BE PREPARED

This is a suggested monthly “One-Year Supply” food storage buying plan for one adult. Make sure, though, to buy and store what you’ll eat. Substitute other food choices with the same nutritional value.

Note: Most items and food commodities are for one person but because of many different needs and situations, the age of family members, medical conditions etc., the amounts to store will vary, sometimes greatly.

Go online at lds.org to the Provident Living website to use the interactive food calculator and the other resources for more help in deciding what and how much to store.

**January**

*“The Lord has warned us of famines but the righteous will have listened to the prophet and stored at least a year’s supply of survival food.” Ezra Taft Benson*

* 2 lbs. of dry soy beans
* 2 lbs. of dry split peas
* 2 lbs. of dry lentils
* 7 lbs. of dry soup mix
* 1 lb. of preserved jam
* 1 lb. of powdered fruit drink mix
* ½ lb. of dry yeast
* Drinking water (1 gallon per person per day)

**February**

*“The revelation to store food may be as essential to our temporal salvation today as boarding the ark was to the people in the days of Noah.” Ezra Taft Benson*

* 25 lbs. of wheat
* 15 lbs. of cornmeal
* 1 quart of mayonnaise
* 1 lb. flavored gelatin
* 1 lb. of baking soda
* Drinking water (1 gallon of per person per day.)

**March**

*“We will see the day when we live on what we produce.” Marion G. Romney*

* 25 lbs. of wheat
* 25 lbs. of rolled oats
* 1 lb. of molasses
* 3 lbs. of corn syrup
* 4 lbs. of salt
* Drinking water (1 gallon per person per day.)

**April**

*“Ye Latter-Day Saints, learn to sustain yourselves, produce everything you need to eat, drink, or wear…” Brigham Young*

* 40 lbs. of enriched white rice
* 12-12 oz. cans of evaporated milk
* 1 lb. of preserved jam
* 1 lb. of powdered fruit drink mix
* Drinking water (1 gallon per person per day.)

**May**

*“Our people for three-quarters of a century have been counseled and encouraged to make such preparation as will assure survival should a calamity come. We can set aside some water, basic food, medicine, and clothing to keep us warm. We ought to have a little money laid aside in case of a rainy day.” Gordon B. Hinckley*

* 25 lbs. of wheat
* 5 lbs. of pearled barley
* 20 lbs. of granulated sugar
* 3 lbs. brown sugar
* Drinking water (1 gallon per person per day.)

**June**

*“For the moment we live in a day of peace, but it shall not ever be thus. Great trials lie ahead and we must prepare ourselves temporally and spiritually.” Bruce R. McConkie*

* 25 lbs. of wheat
* 1 lb. of preserved jam
* 1 lb. of powdered fruit drink mix
* 14 lbs. non-fat dry milk
* Drinking water (1 gallon per person per day.)

**July**

*“There is no person who knows the real purpose for which this welfare program is being instituted but hardly before sufficient preparation has been made the real purpose will be revealed and when that time comes it will challenge every resource of the church to meet it.” Harold B. Lee*

* 45 lbs. of dry beans
* 20 lbs. flour
* 1 quart peanut butter
* Drinking water (1 gallon per person per day.)

**August**

*“Our progress to implement the various facets of this personal and family preparedness is impressive, but there are still far too many families who have yet to heed the counsel to live providently.” Spencer W. Kimball*

* 25 lbs. of wheat
* 3 lbs. of honey
* 4 lbs. of salt
* 2 quarts cooking oil
* Drinking water (1 gallon per person per day.)

**September**

*“The time will come that gold will hold no comparison in value to a bushel of wheat.” Brigham Young*

* 40 lbs. of spaghetti or macaroni
* 1 lb. of preserved jam
* 1 lb. of powdered fruit drink mix
* Drinking Water (1 gallon per person per day.)

**October**

*“No man is truly free who is in financial bondage. ‘Think what you do when you run in debt’ said Benjamin Franklin, ‘you give another power over your liberty.’” Ezra Taft Benson*

* 25 lbs. of wheat
* 20 lbs. of granulated
* Drinking water (1 gallon per person per day.)

**November**

*“Let every head of household see t it that he has on hand enough food and clothing and, where possible, fuel also for at least a year ahead…” J. Rueben Clark*

* 25 lbs. of wheat
* 40 lbs. of enriched white rice
* 1 lb. of preserved jam
* 1 lb. of powdered fruit drink mix
* Drinking water (1 gallon per person per day.)

