Food Storage...Use It or Lose It
By Debbie Kent
peaceofpreparedness.com

Quote: “...Life is fragile, peace is fragile, civilization itself is fragile. The economy is particularly vulnerable. We have been counseled again and again concerning self-reliance, concerning thrift... As we have been continuously counseled for more than 60 years, let us have some food set aside that would sustain us for a time in case of need.” Gordon B. Hinckley, Oct.2001, “The Times in Which we Live”

For over 100 years we have been admonished to store up grain. “Remember the counsel that is given,” said Elder Orson Hyde, “... Store up all your grain,’ and take care of it! ... I tell you it is almost as necessary to have bread to sustain the body as it is to have food for the spirit; for the one is as necessary as the other to enable us to carry on the work of God upon the earth.” Journal of Discourses, Vol. 5, p. 17

“There is more salvation and security in wheat, than in all the political schemes of the world. ...” (JD, vol. 2, p. 207.)

NEW Food Storage Plan
August 2007 Ensign “Are You Prepared?” or “Lay Up in Store” providentliving.org

90 Days – Open and Eat, normal food (these must be rotated)

- Things you regularly eat but not fresh/frozen: (may have no power, no shopping)
- 90 day supply of: breakfasts, lunches and dinners, snacks (Have 1 filling meal per day)
- What you would like to eat in a time of stress. (comfort foods)
- VARIETY- No one likes eating the same thing over and over (menu planning)

Website for a family’s experience in living on their 90 Day supply: 3monthspreparation.blogspot.com/

Long-Term: 400 lbs Grains; 60 lbs beans; plus milk; oil; salt; sugar; yeast

“Perhaps if we think not in terms of a year’s supply of what we ordinarily would use, and think more in terms of what it would take to keep us alive in case we didn’t have anything else to eat…”
Harold B. Lee, Welfare Conference Address, October 1, 1966.
Why Use It Now?

- It’s Healthy: The food pyramid: 1/3 whole grains; 1/3 fruits/veggies; 1/3 Dairy/Protein/Oils
- Really yummy BUT can cause severe side effects.
  Some people are allergic; digestion problems; constipation; diarrhea; sometimes hospital
- Takes 3 months to get used to eating whole grains and beans
- Much better to try now and work into diet, when doctors and medicines are available.

What Meals can you Make with a Basic Year Supply?

**MENU using Basic Year Supply**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Dessert</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ¼ c. oatmeal</td>
<td>1 c. plain pasta, 1/2 c. beans, 1 flatbread</td>
<td>1 ½ c. rice, ½ c. beans, 1 flat bread</td>
<td>3 c. popcorn</td>
</tr>
</tbody>
</table>

If this is all you had to eat, you would survive, but you wouldn’t like it. You could only make very plain, very boring meals. I don’t know about you but I wouldn’t want to eat this even once let alone every day for a year. BUT it is the foundation of your food storage plan. Most meals are made using these basics.

**Survival Mode**

A Basic Year Supply is about the same amount of food the Handcart Pioneers had per day.

Another problem how to void **Appetite Fatigue** (a term coined during Post War WWII). During the war the cities had been almost destroyed. The people scrounged and then started growing food. They only had a few different kinds of food so they ate the same thing, everyday. The older people and children just stopped eating and died. You know how children are if it is not something that is familiar to them, that they like, they just say they aren’t hungry. **Lesson learned:** Add variety and comfort foods to your storage.
Use your Storage in Menu Planning

When you start thinking of your food storage as the foundation for meals instead of the “whole enchilada” you will be on the road to good eating. So instead of thinking: I have wheat, rice, oats, beans, corn and pasta. You can think: pancakes, artisan bread, spaghetti, cornbread and chili, oatmeal muffins, fried rice and chocolate chip cookies. Look at your food storage and use it as the basis for meals for: breakfast, lunch, dinner and snack. Some families just plan for two bigger meals a day, because that is what their family eats. You want to plan for at least one big meal a day, one that will fill your tummy and make you feel satisfied.

