)
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup [honey](#)
- 2 tsp vanilla (make your own [here](#))
- 1/2 cup + 2 Tbsp [rolled oats](#)
- 1/4 cup butter, melted
- 1/2 cup vanilla chips (optional, can use whatever chips you'd like)



**Note:** I, Laurel, just tried these with butterscotch chips and I like them even better than white chocolate or dark chocolate chips.

### instructions

1. Preheat the oven to 350F. Line an 8x8 glass pan with parchment paper.
2. Combine all the ingredients in a blender and blend until the batter is mostly smooth. You likely will have some oats that are not entirely ground up, but the rest of the batter should be smooth.
3. Pour the batter into the prepared pan and bake for 15-20 minutes, until the tops are medium golden brown. Careful not to undercook the brownies as the center will remain gooey.
4. Allow the brownies to cool completely before cutting.

Find it online: <https://dontwastethecrumbs.com/white-bean-blondies/>



# Black Bean Brownies



These are the best black bean brownies ever! This healthy dessert recipe is gluten-free, dairy-free, has no refined sugar and is ready in 30 minutes!

<b>Course</b>	Dessert
<b>Cuisine</b>	American
<b>Keyword</b>	black bean brownie recipe, black bean brownies, healthy brownie recipe
<b>Prep Time</b>	5 minutes
<b>Cook Time</b>	25 minutes
<b>Total Time</b>	30 minutes
<b>Servings</b>	9 brownies
<b>Calories</b>	198
<b>Author</b>	Laura

## Ingredients

- 1 15 ounce can black beans, drained, and rinsed
- ¼ cup honey
- 1/3 cup coconut oil melted
- 1 tsp vanilla extract
- ¼ cup coconut sugar
- ¼ cup cocoa powder
- ½ teaspoon baking powder
- ¼ tsp sea salt
- 2 large eggs
- ¾ cup chocolate chips divided

## Instructions

1. Preheat oven to 350 degrees F. Grease an 8x8" baking pan and set aside.
2. Put beans, coconut oil, coconut sugar and honey into the container of your ([Vitamix](#)) or [food processor](#). Blend until well combined.
3. Add cocoa powder, salt, baking powder and vanilla. Blend until smooth.
4. Add in eggs and blend until just combined.
5. Mix in ½ cup chocolate chips by hand.
6. Pour into greased 8x8-inch pan and top with remaining ¼ cup chocolate chips.
7. Bake for 25-30 minutes or until the top is set and brownies are just barely pulling away from the sides.
8. Let cool, cut and ENJOY!
9. Store in an airtight container in the refrigerator. Reheat for 15 seconds in the microwave to restore the fresh-from the oven gooeyness.

## Notes