

LDS Preparedness Manual

The prudent see danger and take refuge,
but the simple keep going and suffer for it. Proverbs 27:12

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The degree of our preparation
will be equal to the extent of our obedience,
which will determine the measure of our peace of mind.
“Neil H. Leash”

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This manual has been prepared for,
and is intended to be read primarily by,
the active members of
[The Church of Jesus Christ of Latter-day Saints.](#)

Please Note:

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Preface

The Lord Warns and Forewarns

“In mercy the Lord warns and forewarns. He sees the coming storm, knows the forces operating to produce it, and calls aloud through His prophets, advises, counsels, exhorts, even commands—that we prepare for what is about to befall and take shelter while yet there is time. But we go our several ways, feasting and making merry, consoling conscience with the easy fancy of ‘time enough’ and in idle hope that the tempest will pass us by, or that, when it begins to gather thick and black about us we can turn back and find shelter.”

- *James E Talmage, The Parables of James E. Talmage, p. 50*

The Lord Holds Us Accountable

“Then whosoever heareth the sound of the trumpet, and taketh not warning; if the sword come, and take him away, his blood shall be upon his own head. He heard the sound of the trumpet, and took not warning; his blood shall be upon him. But he that taketh warning shall deliver his soul. ***But if the watchman see the sword come, and blow not the trumpet, and the people be not warned; if the sword come, and take [any] person from among them, he is taken away in his iniquity; but his blood will I require at the watchman's hand.***” *Ezekiel 33:4*

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It wasn't raining when Noah built the Ark

BOOK OF GOMER PARABLE

These are the generations of Gomer, son of Homer, son of Omer. And in the days of Gomer, Noah, the Prophet, went unto the people saying, "Prepare ye for the flood which is to come, yea, build yourselves a boat, that ye may not perish."

Now, Gomer was a member of the Church, and taught Sunday School and played, yea, even on the ward softball team. And Gomer's wife said unto him, "Come, let us build unto ourselves a boat as the Prophet commandeth, that we may not perish in the flood." But behold, Gomer saith unto his wife, "Worry not, dear wife, for if the flood comes the government will provide boats for us."

And Gomer did not build a boat. And Gomer's wife went unto Noah and she returned saying, "Behold, Honey, the Prophet saith unto us, "Build a boat, that we may preserve ourselves, for the government pays men not to grow trees, wherefore the government hath not the lumber to build for you a boat."

And Gomer answered saying, "Fear not, oh wife, for am I not the star pitcher on the ward softball team? Wherefore, the Church will provide for us a boat, that we will perish not."

And Gomer's wife went again unto Noah, and she returned unto Gomer, saying, "Behold, mine husband, the Prophet saith that the Church hath not enough lumber to build a boat for everyone, wherefore, mine husband, build for us a boat that we might not perish in the flood." And Gomer answered her saying, "Behold, if we build a boat, when the flood cometh, will not our neighbors overpower us and take from us our boat; wherefore, what doth it profit a man to build a boat?"

And Gomer's wife went again unto Noah and she returned, saying, "Behold, the Prophet saith, build unto yourselves a boat, and have faith, for if ye do the Lord's bidding, He will preserve your boat for you." But Gomer answered his wife, saying, "Behold, with this inflation, the price of wood has gone sky high, and if we wait awhile, perhaps the price will go down again. And then I will build for us a boat."

And Gomer's wife went again unto Noah, and she returned saying, "Thus saith the Prophet, build for yourselves a boat **RIGHT NOW**, for the price of wood will not go down, but will continue to go up. Wherefore, oh husband, build for ourselves a boat, that we may perish not." But Gomer answered his wife, saying, "Behold, for 120 years Noah hath told us to build a boat, to preserve us from the flood, but hath the flood come? Yea, I say, nay. Wherefore, perhaps the flood will not come for another hundred and twenty years."

And Gomer's wife went again unto Noah and returned saying, "The Prophet saith, he knows it has been 120 years, but nevertheless, the flood will come, wherefore, build unto yourselves a boat."

And Gomer answered her saying, "Wherewith shall we get the money to build ourselves a boat, for are we not now making monthly payments on our snazzy new four horsepower chariot? Wherefore, when our payments end, perhaps we shall build ourselves a boat."

And Gomer's wife went again unto Noah and returned saying, "Behold, the Prophet saith that we should cut down on our recreation, and our vacations, and even give each other lumber for Christmas, that we might thereby get enough lumber to build a boat."

But Gomer saith unto her, "What a drag! Are we to cease enjoying life, just because we must build a boat?"

Wherefore, Gomer built not a boat. But behold, one afternoon Gomer heard thunder in the sky, and he feared exceedingly and he ran, yea, even to the lumber yard to buy lumber. But behold, the lumber store was crowded with great multitudes, all seeking to buy lumber, and there was not enough lumber to be found for the multitudes.

And on the same day were all the fountains of the deep opened, and the windows of heaven were broken up, and the floods came -- and behold, Gomer had no boat. And as the water rose above Gomer's waist, his wife saith unto him, "Behold, Honey, I told thee so!"

— Author Unknown

GETTING SET FOR A POSSIBLE MODERN DAY REPEAT OF HAUN'S MILL

We all know the tragic story of Haun's mill.

Joseph Smith had counseled all of the Church members living around Far West to drop everything and come into Far West for safety. It wasn't a commandment...it was simply a request and counsel. Almost all the members of the Church immediately followed the counsel of the prophet. However, brother Jacob Haun, upon hearing this counsel, came and argued with the Prophet about the counsel at least 3 times during one day. Brother Haun's point was that he did not see the reason for it and he felt that he and his people could defend themselves if necessary. According to John Lee who was present for the conversations, on 26 October 1838 The Prophet said,

“Move in, by all means, if you wish to save your lives.” Haun replied that if the settlers left their homes all of their property would be lost and the Gentiles would burn their houses and other buildings. Joseph replied, “You had better lose your property than your lives, but there is no danger of losing either if you will do as you are commanded.”

Again, brother Haun thought he and his neighbors could protect and defend themselves, and Smith finally gave them permission to remain, and is recorded as saying;

“they would consider him a tyrant if he forced them to leave and abandon their property and come to Far West.”

Years later, on 8 June 1867 John Lee reaffirmed in his diary that;

“Jos. permitted Haun to gather the Brethren and defend their Mill but stated at the same time that they would be massacred & sure enough it was done.”¹

Four years later after the incident Joseph himself recounted:

“Up to this day God had given me wisdom to save the people who took Council. None had ever been killed who abode by my Council. At Haun's Mill the brethren went contrary to my Council; if they had not, their lives would have been spared.”²

The lesson here for us to learn from is that brother Haun, the righteous local leader of a group of good saints...felt he knew better than to obey all of the counsel of the living prophet. After all, Joseph hadn't made it an enforced commandment...he phrased it as counsel and advice. In fact, it is important to note that Joseph **REFUSED** to make it a **COMMANDMENT** and force the people to gather, even though he knew it would save their lives. Many of the good and righteous people who trusted in their own wisdom and their local leader and refused to give full heed to the words of the prophet, sadly, paid the terrible price four days later. That they were good people who were righteous and had great faith is not disputed as some of them performed miracles later even in the very day of their distress. But it was to help alleviate some of the suffering their disobedient actions had brought down upon them. The problem was they thought it was a little more important to try and save their material positions in the world, than to obey the suggestions of a living prophet. This brings up another point of discussion.

LABORING UNDER A FALSE DOCTRINE

Does personal spiritual righteousness and gospel zeal guarantee the temporal protection of the Lord and excuse an individual from obeying counsel of the Prophets and Apostles?

On the face of it the answer would seem obvious...absolutely not. We must obey all of the counsel of the Lord's anointed...all of the time. We can't pick and choose without facing the resulting consequences. But throughout history and even today many of the saints and their local leaders believe, work under and teach this false doctrine in an important aspect of their lives.

Let me rephrase this question in another way. Can a member or a leader be trying so hard in so many areas and be doing a tremendous amount of good while yet at the same time ignore counsel given again and again by prophets...and then suffer terrible consequences because of his lack of obedience in something very small he personally did not see the benefit of?

The answer is of course...yes. Let me use one more famous historical example of this very issue. The Martin and Willey handcart experience is again, like Haun's mill, a story of a group of good, righteous individuals and their local leaders ignoring counsel from Prophets and Apostles and suffering the consequences. They specifically, and falsely, applied the idea that their personal righteousness would protect them in their disregard for following the counsel of the Apostles. In fact they actually used as an excuse their gospel enthusiasm, zeal, faith and obedience as some of the primary reasons in their arguments to disobey the advice of the brethren.³ After all, it wasn't a commandment that was enforced...it was just counsel. Again, history proved them to be tragically wrong.

