

This year let's get prepared in 12 months! One month at a time of course!



## Cooking When the Power is Out!

1. **BBQ Grill.** Uses propane or charcoal. Favorite grill recipe, hamburger, hot dogs, shish kabobs, flat yeast bread.
2. **Dutch Oven.** Uses charcoal, number of briquettes = Dutch oven diameter doubled (325-350 degrees)  
= Dutch oven diameter tripled (375-400 degrees)  
Place 1/3 under oven and 2/3 on top of the oven.  
Favorite Dutch oven recipes, stews, chicken, vegetables, rolls, potatoes, cobblers, fry scones.  
Anything you cook in a regular oven can be cooked in a Dutch oven with some practice.
3. **Open Fire.** You can make a fire pit in your backyard if it is 10' away from the house, deck, propane, shed, etc. Area needs to be cleared of vegetation and fire pit should be 6-12" deep. Roast on a stick - Hotdogs, marshmallows, biscuits. Tinfoil dinner, wrap potatoes, wrap corn on the cob and cook in coals. #10 can in fire to boil water or cook a casserole.  
#10 can upside down with vents cut over Sterno for an individual stove.
4. **Camp Stove.** Uses propane. You can cook on a camp stove anything you would on a regular stove. (Won't hurt kitchen pans.) Chili, soup, pasta, stir-fry, casserole, potato pearls, try something from your food storage.

### One year Basic Food Storage List

- Grains - 300#/ person (wheat, rice, corn, other cereal grains)
- Legumes – 60# /person (dry or canned beans, lentils, dry soup mix)
- Milk & Dairy - 16 #/ person (dry milk, evaporated milk, other dairy)
- Sugars - 60 # / person (sugar, honey, brown sugar, molasses, corn syrup, jam, jello)
- Meat - 20# / person (Canned chicken, tuna, turkey, spam, beef, pork)
  - Salt - 5# / person
- Fat or oil – 25#/ person (shortening, oil, mayo, salad dressing, peanut butter)
  - Baking Soda & Baking Powder - 1# each / person
  - Yeast – .5#/ person
  - Vinegar – 1/2 gallon / person
  - Water – 2-week supply of 14 gallons / person
- Other items to include: garden seeds, bedding, clothing, medical, fuel and light, wheat grinder, baby supplies.

### JUST STARTING?

Divide amounts above by 4 for a three-month supply.  
Always buy what you eat to make it easier to use the first in first out method and keep things rotated.

Need help in amounts?  
The links below calculate amounts for you:

<https://www.thefoodguys.com/foodcalc.html>  
<https://www.familysurvivalplanning.com/food-storage-calculator.html>

\*Each of these are slightly different but the same basic concept.

### DON'T FORGET!

Vitamins and medication  
(cold and flu remedies, pain reliever, first aid supplies)

Non-food items  
(toilet paper, foil, soap, shampoo, toothpaste, garbage bags, cleaning and sewing supplies, matches, manual can opener, tools, canning supplies – bottles lids and rings- etc.)

### MONEY SAVINGS NOTES!

If you save:  
\$50 a month end the year with \$600  
\$100 a month end the year with \$1200

# 2025 Emergency Preparedness Newsletter

This year let's get prepared in 12 months! One month at a time of course!

## JULY FOOD STORAGE PURCHASE LISTS

MONTHLY SALES - BBQ Sales: Hot dogs, hamburgers, buns, condiments, salad dressing, chips, dips, charcoal

### NON FOOD ITEM

Mouth wash/Toothbrush/Toothpaste

### FIRST AID ITEM

Extra Sun Screen

## SHORT TERM FOOD STORAGE

per person

14 cans of vegetables  
8 cans of fruit packed in water or juice  
8 cans of meat (tuna, chicken, beef, pork)  
2 cans chili or stew  
5 cans soup (not condensed)  
2 package gravy mix or 2 jars or cans gravy  
1 package dry soup mix

1 box Ramen Noodles (12 packages)  
1 box granola or protein bars  
2 jar pasta sauce  
2 lbs pasta  
1 package powdered drink mix  
1 jar peanut butter  
1 box baking mix (one without "add eggs")  
1 gallon cooking oil

\*\*\*Remember to buy what your family eats!\*\*\*

## LONG TERM FOOD STORAGE

Carrots & Onions - (up to you) per person

Home Storage Center Online

Carrots 6 #10 cans (1 case) \$64.02 (\$10.67 for 1) Onions 6 #10 cans (1 case) \$60 (\$10 for 1)  
1 #10 Can Carrots = 2.1 lbs 1 #10 can Onions = 2.1 lbs (14.875 cups)

If you want to mix and match or need a single can contact your ward emergency preparedness specialist!

### TO ORDER ONLINE

(\$3 Shipping) For ordering 6 cans (1 case) of an item only!

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

## COOKING WITH FOOD STORAGE RECIPES

### Macaroni Salad

1 cup uncooked macaroni  
1 teaspoon salt  
4 cups boiling water  
1 can tuna fish  
1 cup chopped vegetables (carrot, onion, celery, green pepper, sprouts, cooked peas, etc.)  
Salad dressing

Bring water and salt to a boil. Add macaroni. Boil until tender (10 minutes); do not overcook. Drain. Rinse in cold water. Drain again. Chill. Mix with tuna fish (or other cold meats) and vegetables. Marinate with salad dressing to taste (approximately 1/3 cup.)