Use it to Experiment Now

(buy extra for this)

Now is the time to experiment. If you burn the bread or beans or make a terrible disgusting dish, you won’t starve or feel bad about feeding it to the dog or dumpster, because you can make a sandwich or go out. You also may find you need some new “toys” to make using for food storage easier: grinder, whisk, Dutch oven, thermometer, etc.

FOOD STORAGE NIGHT

Funny video about one family’s food storage night adventure.

If you eat your food storage one day a week you can completely rotate your food storage in 3 years. Make one of your nights food storage night and use it to try out new recipes or try converted ones. As your food storage cooking becomes more frequent, it will also get better and instead of making “tapioca milk” you will be making ice cream that your family will love.

http://www.youtube.com/watch?v=If7YJ-oeSy8

Buy or Borrow Food Storage or Regular Cookbooks.

Finding good recipes is difference between your family “feasting” on food storage or simple surviving. Which kind of family do you want to be? There are many, good cookbooks out there. Some specialize in food storage, others just dabble in it or else they just have recipes that can be converted into Food Storage. There is now also the internet a great resource for finding recipes for specific things like: barley, rice, beans and even dried apples. A few of my favorite cookbooks are: Cookin’ With Home Storage; It’s In the Bag by Michelle and Trent Snow; The Everyday Gourmet; any of the Gifts in a Jar books; Dinner is in the Jar by Kathy Clark; Mix-a-Meal (like fast food-food storage) and the Amazing Wheat Book. Many times now I just find recipes on the internet for whatever I am cooking. I look for the easy to prepare ones that have ingredients that can be easily converted to storage items.
Sharing Recipes

This is a great way to find new, tried and true recipes. I love bread, but I just like this lady, don’t really like to knead it. Recently I was sent an Artisan Bread recipe that mixes up in about 1 minute, NO KNEADING. Then it sits and the yeast works its magic on the dough, then you form it and bake it to make a wonderful, chewy, crusty loaf of bread. It is so easy. What I am saying is, if you find a good recipe using food storage items, SPREAD THE WORD. There are many who would like to try it. I would love to add it to our growing collection of food storage recipes: The other good thing about sharing is that if yours isn’t turning out just right chances are there is someone who knows how to fix the problem.

Converting Recipes…We want to LIKE what we Eat

Using family favorites or new recipes is a great way to start using your food storage.

For example; my mom makes wonderful cabbage rolls. I love them, but they take a lot of time to make. One day I was making them and watching Rachel Ray talk about stoups (cross between stew and soup) and I thought, I think I could make Cabbage Roll Stoup. So instead of steaming and rolling the meat and rice up into the cabbage leaves I just shredded the cabbage and added it all in together, cutting the preparation and cooking time in a third. My next step was to turn it into food storage using dehydrated cabbage and canned hamburger instead of fresh. It worked wonderfully, is so much faster and easier and has the same delicious taste and texture.

Original Cabbage Roll Recipe

1 lb ground beef
1/2 c. instant rice
8 large cabbage leaves
8 oz tomato sauce
Sauce: 16 oz tomato sauce, 1/2 c. brown sugar & vinegar
Mix hamburger, spices, rice and tomato sauce together and set aside. Steam cabbage leaves until soft, about 10 minutes. Spoon 1/4 c. meat mixture on cabbage leaf, fold in sides and roll. Place in skillet and cover with sauce mixture. Bring to a boil, cover and simmer 1 hour.

Cabbage Roll Stoup

1 pint hamburger, drained
1/2 c. white rice
8 oz tomato sauce
Combine ingredients in large pot, bring to a boil, and simmer for 30 minutes.
Add 1-16 oz tomato sauce
Half c. brown sugar
Heat and serve.

