

Information about 'One Month Supply' storage items can be found at the link below:  
<http://www.providentliving.org/content/display/0,11666,2882-1-1688-1,00.html>

### One-Month Food Storage Kits



### One-Month Food Storage Kits

To help families with their food storage, home storage centers are now offering guidelines for assembling a one-month food storage kit. The kit contains enough food for one adult for one month. To can and assemble a one-month kit, contact your local home storage center.

Each kit that you assemble will contain:

| ITEM          | #10 CAN KIT    | POUCH KIT      |
|---------------|----------------|----------------|
| Wheat         | 3 #10 cans     | 2 pouches      |
| White flour   | 1 #10 can      | 1 pouch        |
| White rice    | 2 #10 cans     | 1 pouch        |
| Quick oats    | 1 #10 can      | 1 pouch        |
| Macaroni      | 1 #10 can      | 1 pouch        |
| Pinto beans   | 1 #10 can      | 1 pouch        |
| White sugar   | 1 #10 can      | 1 pouch        |
| Powdered milk | 1 #10 can      | 1 pouch        |
| Shortening    | 1 3# can       | 1 3# can       |
| Salt          | 4 4-oz shakers | 4 4-oz shakers |
|               |                |                |

## Water

### Why Store Water?

Natural disasters such as floods or earthquakes may pollute or disrupt water supplies. Water is more essential than food in sustaining life. It is wise to have an emergency storage of at least 14 gallons per person. The water must be pure, treated to prevent microbial growth, and stored in food-grade containers that will protect both flavor and purity.

See the website below for additional information:

<http://www.providentliving.org/content/display/0,11666,2246-1-1125-1,00.html>

---

**Note!!!!**

### Leavening Agents

**In addition to the basic foods already mentioned, it may be helpful to store a year's supply of dry yeast, baking powder, and baking soda—essentials in preparing baked foods. The following is a suggestion for storing yeast:**

<http://www.survival-center.com/foodfaq/ff11-sta.htm>

### Sour Dough Starter

From the book, Desert Recipes Published by, The Church of Jesus Christ of Latter-day Saints

Mix well in a crock or bottle: 2 C. flour 2 C. warm water 2 Tsp. honey

Leave uncovered to ferment 4 days in a warm room. Stir several times a day to aerate. It will smell yeasty and small bubbles will come to the top.

After using some of this yeast in baking, feed the starter to replace amount taken out, using equals parts of flour and water. Let stand in a warm place 24 hours to be ready to use again.

Store unused portion in a refrigerator, tightly covered in a glass jar or crock. Shake it often. To activate it again after storage, add 2-3 tablespoons of water, stir and store.

You can use homemade yeast in replacement for all or part of commercial yeast in a recipe, but allow 24 hours to rise.

## Everlasting Yeast

1 qt. warm potato water  
1 tsp. salt  
2 cups white or whole wheat flour  
1/2 yeast cake or 1/2 tbsp. dry yeast  
2 tbsp. sugar

Stir all ingredients together. (Do not use metal utensils while making yeast.) Place the mixture in a warm place to rise until it is ready to mix for baking. Leave 1 cup of everlasting yeast for a start for next time. Between uses, keep the mixture in a covered jar in the refrigerator until a few hours before using it again.

For the next baking, add the same ingredients, except yeast, to the everlasting yeast start. By saving some of the everlasting yeast each time you use it, you can keep yeast on hand indefinitely.

---

## GRINDERS

<http://www.geocities.com/olstk/Grinders.pdf>

## EMERGENCY FOOD SUPPLIES AND COOKING

FROM THE LOS ANGELES CITY FIRE DEPARTMENT'S  
EARTHQUAKE PREPAREDNESS HANDBOOK <http://www.cityofla.org/lafd/eqfood.htm>

---

## General Cooking Tips

### Using Seasonings and Spices

- Seasonings and spices are especially important when it comes to basic food storage.
- Beef, chicken, or ham bouillon granules are excellent secondary storage items. Wheat and rice, either brown or white, cooked in bouillon take on wonderful new flavors, as does barley. Bouillon is an excellent base for many soups, sauces, and casseroles.
- Soy sauce, with its oriental flavor, is another excellent seasoning. It enhances the flavor of fried wheat or rice with fresh vegetables and sprouts. It also adds good flavor to a stir-fry or even to some stews or chicken or fish dishes.