“The decision to send out the Willie and Martin companies so late in the season was extremely reckless and based upon false doctrine. That decision cost the lives of nearly one-fourth of the entire group; about 220 people died before the rescue party sent by President Young could reach them.”⁴

Of course we have the story of those who survived the Willie and Martin experience who drew closer to the Lord. But, according to Brigham Young, it wasn't what the Lord wanted:

“In mid-November President Brigham Young angrily reproved those who had authorized the late start or who had not ordered the several parties back to Florence when they still had the opportunity, charging “ignorance,” “mismanagement,” and “misconduct.” Though terrible, the suffering could have been far worse. Had the rescue effort not been launched immediately—well before the storm struck—the handcart companies would probably have been totally destroyed.”⁵

SETTING UP A MODERN DAY REPEAT

Are too many of us as members and local leaders setting ourselves up for another Haun's Mill and Willie and Martin handcart disaster...only on a tremendously much larger scale?

I can't tell you how many times I have talked with people who are wonderful, faithful members of the Church, some even who are ward and stake leaders, who don't have enough food storage to last more than a week or so. Often this is because they have been well blessed in material possessions and income. In our discussions about how the counsel for food storage has been repeated by every prophet for over 60 years they commonly respond that with all of the other issues that they are dealing with, it just isn't very high on the priority list. Temple work, family history, missionary work are all much more important than food storage. However, some explain that if the Prophet made it a commandment, like they did with the Word of Wisdom by including it on the temple recommend interview, instead of just counsel, then they would move it up on the priority list.

These people, and I am convinced they represent a very large portion of the membership of the Church, believe the very same false doctrines as did the members of the two ill fated groups mentioned above. First, they falsely believe that their personal righteousness will save them. After all, they are busy going to the temple, fulfilling Church callings, sending missionaries out, etc. in other words...doing the works of the righteous. Surely, the Lord will be merciful to them and take care of them despite their lack of attention to this small item. They discount what president Benson taught on this point:

“Should the Lord decide at this time to cleanse the Church—and the need for that cleansing seems to be increasing—a famine in this land of one year’s duration could wipe out a large percentage of slothful members, including some ward and stake officers. Yet we cannot say we have not been warned.”⁶

Additionally, they commonly believe and have heard it actually taught over the pulpit by others that those terrible things that have been prophesied won’t happen to the righteous and so they need not prepare for them. Many prophets, including President Lee and President Kimball addressed this terribly false notion, but President Benson said it best in his “Rue The Day” statement:

“Too often we bask in our comfortable complacency and rationalize that the ravages of war, economic disaster, famine, and earthquake cannot happen here. Those who believe this are either not acquainted with the revelations of the Lord, or they do not believe them. *Those who smugly think these calamities will not happen, that they somehow will be set aside because of the righteousness of the Saints, are deceived and will rue the day they harbored such a delusion.* The Lord has warned and forewarned us against a day of great tribulation and given us counsel, through His servants, on how we can be prepared for these difficult times. Have we heeded His counsel?⁷

It is hard for me to understand why or how so many good and wonderful people can discount what the prophets have said, again, and again, and again, and again concerning what will suddenly happen to the world in the future. President Benson said:

“The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah.”⁸

It is important to note that the people who didn’t get on the ark, suffered and died by the very calamity that for 300 years had been prophesied would come upon them. People, including members of the Church, have always had a habit of believing that things won’t change drastically, or that terrible things could happen to them. It is a part of human nature.

However, the scriptures are very clear that these terrible cataclysmic events, some perhaps 20-30 years prior to the actual return of the Savior in power and great glory, will come suddenly upon the heart of the Church, and then be poured out upon the rest of the world.

“Behold, vengeance cometh speedily upon the inhabitants of the earth, a day of wrath, a day of burning, a day of desolation, of weeping, of mourning, and of lamentation; and as a whirlwind it shall come upon all the face of the earth, saith the Lord.

“And upon my house shall it begin, and from my house shall it go forth, saith the Lord;

“First among those among you, saith the Lord, who have professed to know my name and have not known me, and have blasphemed against me in the midst of my house, saith the Lord.”⁹

It is noteworthy that President Hinckley quoted from this scripture in his famous Sunday morning talk given in General conference following the September 11, 2001 terrorist attack and subsequent beginning of the war in Iraq.

Additionally, this scripture was supposed to have been discussed in great detail recently throughout the Church as it was contained in the Priesthood/Relief Society manuals when we studied Joseph F. Smith. A few quotes from that lesson:

“The many eruptions, earthquakes and tidal waves which have occurred...are signs which the Savior declared would foreshadow his second coming, although he said his advent should be as thief in the night...The wise and prudent will heed the warning and prepare themselves that they be not taken unawares.”

“I...testify, that [the Latter-Day Saints]...will be the first to fall beneath the judgments of the Almighty, for his judgments will begin at his own house.”¹⁰

Wilford Woodruff commented that he believed that the dreadful calamities described in the second half of the third Chapter of Isaiah is a direct description of some of the aftermath of this and other unpleasant prophetic fulfillments specifically upon the Church members because of their participation in the fashions of Babylon which showed where their hearts really were:

“There are some prophecies pertaining to these latter days that are unpleasant to contemplate. President Young has been calling upon the daughters of Zion day after day, now, for years, to lay aside these Babylonish fashions. I have been reading the third chapter of Isaiah, and I have been hoping, all the days of my ministry, that the sayings contained in that chapter would never apply to the daughters of Zion in our day; but I believe they will, and inasmuch as they will not listen to President Young and to the prophets, apostles and elders of Israel with regard to throwing off these nonsensical things, I hope they will hasten the lengthening out of their skirts and drag them in the streets; that they will increase their round tires like the moon, increase their hoops, and their headbands, increase their Grecian bends at once and carry it out until they get through with it, so that we can turn to the Lord as a people. Some of the daughters of Zion do not seem willing to forsake the fashions of Babylon. I to such would say hasten it, and let the woe that is threatened on this account come, that we may get through with it, then we can go on and build up the Zion of God on the earth.”¹¹

Imagine what he would say if he saw the fashions of today that include the nose rings, the leg ornaments, the tinkling ornaments about the feet that were not present during his day, but are now very prevalent in ours, even among many of our members?

BUT WHAT ABOUT A YEARS SUPPLY OF BASIC FOOD STORAGE?

I believe that every prophet over the last 60 years has talked about having the Church members get a bare minimum of at least a one year’s supply of basic food items. Though it is not addressed directly in every conference, it is published in a tremendous amount of Church literature, pamphlets, Church handbook of instructions, monthly messages for home teachers and visiting teachers, instruction manuals, etc.

Again, after 9/11, in the following October General Conference, President Hinckley talked about food storage.

“We cannot provide against every contingency. But we can provide against many contingencies. Let the present situation remind us that this we should do. As we have been continuously counseled for more than 60 years, let us have some food set aside that would sustain us for a time in case of need. But let us not panic nor go to extremes. Let us be prudent in every respect.”¹²

Three months later, the First Presidency then took the unprecedented step of issuing a special letter (January 20, 2002) clarifying his remarks so that there would be no misunderstanding, asking that food storage preparation, specifically concerning having minimally a one year supply for every member in the world where ever possible, be taught in every branch, ward, district and stake in the Church. In it, for the first time, it outlined the minimum of basic food items to be included in such storage. Unfortunately, it is estimated that 25% of the membership in North America, still have never even heard of the letter because it was not taught to them by their local leaders. Quoting from the letter (underlining is mine):

“Priesthood and Relief Society leaders should teach the importance of home storage and securing a financial reserve. These principles may be taught in ward councils or on a fifth Sunday in priesthood and Relief Society meetings.

“Church members can begin their home storage by storing the basic foods that would be required to keep them alive if they did not have anything else to eat. Depending on where members live, those basics might include water, wheat or other grains, legumes, salt, honey or sugar, powdered milk, and cooking oil. ... When members have stored enough of these essentials to meet the needs of their family for one year, they may decide to add other items that they are accustomed to using day to day.

“Some members do not have the money or space for such storage, and some are prohibited by law from storing a year’s supply of food. These members should store as much as their circumstances allow. Families who do not have the resources to acquire a year’s supply can begin their storage by obtaining supplies to last for a few months. Members should be prudent and not panic or go to extremes in this effort. Through careful planning, most Church members can, over time, establish both a financial reserve and a year’s supply of essentials.”¹³

Following this, the Church made a major change at the Bishops storehouses, creating monthly survival food storage boxes for one person at tremendously low prices. A person could purchase 12 of these boxes and have a years supply of food storage...allowing the step by step completion of President Hinckley’s counsel by almost any member.

