

JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

Last year we put together a 3-minute kit for each household member. The idea behind these kits is that if an emergency happened in the middle of the night, you would be able to reach under your bed and have some very important items to help you safely get out of your house right away. Now it's time to dust off those kits, see what's inside, and update them as needed. If you have kids, there's a good chance that the shoes and clothes you put in there last year don't fit them anymore, so you'll need to replace them with new items. You should also check your flashlight for corrosion and put in fresh batteries.

It's also a great time to consider upgrading your kit with a few other items. See *Time For More?* for more ideas, but the most important one I would suggest is having a small wallet card with important phone numbers and information, like your ICE (In Case of Emergency) contact, out-of-state contact, insurance company, utility companies, etc. Having those numbers will make your life easier in a tough situation. (It's also handy when you have to fill out forms for schools and doctors.)

Here's a link to the Neighbor Helping Neighbor website video about 3 minute kits:
<http://www.nhnpreparedness.com/p/first-three-minutes.html>



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

February's ONE Thing

UPDATE AND UPGRADE YOUR 3-MINUTE KITS.

Wallet Card Emergency Contact Information

If you were away from home and couldn't use your cell phone, would you know how to reach your family members or out-of-state contact person? What if you had to leave your house without your phone in the middle of the night? *Everyone in your family should have a paper copy of important numbers and your family meeting plan.* Gather those key names and numbers and keep a hard copy in your wallet, 3-minute kit, 72-hour kits, child's backpack, suitcase, etc.

You can quickly fill out a basic card or you can do a more "advanced" card with lots of information. I love the long, accordion-style wallet card because you can get so much information in such a small space. It takes longer to gather the information and type it up, but you have great piece of mind when it's done. You can easily print up lots of copies of it, and since the pdf form adjusts the font size for you, you don't have to worry about trying to write really small to fit all your information in a small space or about messy handwriting.

Note: At the time of publication, it looks like FEMA changed some things on their website and I can't find the same pdf forms as in the past. I will attach the pdf files of the old forms I like to this newsletter, so you can see what they look like, but they're not editable. However, I did a test email and I was able to edit the files I sent to myself, so if you want to be able to type in the info, email me and I'll send you the file: Laurel Evans at OrangeStakePreparedness@gmail.com.

Here's a basic level wallet card (It's not editable):

https://www.fema.gov/pdf/privatesector/step/family_communication_plan_cards.pdf

Here's the current FEMA form (Scroll down page to find new forms): <https://www.ready.gov/plan>

There is a lot of great info on this page, even if the form isn't the best, so be sure to read it over.



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

EMERGENCY LANYARD



This is my favorite 3-minute kit upgrade: The Emergency Lanyard. I type up the advanced level, accordion-style emergency information card, fold it up, and put it in a badge holder along with a current family photo. Be sure to date the photo and write people's names on the back. I attach a small metal whistle and flashlight to the lanyard and put one in each person's kit. When we do our practice evacuations, we practice putting the lanyard around our necks right away so we can always have that key info with us. If we were unable to talk, we would have ID and contact info that emergency workers could use. We also have glow sticks in our kits that we can attach to the lanyard so we can have a constant light source without wearing out our flashlights. FYI, this little flashlight isn't very powerful, but it helps you locate your other emergency kit items and get your shoes on in the dark.

OTHER KIT UPGRADE IDEAS

I admit that I came up with so many ideas of little things to keep in our 3-minute kits, that it was no longer practical to keep them in the plastic bag with our shoes. I found some \$3 backpacks to put other items in, so now we each have a plastic bag with our shoes and socks in it and a little backpack with all our other supplies in it attached to our beds. (We use velcro straps to attach them.) We have a separate backpack with dog supplies in it too.

In addition to the basic kit supplies and emergency lanyard, here are some other ideas for things to include in your upgraded 3-minute kit:

- money
- small first aid kit
- extra flashlight batteries*
- eye glasses
- glow sticks
- Swiss army knife
- extra underwear
- pet supplies
- prescription medicine
- masks
- hand sanitizer*
- multi-tool
- pet supplies



*Store these items in a plastic Ziploc bag in case they leak.

RECIPE CORNER- POWDERED MILK

I grew up having to drink powdered milk and now I never drink it by choice. However, I do stock it in my food storage. There are actually a lot of ways to use it besides just drinking it as plain milk, so check out the attached recipes for ideas on how to use it.

A few years ago I did some taste testing as part of a Relief Society activity and tried a variety of ways to improve the taste of powdered milk. We found that if we added about a 1/2 teaspoon of vanilla and 1-2 teaspoons of sugar per gallon, it greatly improved the taste. Also, definitely chill the milk before drinking.