- Legumes (peas, beans, soybeans, lentils) respond well to seasoning salts and spice blends like chili powder, curry powder, poultry seasoning, and celery, garlic, and onion salts.
- It is important to keep some "sweet" spices on hand, such as cinnamon, nutmeg, cloves, ginger, and allspice. Simple rice pudding, for example, is dependent on such spices for its unique flavor. These spices can also enhance the simplest cookies and cakes.
- Cocoa, sweet cocoa mix, or a cereal drink like, Postum are good supplementary items to store along with basic nonfat dry milk. Punch powder is a welcome flavor in lean times. Vanilla, almond, lemon, or maple extract are useful in making pancake syrup.
- Try cutting the sugar by ½ the amount called for in a recipe and replacing the sugar with potato flakes (potato pearls canned at the cannery will not work). If you do this with cookies, however, they will not brown as well. In chocolate chip cookies, use all of the brown sugar called for in the recipe, but replace the granulated sugar. This also works well with oatmeal cookies, applesauce cookies, and brownies.
- A year's supply of flavorings your family enjoys could make the difference between stark and satisfying eating.

**The recipes below make use of the one month supply kit items.**

**\*Some recipes will need additional ingredients, such as leavening agents (baking soda, baking powder, yeast) & butter flavored Crisco®**

## **WHOLE WHEAT RECIPES**

---

From the Book, "The Amazing Wheat Book" By LeArta Moulton

### **Bulgar Wheat**

What is Bulgar wheat is a precooked and dried preparation of wheat, which gives the advantage of cooking faster than whole or cracked wheat. It has a sweet, nut-like flavor and crunchy texture. If bulgar wheat is not available and you do not want to make your own, cracked wheat can be used in most recipes.

How to prepare Bulgar Wheat:

Steam the washed wheat kernels in double the amount of water until the liquid is absorbed and the wheat is tender (about 1 hr. or less). Spread thinly on cookie sheet or shallow pan and place in an oven at 200° until it is dry enough to crack easily.

Remove the chaff by rubbing kernels, between wetted hands. Crack the dried wheat in a mill or grinder to moderately fine or use whole. Store in an airtight container on shelf.

**USEAGE:** as a meat extender cooked and chilled and added to salads. Soaked overnight, it can be added to breads, rolls and cookies. Serve with cream of mushroom or chicken soup on top, then add chicken, TVP or seasoned gluten.

## **BREAKFAST CEREAL**

Use wheat either whole or cracked with raisins, honey, or brown sugar. One cup of wheat makes 4 to 6 servings.

### Thermos Method

1 cup whole wheat      2 cups boiling water

½ tsp. salt

Place in quart-size thermos; screw top lightly. Leave overnight.

### Gas Range Method

1 cup whole wheat      2 cups boiling water

½ tsp. salt

Place ingredients in a pan over the pilot light all night.

### Crock Pot Method

1 cup whole wheat      2 ½ cups water

½ tsp. salt      Cook 6 to eight hours or overnight on low.

### Cracked Wheat Method

1 cup cracked wheat      2 ½ cups water

½ tsp. salt

Bring to a boil. Cook covered on low for 10 to 20 minutes. Cook enough whole wheat to last a week. It may be tightly covered and stored in the refrigerator up to two weeks.

---

## **WHEAT THINS**

1¾ cups whole-wheat flour      1 cup oil

¾ tsp. salt      1 cup water

1 ½ cup flour

Mix dry ingredients. Add oil, salt, and water mixture. Knead as little as possible to make smooth dough. Roll dough very thin. Score with a knife and desired size. Prick each cracker a few times with a fork. Sprinkle dough lightly with salt or onion salt. Bake at 350 until light brown and crisp, about 30-35 minutes.

---

## Wheat Sprouts

From the Book:

Whole Wheat Cookery-Treasures from the Wheat Bin

By Howard & Anna Ruth Beck

Wash 1/3 C. wheat kernels. Place kernels in a bowl & cover with enough water (approx. 1 inch) for grain to swell; cover. Let stand over night in a cool place. Drain & rinse kernels. Divide kernels into 3-quart size jars. Cover jars with several layers of cheese cloth or nylon netting. Fasten the cheesecloth on each jar with two rubber bands or screw-top canning jar lid band.