The preparedness message was also echoed by other Church leaders as well. In a Jan 31, 2002 letter by President Packer, acting President of the Quorum of the Twelve, to General Authorities, Area Authority Seventies, Stake, Mission and District Presidents part of the emphasis for 2002 stake conference training was “please instruct members of the importance of reducing debt, living within their means, and storing food and other essentials that enable them to remain self-reliant in times of need.”

A year later to reemphasize the importance of obtaining a years supply of food storage, it was the main topic for the visiting teaching message for January 2003, “If ye are prepared ye shall not fear.”

And so we get to the heart of the matter:

ARE TOO MANY MEMBERS, INCLUDING LOCAL AND STAKE LEADERS, IGNORING THE COUNSEL TO TEACH AND ENCOURAGE THAT EVERY MEMBER SHOULD HAVE AT LEAST A 1 YEAR SUPPLY OF BASICS?

Is there a chance that because of their lack of attention in this one small area...that they and their trusting members might one day in the future suffer terrible consequences such as watching their families and friends slowly starve to death? President Kimball said:

“How often do Church members arise early in the morning to do the will of the Lord?... How often do we say, “Yes, I will obey the commandment to store food and to help others, but just now I have neither the time nor the money to spare; I will obey later””? Oh, foolish people! While we procrastinate, the harvest will be over and we will not be saved. Now is the time to follow Abraham’s example; now is the time to repent; now is the time for prompt obedience to God’s will.”¹⁴

It is important to note that many of the prophets, including President Kimball in the preceding quote, call it THE COMMANDMENT to store food.

As one reads the scriptures, the talks, the manuals and all that has been said upon the subject, it isn’t a matter of IF the famine comes, it is a matter of only WHEN the famine comes. President Benson stated:

“Not only should we have strong spiritual homes, but we should have strong temporal homes. We should avoid bondage by getting out of debt as soon as we can, pay as we go, and live within our incomes. There is wisdom in having on hand a year’s supply of food, clothing, fuel (if possible),

and in being prepared to defend our families and our possessions and to take care of ourselves. I believe a man should prepare for the worst while working for the best. Some people prepare and don't work, while others work but don't prepare. Both are needed if we would be of maximum service to our God, our family, and our country."

"We must do more to get our people prepared for the difficult days we face in the future. Our major concern should be their spiritual preparation so they will respond with faith and not fear. "If ye are prepared, ye shall not fear" (D&C 38:21). Our next concern should be for their temporal preparation. When the economies of nations fail, when famine and other disasters prevent people from buying food in stores, the Saints must be prepared to handle these emergencies. This is a matter of concern for area, region, and stake councils."¹⁵

What do we do after we have a basic year's supply of food for ourselves and our family? Simply, we have been counseled to think about going beyond just the basics of food and extend the principle to clothing, fuel, seeds, tools, shelters (tents) and other items necessary to sustain ourselves and our families for a year.

"A man should not only be prepared to protect himself physically, but he should also have on hand sufficient supplies to sustain himself and his family in an emergency. For many years the leaders of the Mormon Church have recommended, with instructions, that every family have on hand at least a year's supply of basic food, clothing, fuel (where possible), and provisions for shelter. This has been most helpful to families suffering temporary reverses. It can and will be useful in many circumstances in the days ahead. We also need to get out of financial bondage, to be debt-free."¹⁶

Some believe falsely that when things get bad...the Church has stored enough for all of the members. The Church leadership has been very clear on this issue:

"Our bishop's storehouses are not intended to stock enough commodities to care for all the members of the Church. Storehouses are only established to care for the poor and the needy. For this reason, members of the Church have been instructed to personally store a year's supply of food, clothing, and, where possible, fuel. By following this counsel, most members will be prepared and able to care for themselves and their family members, and be able to share with others as may be needed."¹⁷

Finally, in summary:

"You do not need to go into debt to obtain a year's supply. Plan to build up your food supply just as you would a savings account. Save a little for storage each paycheck. Can or bottle fruit and vegetables from your gardens and orchards. Learn how to preserve food through drying and possibly freezing. Make your storage a part of your budget. Store seeds and have sufficient tools on hand to do the job. If you are saving and planning for a second car or a television set or some item which merely adds to your comfort or pleasure, you may need to change your priorities. We urge you to do this prayerfully and do it now. I speak with a feeling of great urgency."¹⁸

"When we really get into hard times," said President J. Reuben Clark, Jr., "where food is scarce or there is none at all, and so with clothing and shelter, money may be no good for there may be nothing to buy, and you cannot eat money, you cannot get enough of it together to burn to keep warm, and you cannot wear it."¹⁹

"For more than a hundred years, Church leaders have taught the members to store grain and other essentials that would sustain life in times of drought or famine. The current guidelines for home storage are

intended to apply internationally. They include having a supply of food, clothing, and, where possible, the fuel necessary to sustain life for one year. Church guidance states, “We have never laid down an exact formula for what anybody should store. Perhaps if we think not in terms of a year’s supply of what we ordinarily would use, and think more in terms of what it would take to keep us alive in case we didn’t have anything else to eat, that last would be very easy to put in storage for a year.”²⁰

President Joseph Fielding Smith said:

“The distress and perplexity, bloodshed and terror, selfish ambition of despotic rulers, such as the world has never before seen, all indicate that the great and dreadful day of the Lord is very near, even at our doors. We have been warned by the prophets from the beginning of time. They have declared, by revelation from the Lord, that in this present day, confusion, bloodshed, misery, plague, famine, earthquake, and other calamities, would cover the face of the earth. The Lord told his disciples of these dreadful scenes and said men’s hearts would fail them because of these things coming upon the earth. . . .”²¹

“President Wilford Woodruff and the Prophet Joseph Smith declare that it was their duty and should be the duty of every righteous man to raise the warning voice and proclaim the fact that these calamities are at our doors, and I have been condemned because I have done that. I heard one good man say, “There are too many good things to think about without talking about these troubles, these plagues, or worrying about the coming of the Lord.” Here is what the Lord says in Section 45 of the Doctrine and Covenants, verses 39 to 43.

“And it shall come to pass that he that feareth me shall be looking forth for the great day of the Lord to come, even for the signs of the coming of the Son of Man.

“And they shall see signs and wonders, for they shall be shown forth in the heavens above, and in the earth beneath.

“And they shall behold blood, and fire, and vapors of smoke.”

“Now, when the Lord says that, don’t you think I am justified in raising my voice and do you think I am doing wrong when I am... watching the signs of the times and these calamities and troubles that are coming? Am I doing wrong? And yet one good brother said that. Too many things to do. We haven’t time to worry about the coming of Christ. I hope he is here. Now, here is something from President Brigham Young.

“Do you think there is calamity abroad now among the people? . . . All we have yet heard and all we have experienced is scarcely a preface to the sermon that is going to be preached. When the testimony of the Elders ceases to be given, and the Lord says to them, ‘come home; I will now preach My own sermons to the nations of the earth,’ all you now know can scarcely be called a preface to the sermon that will be preached with fire and sword, tempests, earthquakes, hail, rain, thunders, and lightnings and fearful destruction. What matters the destruction of a few railway cars? You will hear of magnificent cities, now idolized by the people, sinking in the earth, entombing the inhabitants. The sea will heave itself beyond its bounds, engulfing mighty cities. Famine will spread over the nations, and nation will rise up against nation, kingdom against kingdom, and states against states, in our own country and in foreign lands; and they will destroy each other, caring not for the blood and lives of their neighbors, of their families, or for their own lives. They will be like the Jaredites who preceded the Nephites upon this continent, and will destroy each other to the last man, through the anger that the devil will place in their hearts, because they have rejected the words of life and are given over to Satan to do whatever he listeth to do with them. You may think that the little you hear of now is grievous; yet the faithful of God’s people will see days that will cause them to close their eyes because of the sorrow that will come upon the wicked nations. The hearts of the faithful will be filled with pain and anguish for them.”

“Why is the Lord angry? Why are all these things coming upon the world? President Young said in this article that I read and the Lord says in the revelations I have read to you, it is because they have turned away from the Gospel of Jesus Christ, because they have rebelled against God, and because they have refused to hear the testimony of those who have been sent to preach the Gospel to them. That is why. They have rejected the message. The nations are full of iniquity.”

