

# JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

Storing water is so extremely important that I keep revisiting it in these newsletters. We need water for cooking, personal hygiene, laundry, house cleaning, and so on. In my emergency preparedness research I am always reading about how people can live for three weeks without food, but only live for three days without water. That's not very long, so it's very important that you store plenty of water.

Our ongoing pandemic has shown us how quickly store shelves can be emptied of basics like water, and how supply chain issues can keep those shelves empty for a while. So now is a good time to take stock of how much water you have on hand and then start adding to that supply.

Last year we started with the minimum recommendation of storing at least 1 gallon per person per day, but this year I'm upping the challenge to store at least 2 gallons of water per person per day. Ideally, you should be storing at least 4 gallons per person, but we're taking baby steps here. If you already have a lot of water, hooray for you! If you don't, that's okay, just try to add more water to your storage. Don't forget to store water for your pets too.

I am attaching some tables to give you an idea of how much water you should be storing, plus a table that talks about the pros and cons of different types of storage containers. See *Just One Thing* back issues from June 2021 and September 2021 for more info on water.

## FIRST 3 DAYS



**Food Supply**  
Canned food is generally easiest



**Water Supply**  
1 gallon per person per day



**First Aid Supplies**

*Store all items in a portable container that is easy to access and travel with for a moderate distance.*



**Cash in small bills**



**Hygiene Supplies**  
Include Babies, Elderly & Feminine Needs



**Shelter Supplies**



**72 Hour Kit in Cars**

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

## May's ONE Thing

**Store at least 2 gallons of water per person per day for at least 3 days.**



### WATER STORAGE CONSIDERATIONS

The most thing to remember about water storage is to just do it! Many times people think that they don't have room to store a 55 gallon barrel, so they can't store water. This couldn't be further from the truth! It's important to store water in a variety of container sizes, so just start small and do the best you can. Start by buying a case of water at the store or by reusing an empty soda bottle. NEVER use an empty bleach container or empty milk carton, but feel free to use any container that once held something edible. Just make sure that you properly clean and disinfect that container before you use it to store water.



Here are a few basics to keep in mind when storing water: (1) Write the date you purchased/packaged the water so you know when to rotate it. (2) Make sure you rotate your water. (3) Try to store your water in a cool, dark place. (4) Don't store your water directly on cement. Put wood or cardboard between the water containers and the cement.

Next month I'll talk a little more about water filtration and preservation methods, but meanwhile

some links to articles with great information about water storage.

<https://theprovidentprepper.org/how-to-store-water-for-emergency-preparedness/>

<https://www.foodstoragemoms.com/how-to-store-water-pros-and-cons/>

<https://www.cdc.gov/healthywater/emergency/creating-storing-emergency-water-supply.html>



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



## STORING WATER

- Store water in a variety of container sizes
- Store in a cool, dark place, whenever possible
- Do NOT directly on cement
- If you have to store it outside, store it in an opaque container & rotate your water more often
- Use a food grade, lead-free drinking hose to fill up large containers (like you would use in an RV)
- Add 1/8 tsp. plain bleach to every gallon of water you store, and rotate every 6-12 months
- If you use water preservation drops, you only need to rotate water every 5 years
- If using large drums, also have a bung wrench, and water pump or siphon to get the water out of the barrel
- Store powdered drink mixes to cover up bleach taste



### Water Storage & Rotation Tips:

<https://simplefamilypreparedness.com/water-storage/>

<https://simplefamilypreparedness.com/rotating-emergency-water-storage/>

<http://foodstoragemadeeasy.net/2012/03/12/all-about-water-rotation/>

## ALTERNATIVE FUELS COOKING

Summer is coming up and it's a great time to practice alternative cooking skills. I'm going to be without a kitchen for a couple of months due to a remodeling project, so I'm going to use this opportunity to force me to practice some of those skills. If anybody wants to practice their skills too, feel free to contact me and we can figure it out together. I'm going to brush up on how to use a Volcano stove, Dutch-oven, propane camp stove, candle-powered oven, and butane stove, since that's what I have.



## CARAMEL SAUCE

This is a bonus, non-food storage recipe to go with the apple pudding. However, you could probably try powdered milk and find a way to make the sauce, I just haven't tried it.

- 1 cup butter
- 1 cup sweet cream or half & half
- 1 cup brown sugar
- 3 tsp. Vanilla

Mix ingredients, bring to a boil. Simmer until all ingredients dissolve and blend together, stirring frequently.

## RECIPE CORNER APPLES SLICES

Dehydrated apple slices are delicious right out of the can. At least they are when they're fresh. Although an unopened can will last about 30 years, once a can has been opened, the apples will get soggy over time. But don't despair, they're still good. My mom put some soggy apples on a cookie sheet, then put them in the oven at about 250 degrees until they were crunchy again. (She kept a close eye on them and checked them every few minutes so they wouldn't burn.)

If you don't want to eat them out of the can, you can rehydrate them and use them in any recipe that calls for sliced apples, like apple pie or an apple crisp, or can you puree them and make applesauce. You can also cut them up into small pieces and add them to homemade oatmeal along with cinnamon.

To rehydrate the apples, pour 1/2 - 3/4 cup hot water onto 1 cup of apples and allow to sit for 15 - 30 minutes. Pour off excess water and use in your favorite apple recipe.

