



Food Storage Digest

June 2005



FYI

Cannery Location

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 for canning times.)

Spiritual Thought

Catching the Vision of Self-Reliance

"Provident living-enjoying the present while providing for the future-is the opposite of crisis management... Some may ask, 'Why have a garden when we can buy produce inexpensively?' One of the important keys of home production and storage is the acquisition of skills. Sometimes we may be able to buy food inexpensively, but the skills and intuitive wisdom gained through gardening and other home production projects are worth more than the time and effort they require. In a sustained emergency, basic gardening, sewing, repair, construction, and production know-how are invaluable. Provident living helps us develop these skills-and build family unity by doing it **before an emergency.**" (*Ensign, May 1986*)



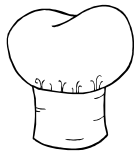
Storage Ideas

Excerpts from "Food Storage for Smaller Families"
By Jessica Forsyth, LDS Living, May/June 2005

Fitting it All In

1. Raise your bed. - Put your bed on cinder blocks or other tall supports, and store food underneath. Cover with long bedskirts.
2. Use your suitcases. - Place provisions in a box, and keep the box in your empty suitcase when you are not traveling.
3. Use the closet floor. - Hang tall clothing on one side of your closet and use the remaining closet floor for storage.
4. Mount shelves. - Use any available wall space for storage. Wall space in areas subject to extreme temperatures can be used to store non-food items such as batteries.
5. "Can" the coffee table. - Replace your coffee table with a flat chest or trunk, and place your food storage items inside, out of sight, but easily accessible.
6. Maximize freezer space. - Repackage items to make them flatter and more stackable, so you can get the most out of your freezer.

Recipes



Whole Wheat Bread (using powdered milk)

- | | |
|--------------------------|--------------------------|
| 2 Tbsp. yeast | 3 cups white flour |
| 1/2 tsp honey | 3/4 cup powdered milk |
| 1/2 cup warm water | 3 cups whole wheat flour |
| 2 cups hot water | 3 Tbsp butter |
| 1/2 cup dark brown sugar | 2 Tbsp honey |
| 2 tsp. salt | |

Dissolve yeast into 1/2 cup warm water and honey; set aside.
In a large mixing bowl, mix together water, brown sugar, salt and white flour. Blend powdered milk with wheat flour and add to mixing bowl. Mix well. Melt butter and honey together then add to bowl.
Add the yeast mixture. Knead 10 minutes or until dough pulls away from the side of the bowl. Dough should feel a little elastic (but not too much -- just enough so it won't stick to your hands while kneading and shaping). Let rise in bowl in warm place until it doubles in size (30 minutes to 1 hour). Lightly grease bread pans.
After dough has risen, shape dough into loaves, place in pans and let rise again until doubled. Bake at 350° for 30 minutes. Makes 2 loaves.

Evaluating Your Family's Needs

Write down everything your family eats for an entire month. The idea is not to track purchases but actual consumption. Multiply this by twelve and you have an idea of how much your family eats in a year.