Place the jars on their sides in a warm, dark place (68-75°).

Once a day rinse the sprouts by pouring lukewarm water into the jars. Swirl to moisten all the grain kernels, then pour off the water. In 3 or 4 days, the wheat should sprout. After wheat has sprouted, keep refrigerated till serving time. Serve in salads, sandwiches, soups or breads.

---

## TORTILLAS

2 cups flour      1 tsp. salt

¼ cup shortening      ½ cup warm water

Mix flour and salt. With fork cut in shortening. Add water and mix with fork to make stiff dough. Form a ball and knead on lightly floured surface. Divide dough into 10 pieces and shape into to balls. Roll out to paper thin. Bake on very hot un-greased griddle until freckled about 20 seconds on each side. Serve warm with refried beans, tomato sauce, sprouts, cheese, and fajitas or use to make enchiladas.

## RICE RECIPES

---

### Recipe: Baked Onion Rice

Baked Onion Rice

1 cup uncooked rice

2-1/4 cups water

1 pkg. [onion soup](#) mix

Spray or grease a 2 quart [casserole dish](#). Pour all ingredients into dish, stir gently. Cover. Bake at 350 for 1 hour. Stir after 30 minutes.

## **BROWNE** RICE

Makes 6 to 8 servings

1 cup rice      ¼ cup shortening  
¼ cup chopped (reconstituted onion and/or carrots)  
1 tsp. salt      3 ½ cups water

Heat shortening in skillet. Add rice. Cook, stirring constantly, about 10 minutes or until lightly browned. Add vegetables and continue cooking 2 or 3 minutes (optional). Add salt and water. Simmer over low heat 20 to 25 minutes or until rice is tender and excess liquid has evaporated.

## **Beans**

---

### **Black Beans & Rice (may substitute pink beans or pinto beans in this recipe)**

Yield: 8 servings

Ingredients:

- 5 tb Olive oil 4 1/2 c Water
- 1 md Onion chopped 2 ts Salt
- 1 md Green bell pepper diced 1 Bay leaf
- 2 Garlic cloves chopped 2 tb Olive oil
- 2 1/2 C. Cooked black beans 1/4 ts Cumin
- 2 C. Rice Black pepper to taste

#### **Instructions:**

In a large pot heat oil till fragrant. Add onion bell pepper & garlic & cook till tender about 8 minutes. Add the remaining ingredients & cook over medium-high heat until all the water has been absorbed. It should take 15 minutes or less. Stir with a fork cover & cook over low heat until the rice is tender. Discard bay leaf & serve hot. Randelman & Schwartz Memories of a Cuban Kitchen  
Posted by Sharon Dibble 994

<http://www.elook.org/recipes/vegetable/45393.html>

---

## **Bean biscuits** Yield: 16 Servings

### Ingredients:

- 1 1/2 C. All-purpose flour
- 1/2 C. Whole wheat flour
- 4 ts Baking powder
- 1 tb Granulated sugar
- 1/2 ts Salt
- 1/3 C. Butter or soft margarine
- 1 C. Cooked kidney beans white or red
- 2/3 C. 2% milk

### Instructions:

Stir dry ingredients together in a mixing bowl. Cut in butter until mixture resembles crumbs. In food processor or blender puree beans with milk. OR mash beans and stir in milk. Stir into dry ingredients all at once to make light soft dough. Turn out onto lightly floured board sprinkle with flour and knead about 20 seconds. Shape biscuits by rolling patting and cutting or divide dough into 16 pieces and shape by hand. Bake at 400 F for 12 to 15 minutes or until golden brown. 1 biscuit - 162 calories 1 1/2 starch 1 fats & oils exchange 4 grams total fat .8 grams saturated fat 0 cholesterol 5 grams protein 26 grams carbohydrate 169 mg sodium 204 mg potassium. Adapted from Full of Beans by V. Currie & Kay Spicer 1993 Shared and tested by Elizabeth Rodier Feb 94 <http://www.elook.org/recipes/vegetable/45410.html>

## **Oatmeal Recipes**

---

### Instant Oatmeal Packs

To make 10 individual instant packets:

Blend 1/2 cup of oats until powdery.

