

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



Alternative Heat, Light, & Power Sources

Flashlights: New batteries last 6-7 hours or continuous use. Six-month old batteries last 5-6 hours.

Light sticks : Safest emergency light.

Candles: 3/4" x 4" will burn approximately 2 hours.

Coleman Mantle Lantern: 2 mantle lanterns will burn 5 hours on 1/2 quart of white gas.

Kerosene Lantern: With a 1 inch wick it will burn 45 hours on 1 quart of kerosene.

Generators: Excellent source of safe power, however, they use a great deal of fuel. Most run on gasoline (burning 1/2 to 3 gallons per hour) or propane (uses 0.5 gallons per hour). There are many dual or tri fuel generators available. Itemize energy requirements in order to select the appropriate size needed. Use the smallest size possible for less fuel needs. Operate generators in an open area with good ventilation. DO NOT ATTACH the generator to your house current without approved transfer switches.

Fire Starters: Matches (waterproofed, butane lighters, flint and steel, charcoal starter).

Fireplace, open flame: (Campfire, outside fire pit) Suspend a Dutch oven over the heat by using a tripod much like the early settlers did, or set the Dutch oven directly on the hot embers you have made in the fireplace or outside campfire.

Wood burning-Coal Stoves: Use frying pans or pots on top to cook your meal.

Gas Camp Stove: (white gas, gas, kerosene, propane) Two burners using white gas will operate 4 hours on 1 quart. Use outdoors only.

Barbecue Grill: (5 gallon tank of propane) Stores well and is easy to use. Use outside only

Sterno: Works well for small quantities of food.

Volcano: Outdoor cook stove that you can use with 2 Dutch ovens and charcoal. It is very fuel efficient, using about half of the charcoal you would use normally with your Dutch oven. A few briquettes can roast, fry, bake, etc.

Dutch Ovens: A 10" Dutch oven with 6-7 briquettes on the lid and 5-6 underneath will cook a pot full of food. Use outdoor only.

Charcoal Stove: Turn a #10 can into a charcoal stove. Cut out top and bottom of the can. Punch holes around the top and bottom.

Punch many holes in the lid and wire it about halfway up the can. Place charcoal on it to light. Use a sturdy piece of wire screening, or crisscross wire across the top to create a cooking rack.

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

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SEPTEMBER FOOD STORAGE PURCHASE LISTS

MONTHLY SALES - Back to school supplies, diabetes supplies, baby safety items

NON FOOD ITEM

2 Extra Cleaning Items (Soap/Detergent/Shampoo)

FIRST AID ITEM

Different sizes of band aids

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
1 gallon cooking oil

Remember to buy what your family eats!

LONG TERM FOOD STORAGE

Flour - 75 pounds per person

Home Storage Center Online

White Flour 6 #10 cans (1 case) \$46.02 (\$7.67 for 1)

1 #10 can white flour = 4 lbs (13.25 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

Chocolate Chip Cookies

Mix together:

3/4 c. melted/softened coconut oil, 1 c. packed brown sugar,
1/2 c. white sugar, 1 egg,
1 t. vanilla, 3/4 c. water

Stir and add to above mixture:

1 c. whole wheat flour, 1 t. salt, 1/2 t. baking soda, 4 cups oats.
Add anything else you like: chocolate chips, shredded coconut, nuts etc.

Mix together as directed. Drop by rounded teaspoon on greased cookie sheet.
Bake for 12-15 minutes at 350 degrees.