“Now, there is our danger. We must not forsake God. If we are not on His side, you may be sure He is not going to be on our side. He will leave us to ourselves. Now, these calamities are here. They are upon us. The whole world is in commotion. I have had to leave unsaid about two-thirds of what I have prepared to say, but next week, which will be the concluding talk, I am going to turn to these Scriptures and show you what the old prophets have said in regard to our day. I have told you now what the Lord said and what the prophets of our own day have said. I have shown you the fulfillment of the prediction by President Wilford Woodruff, that the angels are sent forth to reap the earth. They are on that mission. This I have presented to you tonight, and we will get the other things next time.”²²

“If ye are prepared ye shall not fear.”²³

(Footnotes)

¹ Regional Studies, Missouri, Benson—Haun’s Mill, p.107

²Ehat & Cook, Words, Manuscript History of the Church: 29 August 1842 (Monday Morning), p.127–129

³ See B. H. Roberts, Comprehensive History of the Church, Vol.4, Ch.98, p.91

⁴Encyclopedia of Mormonism, Vol.2, HANDCART COMPANIES

⁵Ibid

⁶Teachings of Ezra Taft Benson, p.265

⁷Teachings of Ezra Taft Benson, p.706

⁸ (CR October 1980, Ensign 10 [November 1980]: 33.) Teachings of Ezra Taft Benson, p.266

⁹ D&C 112:24-26

¹⁰ President Joseph F. Smith quotes from Lesson 44 Preparing For The Second Coming of Christ, page 393

¹¹The Discourses of Wilford Woodruff, p.226 - p.227

¹² Oct 6, 2002 Sunday morning Session, President Hinckley

¹³Jan 20, 2002 First Presidency Letter

¹⁴The Teachings of Spencer W. Kimball, p.174

¹⁵ Teachings of Ezra Taft Benson, p.264

¹⁶ President Benson, God, Family, Country, p. 331.)

¹⁷Teachings of Ezra Taft Benson, p.263-264, 267

¹⁸ President Benson, CR October 1980, Ensign 10 [November 1980]: 33.)

¹⁹Teachings of Ezra Taft Benson, p.268

²⁰Encyclopedia of Mormonism, Vol.2, EMERGENCY PREPAREDNESS

²¹Joseph Fielding Smith Jr., Doctrines of Salvation, Vol.3, p.19

²² Joseph Fielding Smith, The Signs of the Times, p.124-137

²³D&C 38:30

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PREPAREDNESS TEST

1. Has your family rehearsed fire escape routes from your home? YES - NO
2. Does your family know what to do before, during, and after an earthquake or other emergency situation? YES - NO
3. Do you have heavy objects hanging over beds that can fall during an earthquake? YES - NO
4. Do you have access to an operational flashlight in every occupied bedroom?
(use of candles is not recommended unless you are sure there is no leaking gas) YES - NO
5. Do you keep shoes near your bed to protect your feet against broken glass? YES - NO
6. If a water line was ruptured during an earthquake, do you know how to shut off the main water line to your house? YES - NO
7. Can this water valve be turned off by hand without the use of a tool?
Do you have a tool if one is needed? YES - NO
8. Do you know where the main gas shut-off valve to your house is located? YES - NO
9. If you smell gas, do you know how and would you be able to shut off this valve? YES - NO
10. Gas valves usually cannot be turned off by hand. Is there a tool near your valve? YES - NO
11. Would you be able to safely restart your furnace when gas is safely available? YES - NO
12. Do you have working smoke alarms in the proper places to warn you of fire? YES - NO
13. In case of a minor fire, do you have a fire extinguisher that you know how to use? YES - NO
14. Do you have duplicate keys and copies of important insurance and other papers stored outside your home? YES - No
15. Do you have a functional emergency radio to receive emergency information? YES - NO
16. If your family had to evacuate your home, have you identified a meeting place? YES - NO

IF AN EMERGENCY LASTED FOR THREE DAYS (72 HOURS) BEFORE HELP WAS AVAILABLE TO YOU AND YOUR FAMILY.....

17. Would you have sufficient food? YES - NO
18. Would you have the means to cook food without gas and electricity? YES - NO
19. Would you have sufficient water for drinking, cooking, and sanitary needs? YES - NO
20. Do you have access to a 72 hour evacuation kit? YES - NO
21. Would you be able to carry or transport these kits? YES - NO
22. Have you established an out-of-state contact? YES - NO
23. Do you have a first aid kit in your home and in each car? YES - NO
24. Do you have work gloves and some tools for minor rescue and clean up? YES - NO
25. Do you have emergency cash on hand? (During emergencies banks and ATMs are closed) YES - NO
26. Without electricity and gas do you have a way to heat at least part of your house? YES - NO
27. If you need medications, do you have a month's supply on hand? YES - NO
28. Do you have a plan for toilet facilities if there is an extended water shortage? YES - NO
29. Do you have a supply of food, clothing, and fuel where appropriate:
For 6 months? For a year? YES - NO

These are all questions that need answers if you are to be safe in an emergency.
If you answered 'No' to any of them, its now time to work on getting those items done.

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DELUXE “96” HOUR KIT



In emergency preparedness, a 72 hour kit is widely considered the first step in becoming prepared. Sitting in a closet or some other area close to the front door, it can be grabbed in a moment's notice, should you have to depart your home with little or no warning. Two days ago, only a block from my house, a neighbor's home caught fire at 3 AM. After getting everyone out, the fire hastily spread and quickly destroyed this family's home. Everything inside it was totally destroyed. What did they have left? Only the pajamas on their backs. They lost literally everything. They didn't even have shoes on their feet. They wish they'd had a good 96 hour kit. Fortunately, the whole community is pulling together for them. But not everyone is this lucky. Sometimes, whole communities are affected at the same time. This same tiny farming village back in 1978 had to be immediately evacuated for several days because of derailed and leaking butane cars. Before that, everyone here thought this was a place where disasters 'never happened.' Seventy-two hour kits would have been really handy then as well. It's not necessary that you live in a tornado or hurricane alley to need a 96 hour kit. Every family needs one for the unexpected.

A deluxe “96” hour kit should contain all the essential things your family would need to take you through 4 days of being on your own. There's a reason behind the length of time the kit's contents should last. It generally takes the disaster relief agencies at least 3-4 days to move in and set up before offering assistance. Generally speaking, you're on your own during this time. Depending on how bad the situation is, it could even be longer. Whether you start with our kit or put one together yourself from scratch, it's important for your family's welfare to have one. In any type of disaster things will be bad. Not having the necessities to sustain your life and the lives of your family members could turn an otherwise manageable problem into a personal cataclysm you could never recover from. Prepare now for life's surprises.

First Aid

- Personal First Aid Kit
- Family First Aid Kit

Preventative Aid

- Foot powder
- Body powder, medicated

Light, Heat, Fire making

- Pack lantern
- Spare lantern mantles
- Flash light
- Spare bulb, batteries
- Candle lantern
- Spare plumbers candles
- Glow sticks
- Match safe & matches
- Magnesium block
- Magnifying glass
- Lighter
- Spare flints

Navigation

- Map case
- Maps
- Map measure
- Pedometer
- Compass
- Altimeter
- Global positioning system (GPS)

Tools and Repair Kits

- Leatherman.Gerber tool
- Sven saw
- Hatchet/Boys axe w/sheath
- 8 inch mill file
- Spare parts: pack, stove, lantern
- Tent/ Pack patch kit: ripstop tape
- Copper wire, spool

Fishing Equipment

- Pack rod case
- Pack rod, spin -fly combination
- Ultra lite spinning reel
- Ultra lite fly reel
- 15 lb test Spiderwire monofilament
- 7DTF fly line
- Fly line leaders, various lb test
- Tackle boxes, small double sided (2)
- Hooks, size 8, 10, 12
- Fly assortment
- Sinkers, split shot
- Spinners
- Spoons
- Small plugs, poppers, bugs
- Fanny Pack.

Cooking Equipment

- Frying pan, folding
- Cook set, nesting
- Can opener, P-38
- Eating utensil set
- Book matches, water proof
- Pack stove
- Windscreen
- Fuel bottles
- Condiments
- Salt & Pepper
- Sugar
- Flour
- Honey
- Milk, dry, instant

Personal Hygiene & Sanitation

- Toilet trowel
- Toilet tissue, biodegradable
- Feminine hygiene items
- Shampoo
- Comb and brush
- Eye drops
- Tooth brush & tooth paste
- Shaving gear
- Deodorant
- Soap & soap dish
- Bath towel

Personal Items

- Camera, lenses, flash and film
- Binoculars
- Swiss Pocket knife
- Sharpening stones and oil
- Wallet
- Extra house and car keys
- Copy of important papers such as titles etc.
- Handkerchief
- Watch
- Sun & prescription glasses
- Pencil and note pad
- Scriptures
- Chigger powder
- Mosquito repellent
- Lip balm
- Sun block
- Body powder, medicated
- Corn starch
- Hand lotion

Emergency Gear

- Signal flares, night
- Signal smoke, day
- Signal die, water
- Signal mirror
- Strobe light
- Whistle
- Space blanket
- Hand warmers

Clothing Maintenance and Repair

- Sewing Kit
- Spare shoelaces
- Biodegradable detergent
- Woolite
- Small scrub brush
- Clothes pins