### Here are some links to some recipes:

<https://littlehouseontheprairie.com/homemade-applesauce-inspired-by-little-house-on-the-prairie/>  
<https://www.thechunkychef.com/old-fashioned-easy-apple-crisp/>

## DORTHY'S APPLE PUDDING

Of course, I have a dessert recipe for you. This is an Evans' family recipe that has been around for awhile. (I have no idea who Dorothy is.) This is called a pudding, but it's really more of an apple cake. It's good on it's own, but amazing with the caramel sauce drizzled on top and ice cream on the side.

- 2 cups sugar
- 1/2 cup butter, softened
- 2 eggs
- 6 medium apples, peeled & diced (about 3 cups)  
(I used 3 cups rehydrated apple slices and cut them with kitchen shears to have smaller pieces.)
- 1 tsp. nutmeg
- 2 cups flour
- 1 tsp. cinnamon
- 1/2 tsp. cloves
- 2 tsp. baking soda
- 1 cup chopped nuts



Cream sugar and butter. Add eggs and beat well. Add diced apples. Mix dry ingredients, then add to creamed mixture and mix well. Bake in greased 9 x 13" pan for 50-60 minutes at 300 degrees.  
 Serve with caramel sauce and vanilla ice cream.

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!*

## Water Storage Container Options

**Note: No matter what container you choose, be sure to label it with the date so you'll know when you need to swap it out with fresh water.**

<b>Size</b>	<b>Type</b>	<b>Pros</b>	<b>Cons</b>	<b>Notes</b>
Small	<b>Empty Milk, Soda, or Juice Containers</b>	Easy to obtain Inexpensive	Not good for long term storage. Can take on flavor of previous liquid if not cleaned properly	Only use containers that once held food. First wash with dish soap and rinse with water. Then mix 1 tsp. bleach with 1 quart water and swish around bottle to sanitize bottle. Empty bleach water before adding clean water. Needs to be replaced every 6 – 12 months.
Small	<b>Bottled Water</b>	Portable, easy to grab and transport in an emergency. Convenient size. No hassle to use.	Not cost effective for storing large amounts of water. Chemical from plastic can leach into water over time. Not environmentally friendly.	Best stored in a cool, dark place. ( 68 – 77 degrees Fahrenheit). Needs to be replaced every 6 – 12 months.
Small	<b>Emergency Water Pouches</b>	Convenient size, easy to use and transport. Five year shelf life and no special storage is required. Great for emergency kits.	Each packet only holds 4.22 oz. Can get expensive to store a lot of water.	Similar to a juice pouch. There are several brands. Look for them online or in camping stores. Check label to make sure they are US Coast Guard Approved.
Small	<b>Aqua Blox Emergency Drinking Water</b>	Convenient size, easy to use and transport. Five year shelf life and no special storage required. Great for emergency kits.	They are crushable, and once crushed, they can leak. Can get expensive to store a lot of water.	Similar to a juice box and comes with a straw. They hold 6.75 – 8.45 oz. Look for them online or in camping stores. They are US Coast Guard Approved.

Small	<b>Emergency Drinking Water in a Can</b>	Most 30 year shelf life. Can withstand extreme temperatures.	They can be very expensive.	Make sure to store a can opener with your cans. Blue Can brand can last for 50 years.
Medium	<b>Water Bricks</b>	Stackable, so you can use space efficiently. Have handles so you can carry them.	Expensive initial investment.	They are more expensive than a 55 gallon barrel, but are great if you have limited storage space. They fit under beds or in closets.
Medium	<b>Water Cooler Bottles (With or without delivery service)</b>	You can have them delivered to your home. You can rotate through your supply regularly	It's more expensive than other options.	Think Sparkletts drinking water, but there are other brands too. Bottles come in 3 or 5 gallon size, There are racks you can buy to store up to 10 bottles stacked in a limited space.
Large	<b>Water Storage Barrels</b>	Inexpensive way to store a lot of water (55 gallons)	They are bulky & may be hard to store in a small apartment. It can be hard to get out the water.	Make sure they are BPA free. Do <i>not</i> store them directly on cement. Make sure you buy a bung wrench to open them, a spigot, and a pump to get the water out. Rotate the water every 6 -12 months unless you use a 5 year water preserver
Extra Large	<b>Water Tanks</b>	You can store LOTS of water (160- 360 gallons). They come with spigots and hose attachments. Some can be hooked in to your home water system to help keep the water fresh.	They can be expensive. They take up a lot of space, they are heavy, and aren't suitable for all locations.	Make sure they are BPA free. If hooked to your house water supply be aware of possibility of cross-contamination if your home supply becomes contaminated.

**Note: When filling containers, do not use a regular garden hose. Be sure to get one that is lead free, like the type used for trailers or motor homes. Consider adding 5 Year Water Preserver Concentrate so you don't have to rotate your supply every 6-12 months.**

**Note: The information in this table comes mostly from Prepare Your Family for Survival by Linda Loosli.**

## Water Storage Goals

### Good Storage Goal

1 gallon per person for 3 days

People in Household	Gallons to Store
1	3
2	6
3	9
4	12
5	15
6	18
7	21
8	24
9	27
10	30

### Better Storage Goals

2 gallons per person for 7 days

People in Household	Gallons to Store
1	7
2	14
3	28
4	56
5	70
6	84
7	98
8	112
9	126
10	140

### Best Storage Goals

4 gallons per person for 10 days

People in Household	Gallons to Store
1	40
2	80
3	120
4	160
5	200
6	240
7	280
8	320
9	360
10	400

**Note: Don't forget to store water for pets too.**