The attached pdf is an excerpt from a food storage recipe booklet that the cannery used to sell, called [New Ideas For Cooking With Basic Food Storage](#).

This recipe is one of the first recipes I ever learned to make. We first had these as snacks at my brother's Cub Scouts meeting and they are called "Cub Kisses."

CUB KISSES

- 1 cup powdered milk
- 1 cup peanut butter
- 1 cup honey

Combine all the ingredients in a bowl and mix well. If mixture is too runny, refrigerate until firm. Break off about 1 tablespoon and wrap it in wax paper. Twist ends of wax paper like you do for homemade caramels. You can easily half or double this recipe.



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. Happy Preparing! *You can do this!*

WHO SAID POWDERED MILK ISN'T GOOD?

(From USU Extension Service)

USE DRY MILK IN ANY RECIPE

Adding additional milk to the recipe will enhance the nutritive value of the recipe.

In any recipe calling for milk, simply add the dry milk to other dry ingredients. Sift to blend, then add water for the milk called for in the recipe.

For use in meat loaf, hamburgers, etc., use $\frac{1}{4}$ to $\frac{1}{2}$ cup per pound of meat.

In mashed potatoes: mash cooked potatoes, then add $\frac{1}{4}$ cup dry milk for each cup of potatoes. Use either the water the potatoes were cooked in or fresh milk to give the right consistency.

Cooked cereals: add $\frac{1}{4}$ to $\frac{1}{2}$ cup dry milk to each cup of cereal before cooking.

MAGIC MIX

4 cups instant (2 $\frac{1}{2}$ non-instant) dry milk
1 cup flour or $\frac{1}{2}$ cup cornstarch 1 cup (2 sticks) margarine

Combine dry milk, flour, and margarine into a large bowl and mix until it looks like cornmeal. Keep mix tightly covered in the refrigerator. (Makes 5 cups Magic Mix.)

NOTE: Magic Mix can be used in many recipes to make food preparation easy and economical. Try a few of the following recipes.

CREAM SOUP

Serves 4

4 cups water 2 cups Magic Mix
1 cube or 1 tsp bouillon granules

Add one or more of the following:

3 cooked carrots, mashed
3 potatoes, cooked and chopped
and 1 Tbs. chopped onion
1 can chopped clams
1 package chopped spinach, cooked
1 can cream-style corn and 1 Tbs. chopped onion

Combine water, Magic Mix, and bouillon in saucepan. Stir over medium heat until slightly thick. Add desired ingredients. Heat thoroughly.

WHITE SAUCE

Makes 1 cup

$\frac{3}{4}$ cup Magic Mix
1 cup water

In saucepan combine Magic Mix and water. Stir rapidly over medium heat until it starts to bubble.

NOTE: Use Magic Sauce for all recipes calling for a white or cream sauce.

MACARONI AND CHEESE

Serves 4

1 cup white sauce from Magic Mix
1 cup uncooked macaroni
4 - 5 ounces grated cheese (about 1 cup)
 $\frac{1}{2}$ - 1 tsp salt or garlic salt (optional)

Cook macaroni in boiling water until tender. Drain. Combine macaroni, white sauce, cheese and seasoning. Heat through.

PUDDING

Makes 4 $\frac{1}{2}$ -cup servings

$\frac{1}{2}$ cup sugar 2-3 Tbs. cocoa (optional)
1 cup Magic Mix 2 cups water
1 tsp vanilla

Combine Magic Mix, sugar and cocoa in saucepan and mix well. Add water, stir over medium heat until pudding bubbles. Add vanilla and beat. Cover and cool.

FUDGESICLES

1 pudding recipe (see above) $\frac{1}{2}$ cup milk

Prepare pudding according to directions. Stir in milk and beat until smooth. Pour mixture into ice cube trays or small plastic cups. Insert plastic spoon and freeze until solid.

WHIPPED TOPPING

6 Tbs. instant (3- $\frac{1}{2}$ non-instant) dry milk
1 cup boiling water 2 tsp unflavored gelatin
2 Tbs. cold water 2-4 Tbs. sugar
1 tsp vanilla

Dissolve the milk in the cup of water and scald. Soak the gelatin in cold water. Combine the scalded milk, dissolved gelatin and sugar. Stir and chill in the refrigerator until it jells. Now beat the mixture until it acquires the consistency of whipped cream. Add the vanilla and whip again.