Cash

- \$100 in small bills
- \$10 in Quarters
- Credit Cards
- Debit Card
- A few blank Checks

Communication

- Pocket radio, battery/solar power
- Cell phone ... or
- Two way radio: CB, GMRS, FRS
- Spare NiCad batteries
- Solar battery charger

Bedding

- Foam pad, closed cell
- Sleeping bag
- Air pillow

Water

- Poly canteens, 1 quart
- Sierra cup
- Water purification tablets
- Water purifier & extra filters
- Water bag, nylon
- Water bag liners, plastic
- Solar still
- Rubber surgical tubing

Clean Up

- Scouring pads, soap filled
- Sanitary tablets & dunking bag
- Dish towel

Pack and Pack Frame

- Pack
- Frame
- Clevis pins
- Stuff bags
- Compression straps
- Plastic garbage bags
- Twist ties

Food

- Personal daily rations
- Energy bars, tablets
- Trail snacks

Shelter

- Tent
- Tent fly
- Tent poles
- Tent pegs
- Ground cloth
- Ultra light weight tarp
- Visk clamps
- Nylon line, 50 ft. 2 ea

Clothing

- Hiking boots
- Trail sneakers
- Socks
- Underclothing
- Thermal underwear
- Shirts, short sleeve
- Shirts, long sleeve
- Shorts, hiking
- Trousers, long
- Belt and buckle
- Sweater
- Vest
- Jacket
- Parka
- Poncho
- Gloves, leather
- Mittens, wool
- Scarf
- Balaclava
- Bandanna, large
- Hat
- Moleskins
- Swimsuit

Food Storage

“...and he will have his eyes fixed on the signs of the times, and that day will not overtake him unawares.” - JD 7:189.

We do seem to be undergoing a **quickening of the times** and that may be an important indication for each of us to evaluate our personal and family storage needs again.

As members of the Church we have been counseled for many many years to prepare and keep on hand at least a **one-year supply of food**. In the early days of our church the Saints were admonished to have a **7 year** food supply. Then, for many years there was a time when a two-year supply was recommended, (and it undoubtedly would be a good idea for each of us to still keep a two-year supply if at all possible as this will allow us to share with others). But in the meantime it is imperative that we heed the current counsel to **obtain and maintain at least a one-year minimum emergency food supply**.

According to figures gathered by one of the food storage manufacturing firms, less than 6% of the members of the Church have an adequate emergency program. *Where do you fit into this figure?*

Let's enjoy life as much as we can - but let's also **be prepared**. As we have recently seen, an unexpected disaster or loss of income can strike every s-o-o quickly.

***“When the emergency is upon us,
the time of preparation has passed.”***



Our food supply is fragile

Grocery stores don't stock weeks of food anymore. Most keep only 72 hours of food on the shelves. They re-stock based on just-in-time delivery of food supplies. If the trucks stop rolling in your part of the country during a crisis, the store shelves will be emptied almost immediately. In fact, expect a shortage of mainstay items like milk and bread to occur similar to what happens before an approaching hurricane hits. Those who are aware of the problem but who haven't already made preparations will engage in a last-minute rush to buy a few extra supplies.

Transportation is the key to food

Without transportation, farmers can't get their crops to the wholesalers or food processing facilities. Food is heavy, generally speaking, and it requires trucks and trains to move it around — a literal ARMY of trucks and trains, weaving their way from city to city, optimized and prioritized by computers. If the computers freeze, the whole transportation infrastructure will shut down.

Transportation also depends heavily on fuel, which means the oil-producing countries in the Middle East have to be able to produce the oil that gets refined into diesel fuel here in America. So, in other words, **your food supply depends on Saudi Arabia being alive and well**. Do you trust the people in charge in Saudi Arabia, Iraq, Iran, and Kuwait with your life? If you don't **make preparations now**, you're trusting them by default.

Cities depend entirely on rural land

Did you know cities would be ghost towns without the supporting imports of food from the country? We should all thank the farmers a little more, because they literally keep us all alive. Cities are like concrete islands. You might think a city is self-sustaining until you really think about it, but underneath it all, that city is a ghost town without the people in the country supporting it.

You may already know that city people and country people have very different views on politics and life in general. Country people tend to be more religious and more conservative. City people tend to be more liberal. So there's more than a little animosity between country people and city people. When a crisis hits, and the country people find they are without electricity and fuel, they will still survive, for the most part, because they're used to surviving. But do you think they will really put "saving city people" high on their list of priorities? I don't think so. Any food that's harvested from the fields will be kept and stored by the farmers themselves. They will NOT be shipping this stuff to the cities unless they have excess goods and can find a transportation method that still works (and has fuel). Unfortunately, if some emergency powers acts are signed into place by the President, the Federal Emergency Management Association will have the legal power to actually confiscate and redistribute food. This makes it all the more likely that farmers will harvest it and HIDE IT in order to keep it. And that means even less food making it to the cities. Bottom line? Cities where food can't be delivered will eventually be gutted, looted, evacuated and likely burned to the ground.

You need to start stocking food

You can do a lot if you start early. Unfortunately, "early" might have been yesterday. Now we're way past early, and you need a reasonable plan to get food supplies that will store well and don't cost too much.

You've probably already realized that buying up extra cans of soup at the grocery store is a really stupid way to spend your preparedness money. You need a better plan. Every \$10 you spend at the store might feed a person for a few days. You need more leverage, where you can spend \$10 and feed a person for a few weeks.

Buy extra, use FIFO

Go ahead and buy more food than normal when you're out shopping, and set it aside. Use the "first in, first out" rule to eat your older supplies first. Keep rotating your supplies so you never abandon food "way in the back."

Buy ingredients, not prepared foods

Ingredients such as salt, honey, oatmeal and wheat will last a lot longer than prepared foods like TV dinners, cereals, and food mixes. Naturally, as you purchase food ingredients, you'll want to practice actually using them! And remember the basics. For example, if you purchase a bag of wheat, how exactly do you plan to make flour out of it? I've personally seen plans in a survival book that described throwing some wheat in a coffee can and pounding it into flour with a blunt stick. You can make a few cups of flour after ten or fifteen minutes of noisemaking.

BARE-MINIMUM LDS Church Food storage requirements for

1 adult male for 1 year Appx. 2,300 calories per day. (only 695lbs total)

This will keep you fed, but leave you hungry. **TOTAL FOOD PER DAY = 24.65 Ounces**

Grains (400lbs)

Unless your family already eats 100% whole wheat homemade bread, white flour should be used in the transition process to whole wheat. Adding rye flour (10%) helps make wheat bread a more complete protein. Dent corn is used to make tortillas.

Beans & Legumes (90lbs) {minimum reduced to only 60lbs in 2002}

Black beans cook quickly, make a good salad complement with a vinaigrette dressing over them. Soybeans can be used to make soy milk and tofu, a protein food you should be prepared to make. Familiarize yourself with sprouting techniques. Learn how to make wheat grass juice - the best vitamin supplement you can use.

Milk-Dair products (75lbs) {minimum reduced to only 16lbs in 2002}

Milk powder can be used to make cottage cheese, cream cheese and hard cheeses. Ideally your milk should be fortified with Vitamins A & D. When reconstituting aerate to improve flavor (special mixing pitchers can accomplish this). Whole eggs are the best all-purpose egg product. Powdered sour cream has a limited shelf life unless frozen.

Meats / Meat substitute (20lbs) {minimum reduced to only 0lbs in 2002}

Use meat in soups, stews and beans for flavor. Freeze dried is the best option for real meat. Textured Vegetable protein is the main alternative to freeze dried meats.

Fats / Oils (20lbs)

This group can boost the calories one is getting from food storage products, and supply essential fatty acids.

Sugars (60lbs)

Store your honey in 5 gallon pails. Candy and other sweets can help with appetite fatigue.

Fruits / Vegetables (90lbs) {minimum reduced to only zero lbs in 2002}

Some fruits and vegetables are best dehydrated, others freeze dried (strawberries & blueberries). Fruits are a nice addition to hot cereal, muffins, pancakes and breads.

Auxiliary foods (weight varies)

Vanilla extract improves the flavor of powdered milk. The production of tofu requires a precipitator such as nigari, epsom salt, calcium chloride or calcium sulfide (good calcium source). Learn how to make and use wheat gluten (liquid smoke adds good flavor). Chocolate syrup and powdered drink mixes help with appetite fatigue. Vitamins and protein powders will boost the nutrition levels of foods that may have suffered losses during processing.

Note:

For an average adult Female - multiply the weight by 0.75

For children ages 1-3 multiply by 0.3, 4-6 multiply by 0.5, 7-9 multiply by 0.75

For adults engaged in manual labor multiply by 1.25-1.50

Do you REALLY have a year's supply?

