

# *"It is better to prepare and prevent than to repair and repent."*

~ Ezra Taft Benson

La Habra 1st Ward Preparedness Newsletter      February, 2000

## **IT'S FEBRUARY!**

February is sweethearts month and everyone will be giving and getting sweets. Please remember that you need to store sweets or as we like to call them "comfort foods". If there is a disaster or an emergency, nothing puts a smile on your face like a chocolate!

## **Cannery**

Our next cannery date is Thursday, April 6, 2000. We are scheduling this a few months down the road so that you can mark your calendars and NOTHING will get in the way of your going!

## **Powdered Milk Taste Test**

On Tuesday, February 2, at the Relief Society Enrichment meeting Claudia and Bekki did a powdered milk taste test. There were 6 different powdered milks prepared and the names kept a secret. Here are the results from best to worst:

1. Country Cream
2. Morning moo
3. Carnation
4. Mountain Mills
5. Church Cannery Brand
6. Perma Pak

We are sorry to report that all the milk that we have all been buying at the Cannery, is not very good. This is a great lesson is being sure that you store what you like. We will be trying to put together a group order for Country Cream in the near future. We will keep you posted.

## **Y2K Leftovers?**

What to do with all the extra supplies that you may have purchased. By Jean in Georgia

Instead of seeing this as surplus stuff to get rid of, I can't wait to experiment and learn how to use it for when I need it - we will be healthier and make fewer trips to the grocery store. My dear hubby even got me a treadle sewing machine for Christmas (to replace to antique one we had to sell during college years)

And just think - I won't have to go out and buy and chocolate for a month or two - even I can't eat all I have stored in less than a few months. So much chocolate, so little time!!!

One thing I am not going to practice on though - the porta potty - we will just have to wing it if we ever need it!!

So let's use these coming months to sharpen our skills, fine tune our storage by discovering what we like, use new recipes, practice emergency techniques, have emergency drills and just continue on and have a good time. One day we will need this stuff or our kids will, so let's make sure they have the skills to go with the storage.

## **EGGS**

How many eggs does your family eat in a week? How many would you use if you baked all of your own baked goods, ate no fast food or school lunches, etc.?

I did some math tonight because STORAGE IS ALL about math. Here are the results:

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*If your family uses 1 dozen eggs per week that equals 624 eggs in 1 year.*

*18 per week is 936 a year.*

*24 per week is 1248!*

*I think that 50# of dry whole egg is equal to about 1300 eggs. I also think I just decided to hang on to the box that I have in stock. If we were helping others besides ourselves, even 2 doz. per week may not be adequate, esp. if we could not get fresh meats etc.*

*PLEASE use math to figure your needs in CONCRETE numbers. Number talk to you, teach you, give you information. USE THEM.*

*Janis the Arkladie  
www.JustInCaseFoods.com*

## **Recipes:**

### *Instant Potato Soup Mix: in a pint jar*

*(This recipe can easily be doubled and put in a quart jar. If you have extra room on top, just add more potato flakes.)*

*Place these first 3 ingredients in a bowl and mix with a whisk:*

*1 1/2 cups Hungry Jack mashed potato flakes*

*1 cup powdered coffee creamer*

*1/2 of a 1 ounce packet of chicken gravy mix (reserve other half for another jar)*

*Place half of this mixture into a wide mouth PINT size canning jar.*

*Add on top of the potato mixture:*

*1 TB parsley flakes. Smooth the flakes towards the edges so they can be seen on the outside of the jar. Next mix these ingredients together in a bowl, then spread them on top of the parsley flakes:*

*2 TB grated parmesan cheese (gr. can)*

*1 Ts salt free seasoning mix (Mrs. Dash)*

*1/2 Ts minced onion*

*1/4 Ts pepper*

*Top with remaining potato mixture and stomp it down firmly to make it all fit.*

### *Recipe for Potato Soup:*

*empty jar of soup mix into a medium pan. Add 4 cups of boiling water. Let stand for 3 min. to thicken. Serve immediately.*

### **Sixty uses of Vinegar!**

*Continued from January...*

*7. Remove stains from stainless steel and chrome with vinegar dampened cloth.*

*8. Rinse glasses and dishes in water and vinegar to remove spots and film.*

*9. Prevent grease build-up in your oven by frequently wiping with vinegar soaked cloth.*

*10. Wipe jars of preserves and canned food with vinegar to prevent mold-producing bacteria.*

*11. To eliminate mildew, dust and odors wipe down walls with vinegar soaked cloth*

*12. Clean windows with water and vinegar*

*13. Hardened paint brushes: simmering boiling vinegar and wash in hot soapy water. (More next month!)*

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