BUTTERMILK

1 cup instant (1- $\frac{3}{4}$ instant) dry milk 3 cups slightly warm water
 $\frac{1}{2}$ cup commercial or previously made buttermilk

Shake or beat until blended. Cover and allow to stand at room temperature until clabbered (6-12 hours). Refrigerate after clabbering. (Makes 1 quart)

NOTE: Buttermilk will keep in the refrigerator for 2-3 weeks. It may be frozen. It will be necessary to use a fresh start of buttermilk occasionally.

Excerpt from New Ideas for Cooking With Basic Food Storage
May 1997

BAKERS CHEESE

(Tastes like Ricotta or cream cheese, may be used in any recipe calling for either cheese.)

¼ rennet tablet (Junket) 2 quarts warm water
3 cups non-instant (5-½ cups instant) dry milk
½ cup buttermilk

Dissolve rennet tablet in warm water. Thoroughly mix in dry milk. Cover and allow to stand at room temperature until set (about 5-10 hours). Pour into a cheesecloth covered strainer, close the cheesecloth and squeeze out as much whey as possible. The whey may be saved for use in bread. Place the cheese in the refrigerator until well chilled (usually overnight). Knead cheese until the texture is smooth. Cheese will freeze well for up to 6 months. (Makes about 1 pound)

(Rennet is available in most grocery stores near the gelatin section. Rennet is the enzyme rennin).

SWEETENED CONDENSED MILK

Makes about 14 ounces

¾ cup non-instant (1-½ instant) dry milk
¾ cup sugar ½ cup hot tap water

Place hot water in blender. With blender going add sugar and dry milk, blend until smooth.

COCOA MIX

Makes enough for 10 quarts or 40 one-cup servings

15 cups instant dry milk 1-½ cups sugar
1 cup cocoa 1-½ tsp salt

Mix well.

To use: Mix ½ cup mix with 1 cup hot water.

RICH COCOA MIX

Makes enough for 8 quarts

10 ¾ cups instant dry milk 1 jar (6 oz) instant coffee creamer
1 pound can instant chocolate ½ cup powdered sugar

Mix well.

To use: Mix ¼ cup mix with 1 cup hot water.

PEANUT BUTTER CHEWS

1 cup powdered sugar 2 cups instant (cup non-instant) dry milk
1 cup peanut butter 1 cup corn syrup or honey

Mix powdered sugar and powdered milk thoroughly. Add peanut butter and syrup mixture. You may need to knead it with your hands. Press into a cake pan or roll into walnut size balls.

Variations: Add nuts or Rice Krispies. Dip in chocolate.

USING POWDERED MILK

Foods made with powdered milk will have fewer calories and less cholesterol than those made from whole milk. Adding additional milk to the recipe will enhance the nutritive value of the recipe.

In any recipe calling for milk, simply add the dry milk to other dry ingredients. Sift to blend, then add water for the milk called for in the recipe.

Recipes call for many types of milk. All of the following can be made from powdered milk.

Whole Milk

1 cup water ¼ cup powdered milk

Evaporated Milk

1 cup water ¾ cup powdered milk

Whipped Evaporated Milk

Makes 3 cups

1 cup evaporated milk 2 Tbs. lemon juice

Thoroughly chill evaporated milk. Add lemon juice and whip until stiff. Sweeten and flavor as desired.

Condensed Milk

½ cup hot water 1 cup sugar
1 cup powdered milk

Blend thoroughly in blender. Can be stored in refrigerator or frozen.

"Eagle Brand" Sweetened Condensed Milk

1 Cup hot water 2 cups sugar
4 cups powdered milk ¼ cup butter

Blend in blender very well. Can be stored in the refrigerator or frozen.

Buttermilk or Sour Milk

1 cup water ½ cup powdered milk
1 Tbs. vinegar or lemon juice

Drinkable Powdered Milk

To improve the flavor of powdered milk, mix it half and half with whole or 2% milk. Another suggestion would be to try adding a little sugar or vanilla to enhance the flavor. Let it chill several hours before drinking.

Sweetened Condensed Milk = 1 1/4 oz. can

½ c. hot water
1 c. powdered milk
1 c. sugar
1 T. butter

Blend well in blender. Can be stored in fridge or freezer.

This is a basic card that you can quickly handwrite and have some key information without too much effort. The original pdf can be found at: https://www.fema.gov/pdf/privatesector/step/family_communication_plan_cards.pdf

Family Communication Plan Cards

Every member of the family should carry a copy of this important information.