Hints: Add dry with dry (using powdered milk, add with flour, add water amount to liquids).
When using DH or FD vegetables in soups/stews soak a little first will produce softer veggies.
Butter/Margarine: Do not taste like fresh; great for cooking, add oil for better texture and flavor
Dehydrated/Freeze-Dried/Canned: sources of fruits, veggies and meats, can be all be used for fresh.
Meat: One can about equal to lb. raw, add last, shorten cooking times.
Some other things to consider:

1) Fresh vs Food Storage (can the fresh ingredients be substituted for dry or canned?)
2) Make Substitutions (how much dry or canned carrots do you use for 4 fresh ones-see chart)
3) Change Instructions
   Mix dry ingredients w/dry, mix wet w/wet
   If you don’t like the seasonings in a recipe change them to ones you do like and record it
3) Practice, Practice, Practice (don’t expect perfect 1st time)

Use It to Find out What you Like and What you Don’t Like

- Why have 50 pounds of black beans or banana chips stored if no one will eat them?
- Your daughter is allergic to wheat, what can she eat instead?
- You love cornmeal but don’t have many recipes using it, find some and try them.
- You thought that TVP Lentil Soup Recipe sounded divine but after making it, even the dog wouldn’t eat it. Throw that recipe away and find another, there are hundreds to choose from.

Family Recipe Book

As you find recipes you really like put them all together in a Family Recipe Book. You can make a fancy version and have it spiral bound at Staples or other copy house or simply keep them in a 3-Ring binder. The important thing is keeping them all together for when you need them.

What Else Do You Need to Make Meals?

Now that you have found a collection of recipes, what else do you need to add to your food storage to be able to make them once or twice a week for a year?

- To make bread you may need: Grain grinder; yeast, salt, dough enhancer, wheat gluten, oil
- Soup: bouillon, vegetables, spices, pasta, rice
- Spaghetti: pasta, spaghetti sauce, spices, parmesan cheese, breadsticks

To make one loaf of bread a day for a year, using my favorite recipe I would need:

- 275 lbs of wheat
- 4 gallons of oil
- 8 lbs of yeast
- 20 lbs wheat gluten
- 7 lbs of salt
- 46 lbs of sugar
- 4-21 oz cans dough enhancer
Another Reason to Use Food Storage

Rotate, Rotate, Rotate

There are many reasons to rotate but these are the four I like the most:

1) I can learn how to use it; learn what I really like; plus it is a lot healthier!
2) Save money by cooking from scratch with food storage.
3) Too many people don’t rotate and end up throwing out all their food when it gets old and yucky.
4) Using Food Storage two days a week will completely rotate your food storage in 3 ½ years.

Cooking with food storage is easy and in fact it is kind of fun. Try it you’ll like it!

I really like this quote from Crystal J. Young’s blogspot: “What we must regain is an "American Dream." We must catch an excitement that if we put a strategy into play, sacrifice and stick to the plan, we can reach a goal. This goal may be to keep food on the table through a period of unemployment, lift thousands of dollars of debt, finance a college career or build stronger family relationships by sitting down to a homemade "family dinner” 7 days a week. In no way has our sacrifice been larger than our gain. Our whole family is more confident. We have all gained satisfaction as each day has required a little creativity to use what we have.”

Preparing - One Day at a Time … 3monthspreparation.blogspot.com

Organizing your Food Storage

Organizing your food storage is really important because when it is organized you can find it easier and can rotate it easier. There are as many ways to organize: from buckets with gamma lids, to self rotating shelving systems and even a food storage room. There are also much simpler ways: cans on shelves that can be rotated left to right, back to front, boxes under the beds with rows of cans with older in front, newer in back, etc.

Packaging Your Meals

Wouldn’t it be wonderful after you find those family friendly food storage recipes that you could put them together ahead of time and package them for long term storage. Then rotating would be as easy as grabbing a bag or jar off the shelf, adding a few ingredients and ta-da dinner, no fuss, no mess. This is one woman’s goal and she strives to package up 365 food storage meals. Her goal is to have 30 different dinner meals, one for each day of the month x12 for a year. Then she bags up all twelve of the one thing and adds it to her storage. What a great idea! This would work great for 90 Day Supply also.

