

# The Food Storage Digest

February, 2005

## FYI

The Cannery is located at:

4400 Presidential Ave. NE  
(See map on other side of sheet.)

Cannery Phone  
343-1905

Ward Canning Specialists  
David & April Thomas 299-1537

Regional  
Butch & LuJean Hess 296-8157

Regional Assistants  
Gordon and Evelyn Baker 296-2099  
(See other side of sheet for canning times.)

## Spiritual Thought

"My brothers and sisters, I feel our anxieties are justified. It is the opinion of many that more difficult times lie ahead. We are deeply concerned about the welfare of our people and recognize the potential privation and suffering that will exist if each person and family does not accept the word of the Lord when he says, 'Prepare every needful thing' (D&C 88:119), and 'It must needs be done in mine own way' (D&C 104:16). The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah." (Ensign, Nov. 1980, p. 35.)

## Cooking Tips and Storage Ideas Storing Seasonings

Storing extra seasonings may make the difference between enjoying what you have stored and "just getting it down". Most stored food is very bland and a few extra packages of some favorite spices can go a long way, and it's an easy and inexpensive thing to do. You could even have a small herb garden in a window sill and grow and dry your own.

## Recipe

### Pinto Bean Fudge

1 cup cooked soft pinto beans,  
drained and mashed  
1/4 cup milk  
1 Tbsp. vanilla  
6 Tbsp. butter or margarine  
6 oz. unsweetened chocolate  
2 lbs. powdered sugar

In large bowl mix mashed beans and milk together adding enough milk to resemble mashed potatoes; then add vanilla. Melt butter or margarine and chocolate together and then stir into bean mixture. Gradually mix in powdered sugar, then after all the sugar is in, knead with hands until well blended. It should feel like gooey fudge at this point. Spread into lightly greased 9x13 baking dish or roll into 1 1/2 inch rolls. Chill 1-2 hours.

## Want Ads

SEEKING THURSDAY NIGHT CANNERS: We are aware that Saturday mornings at 8 are not the best time for everyone to come to the cannery. If Thursday nights at 6 are generally better for you, please contact David or April Thomas and we'll see if we can set something up!

## What is a One Month Kit?

Sometimes getting started on a year's supply of food storage seems overwhelming and financially impossible. So the Church came up with a practical solution to help people get started. The one month kit contains basic food essentials for one person for one month. It's also very economical (about \$30). It contains:

Wheat	3 cans
White Flour	1 can
White Rice	2 cans
Quick Oats	1 can
Macaroni	1 can
Pinto Beans	1 can
White Sugar	1 can
Powdered Milk	1 can
Shortening	1 can
Salt	4 - 4oz. shakers

## ROTATE AND SAVE!

You can eat breakfasts made from your food storage instead of expensive boxed cereals and use the savings toward your monthly food storage budget.

# Canning Events

Our Stake canning days will be on the first Saturday of each month, with the exceptions of January, due to New Years Day, and April and October, due to General Conference.

February 2005

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	<b>5</b>
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March 2005

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	<b>5</b>
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2005

Su	Mo	Tu	We	Th	Fr	Sa
						1 2
		3	4	5	<b>6</b>	7 8 9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Canning: Sugar, Apple Slices    Canning: Onions, Soup Mix    Canning: Wheat (red&white)  
 Taking orders for: April  
 (Orders due by Mar. 1)

Other canning times available are:

Thursdays: by appointment as individuals or groups, 9AM-NOON, 1PM-4PM, 6PM-9PM  
 Tuesday, Wednesday, Friday: groups by appointment.  
 (To make an appointment, please contact Butch and LuJean Hess, or Gordon and Evelyn Baker. See front of sheet for phone numbers.)

# Map to the Cannery