<p>Other Important Phone Numbers & Information:</p> <p> Family Communications Plan</p> <p>Contact Name: _____ Telephone: _____</p> <p>Out-of-State Contact Name: _____ Telephone: _____</p> <p>Neighborhood Meeting Place: _____ Meeting Place Telephone: _____</p> <p><i>Dial 9-1-1 for Emergencies!</i></p>	<p>Other Important Phone Numbers & Information:</p> <p> Family Communications Plan</p> <p>Contact Name: _____ Telephone: _____</p> <p>Out-of-State Contact Name: _____ Telephone: _____</p> <p>Neighborhood Meeting Place: _____ Meeting Place Telephone: _____</p> <p><i>Dial 9-1-1 for Emergencies!</i></p>
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I call this the "intermediate card" since it have more information than the basic card. If you would like an editable version of the pdf, please contact Laurel Evans at OrangeStakePreparedness@gmail.com

Adult



Family Emergency Plan



Personal ID

Name: _____ DOB: _____

Address 1: _____ State: _____ Zip: _____

Address 2: _____ State: _____ Zip: _____

Home Phone: _____ E-mail: _____

Cell Phone: _____ Other E-mail: _____

Special Needs, Medical Conditions, Allergies, Important Information:

Ready ✓

Work

Business Name: _____

Address: _____ State: _____ Zip: _____

Office Phone: _____

Point of Contact or Special Instructions:

Work Emergency Plan:

Name: _____ DOB: _____ Sex: _____ Children _____

Identifying Characteristics: _____

School/Daycare: _____ Address: _____

School Phone: _____ Cell Phone: _____

Name: _____ DOB: _____ Sex: _____

Identifying Characteristics: _____

School/Daycare: _____ Address: _____

School Phone: _____ Cell Phone: _____

Name: _____ DOB: _____ Sex: _____

Identifying Characteristics: _____

School/Daycare: _____ Address: _____

School Phone: _____ Cell Phone: _____

Neighborhood Emergency Meeting Place

Name: _____

Address: _____ State: _____ Zip: _____ Phone: _____

Point of Contact or Special Instructions:

Out of Neighborhood Emergency Meeting Place

Name: _____

Address: _____ State: _____ Zip: _____ Phone: _____

Point of Contact or Special Instructions:

Out of Town Emergency Meeting Place

Name: _____

Address: _____ State: _____ Zip: _____ Phone: _____

Point of Contact or Special Instructions:

Important Numbers or Information

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Type: _____ Age: _____ **Pets**

Name: _____ Type: _____ Age: _____

Veterinarian Phone: _____

DIAL 911 FOR EMERGENCIES

Place additional information on the reverse side as needed.

< FOLD HERE >


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Ready ✓

This is my favorite wallet card. I call it the "advanced card" since it has a lot more information than the basic card. If you would like an editable version of the pdf, please contact Laurel Evans at OrangeStakePreparedness@gmail.com. After you print up your completed form, cut apart the strips, then tape them together, fold the card accordion-style, put a copy in your wallet, your kits, car, etc. and enjoy your piece of mind.



**AMERICA'S
PrepareAthon!**
BE SMART. TAKE PART. PREPARE.



Ready

Write your family's name above

Family Emergency Communication Plan

HOUSEHOLD INFORMATION

Home #:

Address:

Name: Mobile #:

Other # or social media: Email:

Important medical or other information:

Name: Mobile #:

Other # or social media: Email:

Important medical or other information:

IN CASE OF EMERGENCY (ICE) CONTACT

Name: Mobile #:

Home #: Email:

Address:

OUT-OF-TOWN CONTACT

Name: Mobile #:

Home #: Email:

Address:

EMERGENCY MEETING PLACES

Indoor:

Instructions:

Neighborhood:

Instructions:

SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS

Name:

Address:

Emergency/Hotline #: Website:

Emergency Plan/Pick-Up:

Name:

Address:

Emergency/Hotline #: Website:

Emergency Plan/Pick-Up:

IMPORTANT NUMBERS OR INFORMATION

Police: Dial 911 or #:

Fire: Dial 911 or #:

Poison Control: #:

Doctor: #:

Doctor: #:

Pediatrician: #:

Dentist: #:

Medical Insurance: #:

Policy #:

Medical Insurance: #:

Policy #:

Hospital/Clinic: #:

Pharmacy: #:

Homeowner/Rental Insurance: #:

Policy #:

Flood Insurance: #:

Policy #:

Veterinarian: #:

Kennel: #:

Electric Company: #:

Gas Company: #:

Water Company: #:

Alternate/Accessible Transportation: #:

Other:

Other: