



May 26, 2019

Long-Term/Year's Supply of Food

LDS Home Storage Centers

Ours is in Lindon at 940 W. Center Street (just off Geneva Road). Hours are: M&W, 10:00am–2:00pm, T&Th 10:00am–6:00pm, Sat 9:00am–1:00pm, Closed Friday.

You are no longer able to can your own food at the center. It is already done in one main facility and shipped to the centers where it is sold. Anyone can go in and buy #10 cans of food with nice labels and instructions on them. While I support buying things at the LDS Home Storage Center, I do not necessarily support their new list of items you need for a year's supply. Too many of the things on their list are only good for short-term storage. However, this is an excellent source for long-term basic items. Here are the things they carry that are good for long-term basic food storage.

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| • Rice (white) | • Carrots |
| • Wheat (red and white) | • Onions |
| • Pasta (spaghetti and macaroni) | • Apples |
| • Oatmeal (regular and quick) | • Milk |
| • Beans (white, black, pinto) | • Honey |
| • Potato Flakes | • Sugar |

The Most Important Tools to Have

1) Extra can opener, 2) hand water pump, 3) bucket wrench as needed. I also like to have gamma lids to use when I open the buckets.

*Opening cans from the bottom can be easier, especially with large cans, because the factory seal is often thinner than the one done to secure the lid.

Improvements to Make Food Storage More Digestible

There are some things you can do to help these basic foods be more useable to you. Here are just a few:

1. Using natural (not rapid-rise) yeast like sour dough start will decrease gluten content in wheat or other gluten-containing grains.
2. Sprouting will increase nutrition and help break down some of the proteins.
3. Soaking beans and changing the water often, adding baking soda, and pressure cooking will break down the lectins and help decrease the problems people have with legumes.
4. Culturing milk, making cheese and yogurt will change the proteins and help in some instances.
5. There are also herbs and enzymes that can help with digesting these things.

*While the average American eats way too much sugar, there are records of how needed, welcome, and beneficial it was in times of hunger when there was none or very little.

The Blessing of Storage in My Life

For as long as I can remember, and that is a long time, we have been counseled to store a basic supply of food. Early on the recommendation was food for two years. Later that changed to one year. I remember my dad getting rid of his old 55 gallon drums of wheat and tins of powdered milk when my mother died and he moved. They were taken by an organization and used as fertilizer for crops. Some might say that was a huge waste, but I disagree. My mother made using food she stored a way of life. We always had food, even in an economic downturn and when money was tight. Because my parents chose to follow this council their children all learned to follow it also. We learned

many skills to help us be self-reliant throughout our lives. In turn we taught many of these things to our children. While those skills didn't stick with all of their grandchildren, my parents's obedience to counsel has blessed their posterity for generations. I also learned from the mistakes and successes they made in early food storage. Here are a few things I have learned over the years.

1. If you store food in containers that are too big to open, use, and replace easily they are likely to just sit there getting old and be wasted later on.
2. Store things you use or learn new ways to use what you store.
3. It is a good idea to store variety of grain products and not just wheat.
4. It is worthwhile to learn the skills that go along with storage, like cooking from scratch and learning to make balanced and nutritious meals.
5. It helps to have a supply of short-term items that allow you to incorporate the long-term food into your meals on a regular basis.
6. Proper storage methods are vital if you want your food to be good when you go to use it. Food that is stored below 75° in a dry place will last at least as long as storage specialists claim and maybe longer. *Keep buckets up off cement.
7. There are a lot better ways to use powdered milk than mixing it half and half with fresh milk. You can make simple cheeses, yogurt, sweetened condensed milk, and even whipped topping just for starters.
8. A garden and fresh meat to add to your food storage are really welcome and helpful in keeping a family happy and healthy.
9. You have to either make an effort to cook with your supply or be prepared to throw it out and replace it down the road if you want the blessings that come with following this counsel.
10. If you have boxes with 6 cans in each, don't unpack them all. They stay cleaner if you open them one at a time, and should you move you will be glad for those unopened boxes.

If Your Storage Is Old

A lot of people prepared for Y2K or before and then forgot about it. Now they don't want to use their supplies because they are worried they are old. If they have been stored properly you may still be able to use them, but if you won't use them now it is time to redo things so that you can use them easily and well.

Don't use the fact that food went to waste as an excuse to be unprepared or think that you will eat old storage if times are hard enough. Here is what our latter-day prophet Spencer W. Kimball said, "As we become more affluent and our bank accounts enlarge, there comes a feeling of security, and we feel sometimes that we do not need the supply that has been suggested by the Brethren. It lies there and deteriorates, we say. And suppose it does? We can reestablish it. We must remember that conditions could change and a year's supply of basic commodities could be very much appreciated by us or others. So we would do well to listen to what we have been told and to follow it explicitly." *The Teachings of Spencer W. Kimball*, pg. 375.

*I have never heard this counsel revoked. In fact, I can show you quotes from each of the succeeding prophets that back it up.

*** There are some excellent recipes on the Internet under World War II Rationing for basic storage items.**

Notes from Red Hen

Dear Silky,

I am truly sorry to hear of your misfortune. If you can make it safely to our farm there is an old empty coop in back of the barn where several of you might be able to stay for a while. No one will feed and care for you, but we will teach you to be self-reliant if you are willing.

— Love, Red