Just how big is a Year's Supply of food? As explained on the previous page, our Church is suggesting the following minimums for each adult:

400 lbs.	Grains	(17.5oz / day)
60 lbs.	Beans	(2.6oz / day)
10 quarts	Cooking oil	(0.87oz / day)
60 lbs.	Honey	(2.63oz / day)
8 lbs.	Salt	(0.35oz / day)
16 lbs	Powdered milk	(0.70oz / day)
14 gallons	of drinking water (for 2 weeks)	

So, just how much is this?

Two 5 gallon buckets will hold about 75lbs of wheat, rice or other grains. This means you need 11 buckets of grain for each person in your family.

If you store all your grains in #10 cans...

Wheat, Rice, Corn, etc..

You would need 64 cans or 10.5 cases per person.

Pasta

You would need 32 cans or 5.25 cases per person.

Rolled oats

These are lighter but bulkier, so they require more storage containers and space. You would need 124 cans or 21 cases person.

Beans

A 25 lb bag of beans will about fit in a single 5 gallon bucket, with a little space over, so 2 buckets would hold a one person supply, or 12 -13 # 10 cans or about 2 cases.

Daily Food

Dividing 400lbs by 365days, equals out to 1.09589lbs, or just over 1 lb of grain, per person, per day. That is approximately 2 cups of unground grain to cover your breakfast lunch and dinner.

Dividing 60lbs by 365, this works out to 0.16 lbs of beans per day, or 2.6 oz—approximately 3/4 cup.

The other foods listed would also need to be used in limited amounts.

This is not much food, folks. Get the basics, then immediately begin to add more kinds of grain, soup mix, canned and/or dehydrated vegetables and fruit, etc to add variety and provide more than the minimal survival diet.

As an example, the minimum recommended amount of grain, when ground and prepared will yield about 6 small biscuits or a plateful of pancakes. Its enough to keep you alive, but a far cry from being satisfied and not hungry.

Basic Food Storage List

GRAINS = 400 lbs per adult

- _____ Barley
- _____ Cereal
- _____ Corn (meal or Dent)
- _____ Cous Cous
- _____ **Flour (4lb/can)**
- _____ Millet
- _____ **Multi grain soup mix(5lb/can)**
- _____ **Oats, rolled quick(3lb/can)**
- _____ **Oats, rolled regular(3lb/can)**
- _____ Popcorn
- _____ Rye
- _____ Sprouting Seeds
- _____ **Wheat(6lb/can)**
- _____ **White Rice(6lb/can)**

Pastas

- _____ **Macaroni(3lb/can)**
- _____ Noodles
- _____ **Spaghetti(4lb/can)**

MILK / DAIRY = 75 lbs per adult

- _____ Brick cheese
- _____ Canned Milk
- _____ Canned sour cream
- _____ Cheese spreads
- _____ Condensed milk
- _____ Dried cheese
- _____ Dried eggs
- _____ Infant formula
- _____ Non-dairy creamer
- _____ **Non-fat dry milk(4lb/can)**
- _____ Powdered cheese
- _____ Powdered sour cream

JUICES/BEVERAGES = 25 lbs

- _____ Apple juice
- _____ Apricot nectar
- _____ Baby strained juices
- _____ **Cocoa drink mix(4lb/can)**
- _____ Cranberry juice
- _____ **Dried juice mix(6lb/can)**
- _____ Grapefruit juice
- _____ Grape juice
- _____ Kool-aid
- _____ Lemonaid
- _____ Orange juice
- _____ Pineapple juice
- _____ Plum juice
- _____ Prune juice
- _____ Punch crystals
- _____ Soft drink mixes
- _____ Soft drinks
- _____ Tomato juice
- _____ V-8 juice

FATS / OILS = 20 lbs per adult

- _____ Butter
- _____ Cooking oil
- _____ Lard
- _____ Margarine
- _____ Mayonnaise
- _____ Olive Oil (extra virgin)
- _____ Peanut butter
- _____ Powdered butter
- _____ Powdered margarine
- _____ Powdered shortening
- _____ Salad dressing
- _____ Shortening

BOLD ITALIC items are generally available from the LDS cannery

CANNED or DRIED MEATS**(20 lbs per adult)**

- _____ Bacon
- _____ Beef
- _____ Beef jerky
- _____ Chicken
- _____ Clams
- _____ Corned beef
- _____ Crabmeat
- _____ Deviled meats
- _____ Fish
- _____ Ham
- _____ Hamburger
- _____ Lamb
- _____ Lunch meats
- _____ Mutton
- _____ Pepperoni
- _____ Pork
- _____ Tuna
- _____ Salmon
- _____ Sandwich spreads
- _____ Sardines
- _____ Sausage
- _____ Shrimp
- _____ Spam
- _____ Treet
- _____ Turkey
- _____ TVP- Textured vegi Protein
- _____ Veal
- _____ Venison jerky
- _____ Vienna sausage

AUXILIARY FOODS

- _____ Baking powder
- _____ Baking soda
- _____ Cake mixes
- _____ Calcium supplement
- _____ Casserole mixes
- _____ Chow mein noodles
- _____ Cookies
- _____ Cookie mixes
- _____ Cornstarch
- _____ Crackers
- _____ Cream of tartar
- _____ Hot roll mixes
- _____ Hydrated lime (for tortillas)
- _____ Instant breakfast
- _____ Instant yeast
- _____ Iron supplement
- _____ Marshmallows
- _____ MREs
- _____ Muffin mixes
- _____ Non perishable pet foods
- _____ Pancake mixes
- _____ Pastry mixes
- _____ Pectin
- _____ Pie crust mixes
- _____ Pie fillings
- _____ Pizza mixes
- _____ Plain gelatin
- _____ Rennin tablets
- _____ Salt
- _____ Sourdough starter
- _____ Survival bars
- _____ Tofu Solidifier
- _____ Vitamins and minerals
- _____ Whipped topping mixes

BOLD ITALIC items are available from the LDS cannery

FRUITS and VEGETABLES**90 lbs Dried, 370qts canned, 370Lbs****fresh***Fruits*

- _____ **Apples** (2lb/can)
- _____ Applesauce
- _____ Apricots
- _____ Peaches
- _____ Berries
- _____ Cherries
- _____ Coconut
- _____ Currants
- _____ Figs
- _____ Fruit cocktail
- _____ Grapefruit
- _____ Grapes
- _____ Mandarin oranges
- _____ Nectarines
- _____ Olives
- _____ Pears
- _____ Peaches
- _____ Pineapples
- _____ Plums
- _____ Prunes
- _____ Raisins
- _____ Tomatoes

BEANS & LEGUMES**(90 lbs per adult)**

- _____ **Beans, pink**(5lb/can)
- _____ **Beans, pinto**(5lb/can)
- _____ **Beans, white**(5lb/can)
- _____ Lentils
- _____ Nuts
- _____ Peas
- _____ Sprouting beans and seeds
- _____ Soybeans

Vegetables

- _____ Artichoke hearts
- _____ Asparagus
- _____ Beans
- _____ Beets
- _____ Broccoli
- _____ Brussels sprouts
- _____ **Carrots** (3lb/can)
- _____ Cauliflower
- _____ Celery
- _____ Corn-sweet
- _____ Green beans
- _____ Hominy
- _____ Mushrooms
- _____ Okra
- _____ **Onions** (2lb/can)
- _____ Parsnips
- _____ Peas
- _____ Peppers
- _____ Pickles
- _____ **Potatoes, flakes** (1.5lb/can)
- _____ **Potatoes, pearls** (3lb/can)
- _____ Pumpkins
- _____ Rhubarb
- _____ Rutabagas
- _____ Salsify
- _____ Sauerkraut
- _____ Soups
- _____ Spinach
- _____ Squash
- _____ Sweet potatoes (yams)
- _____ Tomatos
- _____ Tomato powder
- _____ Turnips
- _____ Water chestnuts

***BOLD ITALIC** items are available from the LDS cannery*

SPICES / CONDIMENTS

- _____ Almond extract
- _____ Allspice
- _____ Baking chocolate
- _____ Basil
- _____ BBQ sauce
- _____ Bouillon cubes / granules
- Beef, chicken, onion, vegetable flavors*
- _____ Cayenne pepper
- _____ Celery salt
- _____ Chili powder
- _____ Chives
- _____ Chocolate chips
- _____ Chocolate syrup
- _____ Cinnamon
- _____ Cloves
- _____ Cocoa
- _____ Coriander
- _____ Cumin
- _____ Curry
- _____ Dill weed
- _____ Garlic salt
- _____ Ginger
- _____ Gravy mixes
- _____ Herbs
- _____ Ketchup
- _____ Lemon extract
- _____ Lemon / lime juice
- _____ Liquid smoke
- _____ Majoram
- _____ Maple extract
- _____ Nutmeg
- _____ Onion flakes
- _____ Onion salt
- _____ Orange peel

- _____ Oregano
- _____ Paprika
- _____ Pepper
- _____ Poultry Seasoning
- _____ protein supplement
- _____ Sage
- _____ Salad dressings
- _____ Salt (**5 lbs per adult**)
- _____ Sauce mixes
- _____ Seasoned salt
- _____ Spaghetti sauce
- _____ Soy sauce
- _____ Steak sauce
- _____ Tarragon
- _____ Thyme
- _____ Turmeric
- _____ Vanilla extract
- _____ Vinegar
- _____ Worcestershire sauce

SUGARS = 60 lbs per adult

- _____ Corn syrup
- _____ Hard candy
- _____ Honey
- _____ Jello
- _____ Jelly or jam
- _____ Maple syrup
- _____ Molasses
- _____ ***Pudding, chocolate (5lb/can)***
- _____ ***Pudding, vanilla (5lb/can)***
- _____ ***Sugar (6lb/can)***

BOLD ITALIC items are available from the LDS cannery

Monthly Food Storage Purchasing Calendar

Compiled by Andrea Chapman

If you are just starting out, this calendar can be used any year.
Just start with the current month's items.