**December**

*“There is a wise old saying ‘eat it up, wear it out, make it do, or do without.’ Thrift is a practice of not wasting anything. Some people are able to get by because of the absence of expense. They have their shoes resoled, they patch, they mend, they sew, and they save money. They avoid installment buying, and make purchases only after saving enough money to pay cash, thus avoiding interest charges.” James E. Faust*

* 15 lbs. of cornmeal
* 25 lbs. of rolled oats
* 1 lb. of baking powder
* Drinking water (1 gallon per person per day.)

**Sources for buying food storage:**

# The Church of Jesus Christ of Latter Day Saints – Home Storage Center

## 11224 S Meridian Ave Oklahoma City, OK 73173 (405) 692-3883

The Home Storage Center no longer has members do their own canning. You can buy cases of food from the center, already canned and ready to go. (Find current prices and inventory on <http://providentliving.org> .) The Home Storage Center is open on Wednesdays 9-3, Thursdays 4-8, and Saturdays 10-2. You do not need an appointment. They accept cash, checks, debit and credit cards. They recommend that if you have room in your vehicle, to bring multiple orders.

## Walton Feed in Idaho/Rainy Day Food

135 N 10th St, Montpelier, ID 83254  
(800) 847-0465

<http://rainydayfood.com/>

**Honeyville Food Products**

**(888) 810-3212**

<http://honeyvillefoodproducts.com>

**Emergency Essentials**

<http://emergencyessentials.com>

<http://beprepared.com>

**Sites with information about preparedness:**

<http://providentliving.org>

<http://safelygatheredin.blogspot.com>

<http://storagerocks.blogspot.com/>

<http://letusprepare.blogspot.com/>

<http://www.IGetReady.com/>

<http://foodstoragemadeeasy.net/>

<http://getmeready.blogspot.com/>

<http://preparednessmatters.blogspot.com/>

For information about long term and short term food storage items and much more, go to: <https://www.lds.org/topics/food-storage/longer-term-food-supply#1>

For information about canning food, go to:

<http://nchfp.uga.edu/how/can_home.html>

<http://pickyourown.org/>

For information about drying food, go to:

<http://www.tribwatch.com/artDryFoods.htm>

For storing food in the right conditions, go to:

<http://extension.usu.edu/foodstorage/htm/storage-conditions>

For creative ways to store your food, go to:

<http://www.pinterest.com/debjoea/food-storage-ideas/>

<http://www.myfamily-essentials.com/small-space-food-storage-ideas/>

<http://foodstoragemadeeasy.net/2009/01/26/small-spaces-storage-solutions-results/>

<http://www.pinterest.com/search/pins/?q=food%20storage%20ideas&rs=ac&len=7>

<http://www.shanty-2-chic.com/2012/10/pantry-ideas-diy-canned-food-storage.html>

For ideas on how to rotate your food storage, go to:

<http://ldsintelligentliving.org/2009/10/18/9-food-rotation-and-labeling-ideas/>

<http://modernsurvivalblog.com/survival-kitchen/food-storage-and-food-rotation-challenges/>

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| Honey Hints:  Honey is the only food on the planet that will not spoil or rot. What it will do is what some call 'turning to sugar'. In reality, honey is always honey. However, when left in a cool dark place for a long time it will "crystallize".  When this happens loosen the lid, boil some water and sit the honey container in the hot water, but turn off the heat and let it liquefy naturally. It is then as good as it ever was. Never boil honey or put it in a microwave. This will kill the enzymes in the honey. |

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**Blender Wheat Pancakes**

1 Cup Milk (translation for powdered milk is 3 T. Milk and 1 C. Water)  
1 Cup Wheat Kernels, whole & uncooked  
2 Eggs (2 T. powdered eggs and 1/4 C. Water)  
2 tsp Baking Powder  
1-1/2 tsp Salt  
2 Tbs. Oil  
2 Tbs. Honey or Sugar

Put milk and wheat kernels in blender. Blend on highest speed for 4 or 5 minutes or until batter is smooth. Add eggs, oil, baking powder, salt and honey or sugar to above batter. Blend on low. Pour out batter into pancakes from the actual blender jar (only one thing to wash!) onto a hot greased or Pam prepared griddle or large frying pan. Cook; flipping pancakes when bubbles pop and create holes.

**Homemade Granola Bars**

Preheat oven to 400 degrees

2 cups oats

¾ cup wheat germ

¾ cup sunflower seeds

1 cup peanuts, crushed

2/3 cup brown sugar

½ cup honey

4 Tbsp. butter

2 tsp. vanilla

½ tsp. salt

About 8 oz. dried fruit

Mix peanuts, oats, wheat germ, and sunflower seeds in a baking dish with sides. Toast them in the oven for 10-12 minutes, stirring every few minutes.