Into each of the 10 packets (perhaps individual reclosable sandwich bags), combine the following ingredients:

1/4 cup unpowdered oats 2 tbsp. powdered oats  
C tsp. salt 1 tsp. sugar (optional)

Close the top and store in a dry place.

Microwave directions for cooking: Empty packet into a microwavable bowl. Add 1/2 cup water or milk. Microwave on high about 1 1/2 minutes; stir. Conventional directions for cooking: Empty packet into pan. Add 1/2 cup boiling water; cook and stir over heat until thickened.

### **Oatmeal Preacher Cookies**

Easy, no-bake cookies. Makes 3 dozen (18 servings).

Printed from **Allrecipes**

\* **Store butter flavored Crisco® in place of butter**

---

|   |                               |
|---|-------------------------------|
| 1/2 cup butter                            | 1/8 teaspoon salt             |
| 4 tablespoons unsweetened<br>cocoa powder | 3 cups quick cooking oats     |
| 2 cups white sugar                        | 1/2 cup crunchy peanut butter |
| 1/2 cup milk                              | 1 teaspoon vanilla extract    |

### **Directions**

- 1** Mix butter or margarine, cocoa, sugar, milk, and salt together in saucepan. Boil for 1 minute.
- 2** Stir in oatmeal, peanut butter and vanilla. Drop by tablespoonfuls onto waxed paper. Allow to cook and harden.

## **USING POWDERED MILK**

---

### **WHOLE MILK**

1 cup water      1 cup powdered milk

### **SWEETENED CONDENSED MILK**

1 cup plus 2 tbsp. powdered milk

1/2 cup warm water

3/4 cup sugar

Stir all ingredients until dissolved. If necessary, set bowl in hot water to hasten dissolving.

Although not as thick as regular sweetened condensed milk, this works well as a substitute.

---

### **Mild Grain Drink-Oats**

1 cup oat flakes (oatmeal)

3 cups water.

Mix above ingredients in a tall microwave container.

Cover, but not tightly. Heat on high for 4 minutes or until bubbly

Cool down. Add 2 cups water to a blender and blend on high until smooth

Pour into a large container and add 2 more cups water.

Add your choice of blended fruit (frozen-orange or grape juice, etc.).

Shake and refrigerate.

Merilyn Pare' Daggett of North Idaho

-----

## Dry-Pack Product Directions

(for selected items)

### Apple Slices

1 cup dry apples to ½ cup water yields 2 cups fresh apples.

### Beans

Soften beans by adding 3 cups hot water and 2 tsp. baking soda per cup of beans. Soak overnight, drain, rinse and cook.

### Carrots

To re-hydrate: use 1 volume carrots to 1 volume ice water. Allow 20 minutes.

### Fruit Drink Mix

Add 1 cup drink mix to enough cold water to make 2 quarts. Blend well.

### Hot Cocoa

Use ¼ cup mix per ¾ cup of hot water; or 1 to 1¼ cups mix per quart of hot water. Beat or blend until smooth.

### Potato Pearls

Add 2 cups hot water (+180 degrees) to 1 cup of potato pearls. Stir briefly, cover and allow to stand for 5 to 10 minutes before serving.

### Rice

White Use 2 cups boiling water and 1 teaspoon salt (optional) per cup rice. Cook covered about 15 minutes or until moist and tender.

### Rolled Oats

Use 2 cups water per cup of oats with ¼ teaspoon salt (optional). Bring water and salt to boil. Add oats and stir. Cook two minutes, stirring occasionally.

### Dry Soup Mix

Add 1 cup dry soup mix to 3 quarts water or meat broth. Add vegetables, meat, or bouillon as desired. Simmer for 45 minutes. Season to taste. Contains: split green peas, alphabets, pearl barley, lentils, rice, onions.

### Nonfat Dry Milk

Add ¾ cup nonfat dry milk to 1 quart warm water. Mix well and chill.

**Additional 'One Month Supply' recipes are available online at:**

<http://www.providentliving.org/content/list/0,11664,2017-1,00.html>

<http://geocities.com/olstk/Cookbook.pdf>

---



This document was created with Win2PDF available at <http://www.daneprairie.com>.  
The unregistered version of Win2PDF is for evaluation or non-commercial use only.