Here is a link to a video about this idea. http://www.youtube.com/watch?v=OEA6qlIrtzg
Rotate, Rotate, Rotate

- Practice cooking with it
- It’s a lot healthier!
- Saves money.
- Keeps your food from getting old and yucky.

Use 2 days week - rotates in 3 ½ years

“I know I said I was hungry, but I am not THAT hungry”
Learning to make meals that your family loves and storing the other ingredients you need to make them with makes the difference between happy and mad; full and hungry and good and bad attitudes. Remember the story of Lehi and his family in the wilderness? Everyone’s bow breaks including Nephi’s. They are on the brink of starvation and even his father the prophet was murmuring. Food feeds the body and the soul. Do your best to be able to make meals that will bring out the best in you and your family.

Goals
* Find or convert one recipe a month
* Have a Food Storage Meal once a week
* Make a Family Food Storage Recipe Book
* Purchase other ingredients
* Practice, Practice, Practice
* Share what you learn

"Lay up your wheat and other provisions against a day of need; for the day will come when they will be wanted, make no mistake about it. We shall want bread, and the Gentiles will want bread, and if we are wise we shall have something to feed them and ourselves when famine comes."  (Wilford Woodruff, Journal of Discourses, 18:121.)
Why Do We Prepare?
Feast, Flop or Famine…The Choice is Yours

“Life is fragile, peace is fragile, civilization itself is fragile. The economy is particularly vulnerable. We have been counseled again and again concerning self-reliance, concerning thrift…. As we have been continuously counseled for more than 60 years, let us have some food set aside that would sustain us for a time in case of need.”

It is my hope that this class will inspire you to use your food storage in planning and cooking every day meals and while you are doing this expanding your basic food storage to include items that will allow you to make delicious, nutritious meals. Cooking with food storage is fun and so satisfying. It is fun to see a new recipe and think, WOW this is a great food storage recipe!!! Try it and Like it!!!

Cookbook Resources

Cookies for Dinner by Faye Packer Reeves
Cookin’ w/Home Storage - Peggy Layton
Dinner is in the Jar by Kathy Clark
Gifts in a Jar
Made Simple by Ruth Ann Harker
It’s In the Bag by Michelle and Trent Snow

Mix a Meal by Deanna Bean and Lorna Shute
Wheat Cookin’ Made Easy by Pam Crockett
Eatwheat.com
Zesty Cook.com
# Reconstituting Dehydrated Foods

