

JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

Last October I wrote about preparing for an emergency by having a 3- week supply of food and in November I wrote about alternative cooking methods and fuel, so check out back issues if you need a refresher on how to prepare for the first three weeks of an emergency. This month we'll start preparing for the First 3 Months. Although you might be able to use your kitchen pantry to store enough food for three weeks, a three-month food supply will probably not fit, especially if you live in an apartment or condo. It's important to find other locations in your house to store food. However, this might take some planning and creativity.

This month, take the time to find a good place(s) to store your food. The ideal place to store food is somewhere that is cool, dry, away from sunlight, and that maintains a constant temperature between 40 – 60 degrees F. It may be challenging to meet all those requirements, but do your best. If your conditions are less than ideal, rotate your food more frequently.

Here are some ideas for places to store food: Under beds, under stairs, behind a couch, or on a shelf at the back of a closet. You could also get more creative and use number ten cans and wood to make bookshelves, or put a piece of wood on top of food storage boxes to make a table, then cover it with a tablecloth so nobody will know it's your clever food storage. See below for more ideas on where to store your food.

Here are some links to more ideas about where to put your food storage:

- <http://foodstoragemadeeasy.net/fsme/docs/smallspaces.pdf>
- <https://urbansurvivalsite.com/food-storage-locations-people-small-homes/>
- <https://www.buildastash.com/post/hide-food-storage#:~:text=You can place sheetrock or,boxes that would fit well.>

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

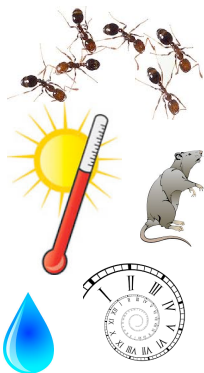
Water Supply
1 gallon per person per day



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

October's ONE Thing

Go around your house and identify places where you can store an emergency food supply. Get creative.



ENEMIES OF FOOD STORAGE



Your food storage supply is an investment that you need to protect, not only so you haven't wasted your money, but also so that you actually have the supplies you need when you need them. There are plenty of things that destroy food storage. These include air, chemical contamination, insects, light, moisture, rodents, temperature, and time. Prepare your space by making sure you seal all cracks and crevices where insects and rodents might get in. Make sure to keep your food storage off the ground to ensure proper air circulation and to prevent moisture from the ground from seeping in or chemicals from cement from leaching from into the food. Shelving is great, but you can also use pallets or bricks to lift things off the floor. Buy food that's already packed in containers designed for long term storage, or buy containers suitable for long-term storage and put prepackaged food inside.

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

MORE THOUGHTS ON LOCATION: CONVENIENCE

When looking for storage locations don't forget the adage to "store what you eat and eat what you store." First, make sure you're storing food that your family will eat, then make sure that you periodically rotate your supply and use the food you have. In order to use your food, you'll need for it to be *conveniently located*. Store food somewhere easy to get to so you will actually use it while it's still good. If it's too much trouble to get to the food, you won't use it and that does you no good.

Food has a shelf-life, which is how long it will last and still retain its nutritional value and taste good. Items with a long shelf life, like freeze dried foods packaged in number 10 cans can last up to 25 years, so they are good options to put in places that are harder to access. Everyday canned items may last 1-3 years, even beyond the date printed on the can. Packaged goods like cereal, pasta, and crackers won't last as long, so pay attention to the best by dates. The items with the shorter shelf life should be easier to get at so that you will use them more often.

Another important tip is to write down what food you have stored, when you bought it, where you stored it, and when it expires. It's so easy to forget all that information, so do yourself a favor and write it down when you store it. Then put that info in a designated notebook. When you are planning your meals, periodically review your list and use some of the items in your food storage. After you have used an item, make sure you replace it with a fresh item so you don't deplete your supplies.



ATTENTION ALL HAM RADIO OPERATORS & BISHOPS

Please join us each month on the **first Sunday of the month** for a quick radio check-in. Alan McQueen runs our **net at 7:30 p.m. and 9:30 p.m. on Red 1 (144.310 MHz)**. It's a great chance to test out your equipment. (Bishops, if you don't have a ham license, find someone in your ward who does, and meet with them to check in with the Stake President.) Each ward should be able to report via ham radio.

RECIPE CORNER

This month's recipe has come to my rescue many times over the years for "Help! I didn't have time to plan/shop/prepare dinner and I need to feed my family" type of "emergencies." Sometimes I even plan to make this because it's so good. You can use fresh ground beef or shredded chicken, or you can use canned meat or even freeze-dried meat. You can feed a large crowd or make a smaller amount, but you're basically just opening cans and dumping it all in a large pot. All the ingredients will last a long time in your food storage and are easy to find in the grocery store.

TACO SOUP

- 4 cans stewed tomatoes
- 2 cans black beans
- 2 cans pinto beans
- 4 cans kidney beans
- 2 small cans green chili's (diced)
- 2 cans corn
- 1 can pitted olives (small)
- 2 pkgs. taco seasoning
- 2 lbs. ground turkey/ beef **or** shredded chicken **or** canned meat **or** freeze dried meat.
- 4 cup water or broth



Optional Add-ins:
1 cup sour cream
3 cups grated cheese
Corn chips

If you're using fresh meat, brown ground beef/turkey and add a seasoning packet while you cook it. If using another meat option, just dump it in a large pot, along with the other ingredients. No need to drain your items, just dump all the contents in the pot. Add water/broth and taco seasoning. Stir together and heat over medium heat. You may need to adjust the seasonings to your taste. Once you serve the soup, add in your optional toppings and enjoy.

Notes: The above recipe makes a very large batch of soup, but you can easily half the recipe. You can also dump ingredients in a crockpot and let it heat up slowly, or dump ingredients in an Instant Pot to heat it up quickly.

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!*