We have tried to keep the costs down to between \$25 and \$35 per week. This might seem rather costly, but if you want to build a good food storage in only one year, it will cost you more each week than if you spread out acquiring it over several years. Be certain to buy only items your family will use, and rotate and use the items in your storage throughout the year. Milk is an expensive item and prices keep soaring, so you might need to invest in a bit higher food storage bill to buy it right now.

* The items in the first few months are basic essentials and are the most important to purchase and store.

It is vital to get **WATER - STORAGE**. If you don't have water, you will not be able to use many of the foods you have that are dehydrated or require water to cook. Many times in natural disasters, the electricity goes down and you will not be able to access your water. Sometimes the water is contaminated from flooding and cross-contamination from sewage. You will need water, at very least, you will need 3 days worth.

January

Week #1	1 case canned fruit 2 #10 cans instant potatoes
Week #2	3 #10 cans dry milk
Week #3	3 #10 cans dry milk
Week #4	9 pounds yeast
Week #5	Anything you have missed from above

February

Week #1
Water Storage Containers-buy either 55 gallon drums, 5 gallon water containers (available at all emergency preparedness stores and some super markets) and spigot, or start to save water in pop bottles and plastic juice containers. Also purchase 100 lbs. hard white wheat and three plastic storage buckets with tight fitting lids. Check out the local mills in your area for best prices.

Week #2	25 lbs of sugar or 20 lbs of honey 5 lbs salt per person bucket opener
Week #3	4 #10 cans shortening or 4 - 48 oz bottles oil 2 #10 cans of dry instant milk
Week #4	2 case canned beans (like refried pinto, black, kidney, white, pink etc.) or 25 lbs dry beans (preferable) and bucket to store them in. 50 lbs dried corn or popcorn (about \$10.00 from a mill or food storage company) and a bucket to store it in. (Can be ground into cornmeal as well as for popcorn.) (All grains and beans can be put into #10 cans at the LDS cannery.) (If not, the buckets work well.)

March

(please note that many of these items are repeats because we want to be SURE you have enough of the essentials!)

- Week #1** Enough **water** containers for 14 gallons per person in the family.
(This was mentioned last month-but we want to be sure you have this)
(*Water is your most important item!*)
If you didn't get enough containers last month, you can get them this month.
White Rice, at least 15 pounds per person in the family and if possible buckets to store it.
(*Brown Rice goes rancid faster.*)
- Week #2** 2 jars **mayonnaise**
1 gallon **oil**
2 tubs **shortening**
- Week #3** 25 pounds **sugar**
1- 25 pound bag of **legumes** (pinto, lentils, white, pink etc.)
- Week #4** **Salt** 5 more lbs
2 bottles of **bleach**
1 #10 can or 1 box of **dry milk**.
- Week #5** Check your list for the last 8 weeks and purchase any items you fell short on.
These items are essential ones and you will need to be sure you have enough.
-

April

- Week #1** 100 pounds **wheat**
10 lbs. **brown sugar**
- Week #2** 2 #10 size cans **dried fruit** or 1 case **canned fruit**
1 pound **yeast**
- Week #3** 1 case **tuna or salmon**
2 #10 **cans milk**
3 lbs **sprouting seeds**
1 80 oz can Rumsford baking powder
- Week #4** 2 large jars **peanut butter** or
1 #10 can **peanut butter powder** (last longer)
2 cans **dried whole egg** (keep in a cool dry place)
-

May

- Week #1** 2 to 3 bottles of **multi-vitamins**
2 #10 cans of **rolled oats**
(if #10 cans are not available in your area, buy the largest packages available)
(in your local store, and also purchase a small bucket to store it in.)
- Week #2** 100 lbs. of **wheat**
3 buckets
- Week #3** #10 can **margarine powder** - or shortening if marg. powder is unavailable
2 #10 cans **rolled oats**
(or equivalent, and a storage bucket)
- Week #4** 4 #10 cans **instant potatoes**
1 bottle **black pepper**

June

- Week #1** 2 cans **dry milk**, 2 boxes of **Rennet**
(used for making cottage cheese and other dairy products from dry milk.)
1 bottle **lemon juice**,
1 bottle **vinegar**. (also used in making dairy products from dry milk)
- Week #2** 100 lbs **wheat**
25 lbs. **white flour**
- Week #3** Baking **soda** (try to buy in bulk in places like Sam's Club or Cosco) Buy about 10 lbs.
25 lbs. or **legumes** (choose those you are willing to eat.
Remember you can sprout legumes and almost quadruple the nutritional value of them.
Buy one large box Knox or other gelatin to be used in place of eggs in baking.
- Week #4** **Tomato** products (try to buy them by the case in normal size cans. Spaghetti sauce, tomato
sauce, and whole and chopped tomatoes. Buy a combination of flavored and not flavored tomatoes.
Buy paste if you can get a good deal on it. It is less expensive to add water to paste to make sauce
than it is just to buy sauce sometimes. *Buy three cases if possible.*)
- Week #5** Be on the look out for **garden seeds** that are NON- Hybrid.
That way you can use the seeds from the plants you grow to grow a garden the next season.
A good price for them is about \$18-20 per can with about 10 varieties per can.

July

- Week #1** 200# **wheat**
(buckets to store it in if needed)
[keep filling pop bottles, Gallon syrup containers, etc. with water - basically no cost to this)
- Week #2** 20 lbs. **Peanut butter**
[keep filling those water containers]
- Week #3** 4 #10 cans **shortening**
2 # 10 cans **dry milk**
[keep filling water containers - make this a habit - when you empty something worthy of water
storage, wash it and fill it right away]
- Week #4** 6 #10 cans **dry milk**
[**more water!**]

August

- Week #1** 25# **rice**
25# **sugar**
1 # 10 can **instant potatoes**
5 lbs. **salt**
- Week #2** 1 case **tuna** or **salmon** or other **meat**
2 # 10 cans **dry milk**
- Week #3** 2 #10 cans **dry milk**
2 cans **shortening**
1 #10 can **instant potatoes**
- Week #4** Note* In late August and early September, many stores have sales on canned fruits and vegetables.
Ask your local store when these sales will be, and switch the weeks of this calendar as needed.
2 cases **fruit**
5 lbs. **salt**

Week #5 2 cases **canned fruit**
 1 case misc. **vegetables** (green beans, peas, carrots, etc.)