<table>
<thead>
<tr>
<th>Dried Food</th>
<th>Makes</th>
<th>Amount</th>
<th>Water</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Applesauce</td>
<td>1 c.</td>
<td>½ c.</td>
<td>1 c.</td>
<td>Add boiling water and let set for 15 min.</td>
</tr>
<tr>
<td>Apple Slices</td>
<td>1 c.</td>
<td>1 ½ c.</td>
<td>1 ½ c.</td>
<td>Add boiling water and let set for 15 min.</td>
</tr>
<tr>
<td>Bell Peppers</td>
<td>1 c.</td>
<td>½ c.</td>
<td>¾ c.</td>
<td>Add water and let soften.</td>
</tr>
<tr>
<td>Bouillon</td>
<td>1 c.</td>
<td>1 t.</td>
<td>1 c.</td>
<td>Dissolve bouillon in hot water.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 c.</td>
<td>½ c.</td>
<td>1 c.</td>
<td>Soak for 15 minutes, heat.</td>
</tr>
<tr>
<td>Butter</td>
<td>½ c.</td>
<td>½ c.</td>
<td>2 T.</td>
<td>Mix together to make paste.Chill</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>1 c.</td>
<td>¼ c.</td>
<td>1 c.</td>
<td>Mix cold water into milk with whisk. Let stand several hours in frig.</td>
</tr>
<tr>
<td>Cabbage</td>
<td>1 c.</td>
<td>½ c.</td>
<td>1 ¼ c.</td>
<td>Add water and let set for 30 min or till soft</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 c.</td>
<td>1/2 c.</td>
<td>1-1/2 c.</td>
<td>Simmer carrots in water for 15 min. or until tender. Add ½ t. sugar.</td>
</tr>
<tr>
<td>Celery</td>
<td>1 c.</td>
<td>½ c.</td>
<td>1 c.</td>
<td>Soak in warm water, 20 minutes, drain.</td>
</tr>
<tr>
<td>Corn</td>
<td>½ c.</td>
<td>¼ c.</td>
<td>¾/4 c.</td>
<td>Bring to boil, cover, simmer 30-35 min.</td>
</tr>
<tr>
<td>Green Beans</td>
<td>1 c.</td>
<td>½ c.</td>
<td>1 c.</td>
<td>Bring to boil, cover simmer, 15-12 minutes.</td>
</tr>
<tr>
<td>Hashbrowns</td>
<td>2 c.</td>
<td>1 c.</td>
<td>3 c.</td>
<td>Bring to boil, simmer 10 min., drain, Fry.</td>
</tr>
<tr>
<td>Instant Milk</td>
<td>1 c.</td>
<td>¼ c.</td>
<td>1 c.</td>
<td>Stir and dissolve milk in cold water.</td>
</tr>
<tr>
<td>Margarine</td>
<td>3/4 c.</td>
<td>1 c.</td>
<td>.</td>
<td>Add 2 T. oil, stir till smooth.</td>
</tr>
<tr>
<td>Morn. Moo</td>
<td>1 c.</td>
<td>2 T.</td>
<td>1 c.</td>
<td>Dissolve milk in warm water, cool bef. drink</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>¼ c.</td>
<td>¼ c.</td>
<td>½ c.</td>
<td>Cover with water, set 1 hour, drain.</td>
</tr>
<tr>
<td>Onions, chop</td>
<td>2 T.</td>
<td>1 T.</td>
<td>1 ½ T.</td>
<td>Add water, let set until soft.</td>
</tr>
<tr>
<td>Potato Buds</td>
<td>2 c.</td>
<td>1 c.</td>
<td>2 c.</td>
<td>Stir into hot water, cover, let stand 5 min.</td>
</tr>
<tr>
<td>Potato Dices</td>
<td>2 ½ c.</td>
<td>1 c.</td>
<td>3 c.</td>
<td>Bring to boil, simmer 10 min, drain.</td>
</tr>
<tr>
<td>Peaches</td>
<td>2 c.</td>
<td>1 c.</td>
<td>2 c.</td>
<td>Add water let set until soft.</td>
</tr>
<tr>
<td>Peas</td>
<td>1 ¼ c.</td>
<td>½ c.</td>
<td>1 ¼ c.</td>
<td>Add ½ t.sugar to hot water&amp;peas/set 30 min</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>1 T.</td>
<td>1 T.</td>
<td>1 t.</td>
<td>Add 1 t. oil, mix thoroughly.</td>
</tr>
<tr>
<td>Refried Beans</td>
<td>4 c.</td>
<td>2 c.</td>
<td>2 c.</td>
<td>Bring water to boil, stir in beans, cook til soft</td>
</tr>
<tr>
<td>Reg. Milk</td>
<td>1 c.</td>
<td>2 c.</td>
<td>1 c.</td>
<td>Dissolve milk in warm water, cool bef. drink</td>
</tr>
<tr>
<td>Shortening</td>
<td>½ c.</td>
<td>½ c.</td>
<td>½ c.</td>
<td>Mix together until desired constancy,</td>
</tr>
<tr>
<td>Sour Cream</td>
<td>1 c.</td>
<td>6 T.</td>
<td>1 c.</td>
<td>Mix together until desired constancy.</td>
</tr>
<tr>
<td>Spinach</td>
<td>1 c.</td>
<td>1 c.</td>
<td>1 ½ c.</td>
<td>Add spinach to boil water cook til soft,3 min</td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>1 c.</td>
<td>1 c.</td>
<td>1 c.</td>
<td>Boil water, add potatoes. Let stand, 20 min.</td>
</tr>
<tr>
<td>Tomato Powder</td>
<td>1 c.</td>
<td>½ c.</td>
<td>1 c.</td>
<td><strong>Sauce</strong>: mix together, use less water for paste</td>
</tr>
</tbody>
</table>

