

JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

You never know if you'll be home when an emergency happens, so you should have an emergency kit in each car. Over the years, my car kits have bailed me out many times. A well-stocked car kit will probably be most used for life's little emergencies, but because you are prepared, you can keep a little emergency from turning into a bigger problem.

Here are a few examples of how my kit has helped me out: When my kids were very young there were multiple occasions when I was glad to have some extra diapers and clothes when they went through everything in my diaper bag supply. A "car blankie" and some car books and toys were essential. I also remember the time when I wore a pair of flip flops while driving to a far away walking field trip. When I went to change into my walking shoes, I realized that I had grabbed two left shoes from two very similar looking pairs of shoes in my closet. Thankfully, I had an extra pair of shoes in the car kit, so it all worked out. Then there was the time I thought I had plenty of cash in my wallet, only to discover that I had no cash. Again, car emergency kit to the rescue. Recently, my boys ran out of water at an activity and weren't able to refill their water bottles, but no worries, we were able to get some of our car water supply. (Now I just have to remember to restock that water!)

Not only will your kit bless your family, you can also help others too. I've been able to use my jumper cables to help a stranded motorist and band-aids from my first aid kit have also helped kids who have fallen at parks and scraped their knees. If you don't already have a kit in your car, I hope you will get one soon. It's wonderful to be prepared!

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

August's ONE Thing

Make an 72 hour kit for each car.

FIRST 3 DAYS



EMERGENCY CAR KITS

While emergency car kits are wonderful to have, they do take regular maintenance. Ideally, you should be updating food and clothes in your kits every 6-12 months. Kids grow fast, so you definitely need to change out clothes and shoes at least annually. Extreme heat in cars means you need to change out the food regularly too. However, I have to admit that in recent years, I have not been good at updating my kit on a regular basis. I think my boys have already outgrown the clothes I bought, but never put in their kits. My goal is to get my own car kits in order this month.

Here are some tips on keeping your kits in good shape. 1) Use Ziplock bags to keep everything organized and safe from spills/leakage. 2) Use gallon sized bags for sets of kids clothes and write the size on the outside of the bag. As one child outgrows those clothes, pass them down to the next child's kits. 3) Keep food in separate bags. I have been surprised that certain packaging ended up leaking or that something melted, and I was so glad the mess was contained. 4) Write the expiration date of your food/water on the outside of the bag so you know when to replace it. 5) Pack napkins & plastic utensils and wipes.

Now is a great time to find backpacks on sale, so get some at a good price and just start adding supplies as you're able. Don't wait until it's perfect. Doing something is better than nothing!



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

CAR KIT CONTENT IDEAS

Here are some ideas for what to put in your kits.

Supplies for your vehicle:

- ▣ Flashlight & extra batteries
- ▣ Road flares
- ▣ Jumper cables
- ▣ Basic Tool Kit
- ▣ Sturdy work gloves
- ▣ Car fire extinguisher
- ▣ Fix-a-Flat
- ▣ Spare tire, jack, tire iron
- ▣ Tow rope/strap
- ▣ Duct tape
- ▣ Shovel
- ▣ Emergency light
- ▣ Trash bags
- ▣ Emergency radio



Supplies for passengers:

- ▣ Water
- ▣ Food
- ▣ Spare clothes
- ▣ Jacket
- ▣ Walking shoes
- ▣ First Aid Kit
- ▣ Blanket
- ▣ Extra cash
- ▣ Diapers, wipes
- ▣ Sanitation supplies
- ▣ Knife/multi-tool
- ▣ Rain ponchos/umbrella
- ▣ Trash bags
- ▣ Entertainment (cards, books, coloring books, etc.)

Note: Store colored pencils, not crayons

- ▣ Permanent marker, pens, pad of paper
- ▣ Sunscreen
- ▣ Rags/paper towels
- ▣ Emergency car toilet

Here are a couple of links with some more ideas about car kits:

<http://foodstorageandsurvival.com/car-emergency-kit/>

<https://bugoutbagacademy.com/car-emergency-kit-must-haves/>

<https://www.foodstoragegemos.com/emergency-car-toilet/>

RECIPE CORNER

SPAGHETTI BITES & MACARONI

In case you are wondering, "spaghetti bites" are spaghetti noodles that are only about 3 inches long. They're not super exciting, but since they're sealed in a #10 can, their shelf life is 30 years.



INSTANT POT PASTA

This is more of a method, than a recipe, but I'm excited to share it with you. It usually takes a lot of water and fuel to boil pasta, but not this method. Since I'm still without a kitchen, I wondered if I could cook dry pasta in my Instant Pot. It turns out that you can and it's super simple, so this may be my permanent way of making pasta.

If you don't have an Instant Pot or if the electricity has gone out in an emergency, this method won't help you, but it's a good method to use as you're rotating through your food supply.

Instant Pot Pasta Method:

- 1) Add 12-16 oz. of dried pasta to the Instant Pot.
- 2) Add just enough water to barely cover the pasta.
- 3) Add salt and oil, if using.
- 4) Close lid and set valve to seal.
- 5) Cook on high pressure for 0 minutes, then natural release for 3 minutes.
- 6) Release pressure, then stir pasta immediately.
- 7) Drain pasta if needed.

Here's a link with more details about the process:

<https://lexiscleankitchen.com/how-to-cook-pasta-in-the-instant-pot/>

WHERE DO YOU PUT THIS STUFF?

Although I talk about a kit, I don't have all my supplies in just one spot. Some things are in a backpack that's in a crate, but some things are in my glove box and even in my spare tire well, and my flashlight is in the door compartment. My backpacks have personal items, but I have a separate, commercially made kit with my car supplies. So the answer to where I put it all is, wherever I can!

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!*