September

Week # 1 2 cases **canned fruit**
 1 case misc. **vegetables**

Week # 2 2 cases **canned fruit**
 2 cans **shortening**

Week #3 2 cases **fruit**
 1 case **vegetables**

Week #4 2 cans **shortening**
 25# **rice**
 buckets to store rice if it did not come in #10 cans

October

Week #1 100 lbs. **wheat** and 3 buckets

Week #2 1 case **tuna** or other **meat**

Week #3 25 lbs. **Sugar**
 2 large cans **fruit juice powder**

Week #4 3 #10 cans **dry milk**

Week #5 9 #10 cans **potato flakes**

November

Week #1 4 large jars **peanut butter**

Week #2 1 case **canned fruit**
 15 pounds **rice**

Week #3 7 #10 cans **shortening**

Week #4 50 pounds **rice** and buckets to store

December

Week #1 100 lbs. **wheat** and 3 buckets

Week #2 1 large can **fruit juice powder**
 3 large jars **peanut butter**

Week #3 3 #10 cans **dry milk**

Week #4 50 pounds of **rice, oats, or barley**
 buckets to store

The Seven Major Mistakes in Food Storage

By Vickie Tate

A month or two ago I met a cute little gal who was talking to me about her newly begun food storage. “You know,” she began, “I’ve dreaded doing my food storage for years, it seems so blah, but the way national events are going my husband and I decided we couldn’t put it off anymore. And, do you know, it really hasn’t been hard. We just bought 20 bags of wheat, my husband found a place to get 60 pound cans of honey, and now all we have to do is get a couple of cases of powdered milk. Could you tell me where to get the milk?” After I suggested several distributors, I asked, “Do you know how to cook with your wheat?” “Oh,” she laughed, “if we ever need it I’ll learn how. My kids only like white bread and I don’t have a wheat grinder.” She had just made every major mistake in storing food (other than not storing anything at all.) But she’s not alone. Through 14 years of helping people prepare, I found most people’s storage starts out looking just like hers. So what’s wrong with this storage plan? **There are seven serious problems that may occur trying to live on these basics:**

1.) VARIETY -

Most people don’t have enough variety in their storage. 95% of the people I’ve worked with only stored the 4 basic items we mentioned earlier: *wheat, milk, honey, and salt*. Statistics show most of us won’t survive on such a diet for several reasons. a.) **Many people are allergic to wheat** and may not be aware of it until they are eating it meal after meal. b.) **Wheat is too harsh for young children.** They can tolerate it in small amounts but not as their main staple. c.) **We get tired of eating the same foods** over and over and many times prefer not to eat than to sample that particular food again. This is called *appetite fatigue*. Young children and older people are particularly susceptible to it. Store *less* wheat than is generally suggest and put the difference into a variety of other grains, particularly ones your family likes to eat. Also store a variety of beans. This will add variety of color, texture and flavor. **Variety is the key to a successful storage program.** It is essential that you *store flavorings* such as tomato, bouillion, cheese, and onion.

Also, *include a good supply of the spices* you like to cook with. These flavorings and spices allow you to do many creative things with your grains and beans. Without them you are

severely limited. One of the best suggestions I can give you is **buy a good food storage cookbook.** Go through it and see what your family would really eat. Notice the ingredients as you do it. This will help you more than anything else to know what items to store.

2.) EXTENDED STAPLES -

Few people get beyond storing the four basic items, but it is extremely important that you do so. *Never put all your eggs in one basket.* Store **dehydrated and/or freeze-dried foods** as well as home canned and store bought canned goods. Make sure you add cooking oil, shortening, baking powder, soda, yeast and powdered eggs. You can’t cook even the most basic recipes without these items. Because of limited space I won’t list all the items that should be included in a well-balanced storage program. They are all included in the *The New Cookin With Home Storage* cookbook, as well as information on how much to store, and where to purchase it.

3.) VITAMINS -

Vitamins are important, especially if you have children, since children do not store body reserves of nutrients as adults do. *A good quality multi-vitamin and vitamin C* are the most vital. Others may be added as your budget permits.

4.) QUICK AND EASY AND PSYCHOLOGICAL FOODS -

Quick and easy foods help you through times when you are psychologically or physically unable to prepare your basic storage items. **No cook foods such as freeze-dried** are wonderful since they require little preparation. **MRE’s** (Meals Ready to Eat), such as many preparedness outlets carry, canned goods, etc. are also very good. Psychological Foods are the goodies - Jello, pudding, candy, etc. - you should add to your storage.

These may sound frivolous, but through the years I’ve talked with many people who have lived entirely on their storage for extended periods of time. Nearly all of them say these were the most helpful items in their storage to

normalize their situations and make it more bearable. These are especially important if you have children.

5.) **BALANCE** -

Time and time again I've seen families buy all of their wheat, then buy all of another item, and so on. Don't do that. It's important to **keep well-balanced as you build your storage**. Buy several items, rather than a large quantity of one item. If something happens and you have to live on your present storage, you'll fare much better having a one-month supply of a variety of items than a year's supply of two to three items.

6.) **CONTAINERS** -

Always store your bulk foods in food storage containers. I have seen literally tons and tons of food thrown away because they were left in sacks, where they became highly susceptible to moisture, insects and rodents. If you are using plastic buckets make sure they are lined with a food grade plastic liner available from companies that carry packaging supplies. **Never use trash can liners** as these are treated with pesticides. Don't stack them too high. In an earthquake they may topple, the lids pop open, or they may crack. A better container is the #10 tin can which most preparedness companies use when they package their foods.

7.) **USE YOUR STORAGE** -

In all the years I've worked with preparedness one of the biggest problems I've seen is people storing food and not knowing what to do with it. It's vital that you and your family become familiar with the things you are storing. You need to know how to prepare these foods. This is not something you want to learn under stress. Your family needs to be used to eating these foods. A stressful period is not a good time to totally change your diet. Get a food storage cookbook and learn to use these foods!

It's easy to solve these food storage problems once you know what they are. The lady I talked about at the first of the article left realizing what she had stored was a good beginning, but not enough. As she said, "It's better to find out the mistakes I've made now while there's still time to make corrections." This makes a lot more sense.

If you're one who needs to make some adjustments, that's okay. Look at these suggestions and add the things you're missing. It's easy to take a basic storage and add the es-

entials to make it liveable, but it needs to be done. As I did the research for my cookbook I wanted to include recipes that gave help to families no matter what they had stored. As I put the material together it was fascinating to discover what the pioneers ate is the type of things we store. But if you have stored only the 4 basics, there's very, very little you can do with it. By adding even just a few things it greatly increases your options, and the prospect of your family surviving on it. As I studied how the pioneers lived and ate, my whole feeling for food changed. I realized our storage is what most of the world has always lived on. If it's put together the right way we'll be returning to good basic living with a few goodies thrown in.

COMMON STORAGE FOODS

Herein is covered a range of foods suited for incorporation into home storage programs.

As you review them there are several considerations you should keep in mind when deciding on what foods you want to include.

The first is *variety in the diet*. This is of great importance but many do not give it adequate thought. Some simply buy however much wheat, corn, rice, or beans they think is necessary to meet their needs and leave it at that. Others rely on prepackaged decisions made for them by their storage food retailer who put together a “year’s supply of food” to buy all at once. Either decision could possibly be a mistake.

There are many food storage plans one may use as a guide. Some are based on the so-called “Mormon Four” of wheat, milk, honey and salt, with as many additional foods as the planner found desirable. This plan was developed in the 1930’s and we’ve learned a great deal about workable food storage in the decades hence. Among which are the food allergies that an unfortunate number of people in our society develop.

One of the more common food allergens is wheat. Even more unfortunate is the fact that many who have such an allergy are unaware of it. They won’t become aware until they try to live with whole grain wheat as a large part of their diet and their latent allergy reveals itself. Another thing we have learned is that many adults suffer from an intolerance to the milk sugar lactose, especially those of certain ethnic backgrounds. For these reasons and more you should always make it a practice to **store what you eat** AND TO **eat what you store**, so that ugly surprises such as these do not arise after it’s too late to easily avoid them.

A second reason to think about storing a wide variety of foods is *appetite fatigue*. There are those who think providing variety in the diet is relatively unimportant and that if and when the time comes they’ll eat what they’ve got and that will be that. For healthy, well adjusted adults under ordinary circumstances or for those who have the vital *survival mindset* this might be possible without too much difficulty. However, the reason for having a home food storage program in the first place is for when circumstances aren’t ordinary.

Times of crisis produce stress - possibly physical, but always mental. If you are suddenly forced to eat a diet both alien and monotonous, it is going to add that much more stress on top of what you are already dealing with. If your planning includes the elderly, young children, and/or infants there is a significant risk they will quit eating or refuse to eat sufficient amounts of the right foods leaving them unable to survive. *This is not a trivial problem and should be given serious consideration.* When it’s wheat, day in and day out, wheat’s going to start becoming unpopular fast. Far better to have a variety of foods on hand to forestall appetite fatigue and, more importantly, *to use those storable foods in your everyday diet so that you’ll be accustomed to eating them.* In his book, *Making the Best of Basics*, James Stevens mentions a post-WWII study by Dr. Norman Wright, of the British Food Ministry, which found the people of England and Europe were more likely to reject unfamiliar or distasteful foods during times of stress than under normal conditions. *Consider the positive aspects of adding variety and comfort foods to your storage program.*

A last thought that I want to give for ALL foods you might put into your program. Unless you are already familiar with **and** eating a particular type and brand of food do not put large quantities of it into your pantry until you – preferably everyone who will be depending on that food – have eaten some of it first. It’s not always as easy to pick up a new food as it may first appear. Differences between brands of foods alone can sometimes be enough to disappoint you when consumed. You’d hate to discover that you cannot abide a particular food item after you’ve brought home a case of Brand X. Seriously relying on any food that you are not already familiar with is making a fools bet.

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