---

**Tomato Powder** 1 c. **Sauce**: mix together, use less water for paste.
<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Substitution</th>
<th>Amount</th>
<th>Substitution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon</td>
<td>5 slices</td>
<td>Bacon bits</td>
<td>4 T.</td>
<td></td>
</tr>
<tr>
<td>Beans, dry</td>
<td>3/4 c.</td>
<td>Canned Beans</td>
<td>1-15 oz can</td>
<td></td>
</tr>
<tr>
<td>Broth</td>
<td>1 c.</td>
<td>Bouillon</td>
<td>1 t. / 1 cube + 1 c. water</td>
<td>1/4 c. shortening</td>
</tr>
<tr>
<td>Butter/Margaine</td>
<td>1/4 c.</td>
<td>Butter/Marg. Powder</td>
<td>1/4 c. powder + 1 T. water</td>
<td>1/4 c. shortening + 1 c. O2+IT vinegar</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>1 c.</td>
<td>Buttermilk Powder</td>
<td>1/4 c.powder + 1 c. water</td>
<td></td>
</tr>
<tr>
<td>Carrots, 2 med.</td>
<td>1/2 c.</td>
<td>DH Carrots</td>
<td>1/4 c. + 1/2 c. water</td>
<td></td>
</tr>
<tr>
<td>Celery, 2 stalks</td>
<td>1/2 c.</td>
<td>DH Celery</td>
<td>1/4 c. +1/2 c.water</td>
<td>Celery Seed 1/2. t.</td>
</tr>
<tr>
<td>Chocolate, baking</td>
<td>1 square</td>
<td>Cocoa Powder</td>
<td>3 T. + 1 T. butter</td>
<td></td>
</tr>
<tr>
<td>Corn Syrup</td>
<td>1 c.</td>
<td>Sugar</td>
<td>1 cup sugar + 1/4 c. liquid</td>
<td></td>
</tr>
<tr>
<td>Cornstarch</td>
<td>1 1/2 t.</td>
<td>Flour</td>
<td>1 T.</td>
<td></td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
<td>Whole Egg Pdr</td>
<td>1 T. pdr + 2 T. water</td>
<td>1/2 c.dry fruit/ 1 c.</td>
</tr>
<tr>
<td>Fruit</td>
<td>1 c.</td>
<td>Dehydrated Fruit</td>
<td>O2/soak</td>
<td></td>
</tr>
<tr>
<td>Garlic</td>
<td>1 clove</td>
<td>dried minced garlic</td>
<td>1/4 t.</td>
<td></td>
</tr>
<tr>
<td>Green/Red Pepper</td>
<td>1/4 c.</td>
<td>DH Mixed Peppers</td>
<td>2 T.+ 1/4 c. water</td>
<td></td>
</tr>
<tr>
<td>Meat, fresh</td>
<td>1 lb.</td>
<td>Canned Meat</td>
<td>1- 12 oz. can</td>
<td>TVP 1 c.</td>
</tr>
<tr>
<td>Milk</td>
<td>1/2 c.</td>
<td>Powdered Milk</td>
<td>2 T. + 1/2 c. water</td>
<td></td>
</tr>
<tr>
<td>Onion, 1 med.</td>
<td>1/2 c.</td>
<td>Dry onion, minced</td>
<td>1/4 c. + 1/3 c. water</td>
<td>1 t. onion powder</td>
</tr>
<tr>
<td>Potatoes, 2 med.</td>
<td>DH Potato Dices Shortening/Butter</td>
<td>1 c. + 2 c. O2+1/4 t. sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shortening</td>
<td>1 c.</td>
<td>Pdr.</td>
<td>1/2 c + 1/2 c. water</td>
<td>2/3 c. oil</td>
</tr>
<tr>
<td>Shredded Cheese</td>
<td>1 c.</td>
<td>Cheddar Cheese Pdr.</td>
<td>1/4 c. powder</td>
<td></td>
</tr>
<tr>
<td>Sour Cream</td>
<td>1 c.</td>
<td>Sour Cream Powder</td>
<td>1 c. powder + 1/3 c. water</td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td>1 c.</td>
<td>Honey</td>
<td>3/4 c. (reduce liquid by 1/4 c)</td>
<td>1 c. molasses</td>
</tr>
<tr>
<td>Tomato Paste</td>
<td>6 oz.</td>
<td>Tomato Powder</td>
<td>1/4 c. powder + 1/3 c. water</td>
<td></td>
</tr>
<tr>
<td>Tomato Sauce</td>
<td>1 c.</td>
<td>Tomato Powder</td>
<td>1/2 c powder + 1 c. water</td>
<td></td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 t.</td>
<td>Vanilla Powder</td>
<td>1/2 t. powder</td>
<td></td>
</tr>
<tr>
<td>Vegetable</td>
<td>1 c.</td>
<td>Dehydrated Veggies</td>
<td>1/2 c. dry veggies/1 c O2</td>
<td></td>
</tr>
<tr>
<td>White Flour</td>
<td>1 c.</td>
<td>Wheat Flour</td>
<td>1 c. –minus 2 T.</td>
<td></td>
</tr>
<tr>
<td>Yeast</td>
<td>1 pkg.</td>
<td>Yeast</td>
<td>1 T.</td>
<td></td>
</tr>
</tbody>
</table>
“Hey, Mom, I’m home!” I yelled, closing the door.
I hung up my coat (but it fell to the floor).
“Hello, dear,” Mom answered. “Come in here and see.”
And—like every day—I knew where she’d be.