Meanwhile, line a glass baking dish (11X13) with waxed paper that has been lightly sprayed with PAM.

Put the brown sugar, honey, butter, vanilla and salt into a saucepan and bring the mixture to a simmer, stirring constantly. Mix everything (including toasted nuts, fruit and grains) really well in a large bowl. Dump mixture into prepared dish and spread with a wooden spoon. Add a sheet of wax paper on top and press hard all over the granola. It needs to be really compact to stay together when you cut them.

Wait 2-3 hours or until completely cooled. Then turn them over onto a cutting board and cut them into bars.

PINTO BEAN FUDGE

 1 C. cooked pinto beans, drained and mashed into a thick paste

¼ C. evaporated milk (or 1½ T. dry powdered milk + ¼ C. water)

Pinch of salt,

1 tsp. vanilla.

6 oz. unsweetened chocolate,

6 T. butter or margarine

2 lbs. powdered sugar

In a large bowl, blend beans and milk together, adding milk until the mixture resembles mashed potatoes; (eliminate any skins).

It’s easy to use too much milk.

Stir in the salt and vanilla. Melt chocolate and butter, stir into the bean mixture.

Gradually stir in powdered sugar. Knead by hand until well blended or an electric mixer is good at first.

Spread into a lightly greased 9 inch baking dish. Or, form into two 1 ½ inch rolls and slice.

Chill 1 to 2 hours before serving.

**Beans for Butter**

Use cooked beans (either canned or dry beans that you've cooked). Puree them in a blender, or mash with a fork. Liquid may be added to adjust the consistency. Mash until the cooked beans reach the consistency of shortening. Use 1 cup mashed beans for 1 cup margarine, butter, or oil.

Using beans will make you cookies more cake-like. They won't be very moist right out of the oven, but will be soft – don't over bake! Bake until the outside edges have just turned brown the cookies will be moister as the days go by and seem to taste better the next day.

If you make a big batch freeze most of them or they will get too moist in the cookie jar. They also taste great right out of the freezer! The beans help them so they don't get too hard.

If you like crisp cookies- don't use beans in a recipe because they will always be soft!

1 cup dry beans = 2 ½ – 3 cups cooked

1 can beans = 1 2/3 cups

Beans can be frozen either cooked whole or pureed. Both ways work equally well. This is a great way to always have cooked beans on hand.

The other way is to bottle them. Soak overnight and fill quarts up to where the jar begins to narrow add 1 tsp plain salt and pressure cook 90 min. at 13-15 lbs pressure.

**Sprouted Wheat Bread**

3 C. warm water

2 T. dry yeast

1 T. salt

¼ C. honey

3 T. salad oil or margarine

3 ½ C. white flour

2 C. whole wheat flour

2 C. wheat sprouts, whole or ground in meat grinder

Dissolve yeast in 1 C. warm water in a large mixing bowl. Add rest of the warm water and the salt, honey, and oil. Stir in white flour and beat dough until it is elastic. Let dough rise, keeping the temperature about 80 degrees. When dough has risen, add the whole wheat flour and wheat sprouts. Work in the flour, kneading until dough is smooth and elastic. Place in an oiled bowl. Cover and let rise in a warm place until double in bulk. Bake at 375 degrees for 25 minutes then lower heat to 300 degrees and bake another 35 minutes.

To sprout wheat:

**Ingredients:**

1 cup soft white wheat berries

1 quart [mason jar](http://thenourishingcook.com/mason-jars) w/ [sprouting screen](http://amzn.to/afPlMj) or [cheesecloth](http://thenourishingcook.com/cheesecloth)

filtered water

**Preparation:**

Place wheat berries in [mason jar](http://thenourishingcook.com/mason-jars) and put on the [sprouting screen](http://thenourishingcook.com/sprouting-screen) lid.

Fill up the jar with water, and then drain away that water.

Fill up the jar with water again and don’t drain it for 24 hours.

Rinse the wheat berries, and place jar on its side and tilted so that water can drain out, leaving some air space on the screen.

The sprouts will be ready in 1-4 days depending on temperature.

