



May 2020

Long-term Supply of Food

We have a directive from our area seventies to have a year's supply of long-term food storage as well as a three-month supply of food that we use on a regular basis. (See 2019 guide at providentpapers.com for basic information on both of these.) Years ago the Church had a whole manual regarding preparedness. However, there is now so much knowledge available that today we are left to find our own resources. There are many more options for long-term storage than there were even 50 years ago. However, there are so many different voices to listen to that it can be confusing.

In the last 6 years, since I have been sharing information on preparedness, I have even seen new developments come out. I have come to realize that the counsel to prepare is not meant to consume our thoughts and energy. We are not told by our general authorities to prepare for the apocalypse, but to prepare to be self-reliant even through common difficulties. These may include: shortages, pandemics, strikes, famine or weather-related crop failure, financial difficulties, unemployment, illness, injury, natural disasters, war, civil unrest, and other things that can happen anywhere at any time. It is wise to have extra basic supplies so that your family can maintain their well-being despite difficulties. I will talk about two supply styles here.

Pre-planned Pouches for a Convenient Supply

Some choose to have a year's supply of individual Mylar pouches that will allow them to have balanced nutrition in the event that things get so bad they need to rely solely on such a supply. It is

compact, easy, complete, and portable; and, while expensive, it is one solution to following the counsel to have a year's supply of long-term storage. My two recommendations regarding this type of long-term storage are:

- 1) Shop around to make sure that you are getting a variety of foods that supply good nutrition with as few additives as possible. Be careful with things that have a lot of flavor enhancers, preservatives, and that only use soy-based proteins. These are fine on occasion, but not so wise for a year's supply.
- 2) It is wise to also have some long-term food that you can and will use in the event that your difficulty or crisis is not quite to the level you anticipated when you bought your pouch supply. There are in-between scenarios in which it is nice to have things you eat more often. I recommend having at least a can or jug of white rice and some soup base in case family members become sick. Pouches aren't so great for that.

Good Old-fashioned Basics

While this is not the only way to create your long-term food supply, this is my favorite way. (Basics are covered in the May 2019 guide.) You do have to cook and rotate the food in this kind of system for it to be practical, and that makes it undesirable to some people. However, it is versatile and can serve you through many different kinds of circumstances from a tight month financially to a serious crisis. It is easy to build up at a pace that is practical for you and your family, and you can restock without "breaking the bank." It is not hard to just pick up an extra can or bag here and there. My recommendations for this system are:

- 1) Make sure that you have protein, fruit, and vegetable options that you can add to the basics even if you have to keep them rotated out more often than 20 years or grow your own. It is wise to know enough about nutrition that you are aware and can supply your family with the things that are needed to stay healthy.
- 2) Be vigilant in keeping your supply organized and rotated so that you don't "lose" things and forget them until they are unsafe.
- 3) Build a file of things your family likes to eat that you make with such a supply. I guarantee that a crisis is not the best time to experiment and introduce new things often. "We will eat it if

we are hungry enough” may be partly true, but it doesn’t take into account the effect of unappetizing food on attitude and morale.

- 4) Make sure that your food is stored properly. It can’t be kept in boxes and packages on an open shelf if you expect it to last.

Suggested Goals for this Month on Long-term Food Storage

Level 1—If you are just starting out:

1. Try one or two meals a week made with only food storage items. Find 5 that your family likes and put them in a physical recipe file/binder with your food storage. (Plan to make them sometimes as a regular part of the family diet.) *This isn’t really as hard as you think. Remember, you can count breakfast, lunch or dinner.
2. Create a plan for building up your family’s long-term supply. Decide how much you can spend a week and what you need to get first, second, third.... Take the money you saved each month and shop once each quarter for storage items. You might go to the Lindon Home Storage Center, food storage outlets, case lot sales, or preserve some of your own food you have raised.
3. Take a look at the Pulse plan. It is under plans and ideas on the website. This is a good place to start if you do not feel you have enough income to build food storage.

Level 2—If you have some food storage, but need to improve your use and supply:

1. Choose an item you aren’t using very well from your current food supply and find ways to use it up (maybe wheat, milk, or beans). Example: I never used my powdered milk. I picked this goal, got some powdered milk cookbooks, and watched some YouTube videos, and now I make several things often using my milk.
2. Go through your food storage area and make sure that all storage items are stored properly in appropriate containers (see 2019 guide containers appendix).
3. Clean and organize your storage. Get rid of things that are old that you won’t use. Make a list of things you need to replenish.

4. Learn about proper nutrition (not special diets or weight loss programs). Create a plan for making sure that you can add what you need to the long-term basics to assure your family has what they need.

Level 3—You are something of a food storage guru and have and use your supply:

1. Create a cookbook of at least 12 recipes each for breakfast, lunch, dinner, and snack/drink that you can make with only what you have in food storage. Share it with your family. *This book will be most useful if you do not have to have ingredients from the store to make the items, and if you make a list of things you should have in storage to make it.
2. If there is a time when other families may not have enough to eat, decide what you have or can store to help them.
3. Add something extra to your basics like spices, herbs, or new grains.

Notes from Red Hen

Dear Journal,

We have learned how to store food for the winter or in case we are forgotten for a few days, but I have been wondering what would happen if there was a serious situation in which we were unable to obtain food for a year. The chicks and I have decided that we will enlarge our little cellar under the barn. We have been scouting for a good source of jars to store grain and other things in so the mice don’t eat them. Muffin says that the neighbor, Old Mr. Higgins, throws all his jars in the dump pile down in the hollow near our property line. I think that we will check the pile daily and start carrying off the little jam and pickle jars. We’ll clean and dry them before they can get moldy. We will dry more vegetables, worms, and bugs this summer if we have a good place to keep them. Rudy is working on a way to make some shelves from a pile of old cedar shingles he found behind the barn. I know it is highly unusual for chickens to have a storage cellar, but we have never been ordinary chickens!

