

# JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

I know that just last month we started working on building up a 3-month supply of food, but this month I want you to start building up a 1-year supply of food too. The classic image of a year supply of food that many people have is of large buckets of wheat that nobody eats, but everybody stores. That's not the kind of long-term storage plan I have in mind. While wheat can be an important part of a year supply of food, there are many other items to include too such as white rice, corn, other grains, and dry beans/legumes. These foods can last 30+ years if properly packaged and stored.

Don't forget to customize your family's long term food plan to meet your likes and dietary constraints. Also, make sure that you know how to use the items you store. Ideally, you should rotate through some of your long-term storage items on a regular basis.

In addition to storing some basic dry goods, don't forget to store sugar, dry milk, baking soda, salt, and a variety of dehydrated or freeze-dried fruits and vegetables.

While freeze-dried foods can be pricey, they are an excellent choice for a long-term food supply since they have a shelf-life of about 25 years. Freeze-dried fruits and vegetables taste so much better than canned or dehydrated food! Plus, they retain most of their nutritional content.

Whatever you choose to store, the important thing is to start now!

**Here are some excellent resources to get you going with you 1-year food supply:**

- <http://foodstoragemadeeasy.net/babystep-checklists/>
- <http://foodstoragemadeeasy.net/helpful-tools/>
- <https://theprovidentprepper.org/long-term-food-storage-creative-solutions-to-build-a-critical-asset/>



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

## December's ONE Thing

**Start buying foods for your long-term food storage that have an extended shelf life.**

### WHERE TO BUY LONG-TERM FOOD STORAGE ITEMS

While you can definitely buy bulk items and package them yourself, the best way to get 25+ years of storage is to buy commercially packaged foods that are sealed in metal cans with oxygen absorbers inside. I won't promote any specific commercial brand, but you should know about the food sold by the Church of Jesus Christ of Latter-day Saints. You can buy select items online and have them delivered right to your home. You purchase a box of six, #10 cans of the same item, and the shipping is included in the price.

<https://store.churchofjesuschrist.org/usa/en/new-category/food-storage/food-storage/5637169327.c>



We used to have a Home Storage Center we could go to in person in Fountain Valley. However, I just found out that it has been shut down indefinitely. Now our nearest Home Storage Center is in Silmar, which is about 60 miles from here, so it looks like Church online store is our current easiest option unless you want to go on a field trip.

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

## GOT WHEAT. NOW WHAT?

Nowadays, people are busy and it's way more convenient to grab a bag of flour than it is to make your own flour. However, fresh ground wheat is better for you than all-purpose flour and it's much cheaper to grind your own than to buy it at the store. Also, it's not that hard to grind your own wheat.

Getting a wheat grinder can sound daunting and expensive, but it doesn't have to be. See the links below to find out more about choosing a grinder, how to use it, and so forth. There are a variety of options to fit every budget.

As for my household, I have a compact hand-powered grain mill for emergencies if there is not electricity, and I have a large and powerful electric grinder that I inherited, but hardly ever use. For my day-to-day needs, I just use my high-power blender to grind the wheat I need for a particular recipe. I don't have to dig around for any special equipment and it only takes a literal minute to grind my wheat. A high-power blender is a big investment, but I have had mine for about 20 years and I use it for all kinds of things all the time, so it was worth the up-front cost.

Here are links to find out more about wheat grinders (Also known as grain mills.):

<https://foodstoragemadeeasy.net/?s=wheat+grinders>

<https://the providentprepper.org/selecting-the-right-grain-mill-for-emergencies-and-everyday-use/>



Here are links to find out how to use your wheat:

<https://foodstoragemadeeasy.net/2017/05/23/storage-stovetop-wheat/>

<https://the providentprepper.org/super-survival-sprout-s-powerful-nutrition-from-your-stored-wheat/>



## RECIPE CORNER WHEAT

Even though most people think that food storage is all about wheat, this year I have intentionally not mentioned wheat until now. People are often intimidated by wheat and think they can only make whole wheat bread with it. Have no fear, you can do much more with wheat than make bread!

In our house we make weekly quintuple batches of whole wheat waffles or pancakes. Then we heat them in the air fryer for an easy, hearty, and wholesome breakfast. You can have your 'Eggo. Leave me the whole wheat waffle!

### WHOLE WHEAT WAFFLES

1 cup whole wheat flour

½ cup all-purpose flour

2 teaspoons baking powder

½ teaspoon salt

2 eggs

1 ½ cups milk

3 tablespoons vegetable oil



In a large bowl, stir together the whole wheat flour, all-purpose flour, baking powder, and salt with a fork until combined. Stir in the eggs, milk, and oil until blended. Pour the batter into your hot, seasoned waffle iron and cook according to manufacturer's instructions.

**Substitution Notes:** We often make these with einkorn wheat instead of red or white wheat. We have made them with oat flour with good results. We often use almond milk instead of cow's milk. We have even tried powdered eggs and powdered milk and they have worked out well.

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!*

# Easy Whole Wheat Recipes

## Whole Wheat Waffles

1 cup whole wheat flour  
½ cup all-purpose flour  
2 teaspoons baking powder  
½ teaspoon salt  
2 eggs  
1½ cups milk  
3 tablespoons vegetable oil

In a large bowl, stir together the whole wheat flour, all-purpose flour, baking powder, and salt with a fork until combined. Stir in the eggs, milk, and oil until blended. Pour the batter into your hot, seasoned waffle iron and cook according to manufacturer's instructions.

**Notes from Laurel:** After measuring out the dry ingredients, I'll use my 4-cup measuring cup to mix the wet ingredients together before adding them to the dry ingredients. It's easier to blend and it's one less dish to wash.

These waffles freeze well. Simply cool completely, then place in food storage bag and freeze for up to 2 months.

We often make a quintuple batch to heat up throughout the week. It's rare for any to make it to our freezer.

If you have a high-powered blender, it's very easy to grind your own whole wheat from the wheat berries. It's a good way to rotate through your food storage wheat.

**Substitution Notes:** We often make these with einkorn wheat instead of red or white wheat. We have made them with oat flour with good results. We often use almond milk instead of cow's milk. We have even tried powdered eggs and powdered milk and they have worked out well.

## Whole Wheat Pancakes

1 cup whole wheat flour  
½ cup all-purpose flour  
2 teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
1 egg  
½ cup milk  
½ cup plain yogurt  
4 tablespoons vegetable oil  
2 tablespoons honey

In a large bowl, stir together the whole wheat flour, all-purpose flour, baking powder, baking soda, and salt with a fork until combined. Stir in the egg, milk, yogurt, 2 tablespoons of the oil, and the honey until blended, though still lumpy.

In a large skillet, heat the remaining 2 tablespoons of oil over medium heat. Pour the batter by ¼ cupfuls into the skillet. Cook until the bottom is golden brown and the top is covered with bubbles. Turn the pancakes and cook for 1-2 minutes more or until done.

This is a denser pancake, full of flavor and texture. It is a good recipe for making smaller, "mouse ears" pancakes. (Think Mickey Mouse.)

**Note from Laurel:** I often end up adding a lot more milk to have a thinner batter.

If you made a big batch, it helps to put some wax paper between layers of pancakes so they don't stick to each other.

These recipes are from [The Baby Bistro Cookbook](#) by Joohee Muromcew