**Basic Whole Wheat Bread:**

Sprinkle 2 Tbsp. yeast in ½ cup warm water. Let it work. (One Tbsp. of sugar added to yeast will help it work faster.) Combine 5 cups of hot tap water and 7 cup of freshly ground whole wheat flour in bread maker. Mix. Add 2 Tbsp. salt, 2/3 cup oil and 2/3 cup honey. Mix. Add 1 cup flour. Add prepared yeast mixture. Blend. Add 4 or 5 more cups of WW flour. (It is a tendency to add too much flour. The dough will stick to the sides of the mixing bowl until it has been kneaded for a few minutes.) Knead for 10 minutes on low. Place dough in greased pans. Let rise 1/3 in bulk. Bake at 350 degrees for 35-40 minutes. Turn out onto cooling racks.

Notes: The dough should be very sticky. Use oil on your counter when shaping into loaves, to keep it from sticking. To check for “doneness”, tap the bottom of the loaf with your finger. It should sound “hollow”.

**Sourdough starter**

2 C. flour

1 tsp. sugar

2 C. warm water

1 tsp. salt

1 pkg. yeast

½ C. warm water

In a medium mixing bowl, dissolve yeast in the ½ cup of warm water. Stir in flour, lukewarm water, sugar and salt. Beat smooth with rotary beater. Let stand uncovered at room temperature for 3 to 5 days, stirring 2 or 3 times each day. Cover at night to prevent drying. The mixture should be bubbly and “sour” smelling. If liquid separates and is grey in color, don’t throw it away. Just mix the ½ C. warm liquid into the starter. If it becomes pink in color, the starter is contaminated and should not be used. Never store or mix in a metal container and do no leave a metal spoon in the starter. Store in refrigerator or freezer.

**Sourdough Pancakes**

2 C. warm water

½ C. sourdough starter

2 C. flour

1-2 eggs, or powdered egg substitute

1 tsp. soda

2 T. shortening, melted and cooled

1 tsp. salt

1 T. sugar

Set the “sponge” for sourdough pancakes the night before they are to be made by placing the starter in a mixing bowl (not metal). Add water and flour. Beat well and leave at room temperature in a draft free place overnight. The batter will be covered with air bubbles and have increased ½ again in bulk by morning.

In the morning: set aside ½ C. sponge in the refrigerator jar for the starter to be used next time. To remaining sponge add eggs, shortening, salt, sugar. Then add soda which has been mixed in one T. of liquid (milk or water). Mix thoroughly, cook.

**Hummus**

1 can (15 oz.)  Garbanzo beans

1 can (15 oz.)  White beans

Rinse and drain the beans.  Set aside

6 Tbsp sesame seeds

2 Tbsp olive oil

4 Tbsp lemon juice

3 cloves garlic

6 Tbsp melted butter

Put in a blender and puree then add beans and puree until you like the texture.

**DIY Instant Oatmeal Packets**

**Author: MOMables.com**

**Ingredients**

21-24 snack sized zip bags

10 cups quick oats

1 teaspoon salt

1 - 1½ cups brown sugar (depending on how sweet you want it)

2 teaspoons cinnamon

1 cup powdered milk

**Instructions**

Put 6 cups of the oats into a large bowl.

Add the remaining 4 cups of oats into a blender.

Blend until almost powdery, then pour into the large bowl.

Add salt, brown sugar, powdered milk and cinnamon into the large bowl.

Mix well until everything is combined.

Measure ½ cup of the oatmeal mixture into each snack sized plastic baggie and seal.

**To use DIY Instant Oatmeal Packets:**

Pour packet into a bowl and add desired hot water. Stir and serve.

**Notes:**

Since the plastic bag doesn't get wet or dirty you can reuse the zip bag.

This is a basic recipe. Add any sweeteners or flavorings that your family would enjoy.

**Other Food Storage Hints:**

\*Cook carrots in beans to remove gas. Throw the carrots away.

\*Never put tomatoes in beans before they are done. Beans won’t get done (soft).

\*For a new twist on oatmeal, add a spoonful of peanut butter and stir until it is melted, then add a sprinkle of chocolate chips.

\*Add ¼ to ½ cup of ketchup to a quart of homemade vegetable soup.

\*Reconstitute dehydrated hash brown potatoes. Then pack them into a hot waffle iron that has been coated with nonstick cooking spray. In just a short time you have crispy golden hash browns in the shape of a waffle.

\*Remember that what you store for the short term (Three-month supply) will probably differ from your long term (One-year supply) food storage. Short term should be part of your normal, daily diet. Your long term supply is food that will last a long time and that you can use to stay alive. We are counseled to have both kinds of supplies stored.

\*Remember that if you buy all your food storage at the same time, especially short term storage, it will most likely expire at the same time. It’s better to stagger the buying and then rotate the food.