Hands sticky with dough, flour dusting her cheek,
She looked at her bread loaves—enough for a week!
“All ready for baking,” she said with a smile.
“It’s good to make bread, though it does take a while.”

“Oh, you’d be surprised!” Mother said with a grin.
“Would you take this flour back to its storage bin?!”
So down to the basement and into the dark
I hurried to board our own “Andersons’ Ark.”

There weren’t any lions there roaring aloud,
But I saw all the fruit we had canned, and felt proud.
I didn’t see bears, either growling or funny,
But I thought of the sweetness we get from our honey.

Though nary a glimpse of even one otter,
We’d never go thirsty—we’d jugfulls of water!
No rabbits were hopping about to and fro,
But canned garden veggies were neat in each row.

No cow was there to moo or to wink;
However, we’d powdered milk our family could drink.
No elephant stood there to trumpet a call,
But I saw our wheat stored—a half ton in all!

I looked everywhere, but there wasn’t a trace
Of one single animal found in that place.
I saw enough food for my parents to feed
The whole Anderson family if there’s ever a need.

We don’t know what problem, if any, we’ll face.
It’s good to be ready, prepared, just in case.
I went back upstairs to where Mom was still cooking.
“So how is our storage? You spent quite some time looking.”

“I know it’s important; I just can’t deny it.
And without all those animals, our ark’s much more quiet!”

“The Andersons’ Ark,”
By Debbie Davidson: *Friend*, Nov 1990
“Use It or Lose It” Recipes

Magic Malt-o-Meal Muffins
Makes 12

| 2 T. egg powder | 4 T. oil | ¾ c. + 3 T. water |
| ¼ c. powdered milk | ½ c. sugar | ¾ c. Malt-o-Meal* |
| 1 ¼ c. sifted flour | ½ t. salt | 3 t. baking powder |

Stir all ingredients until moistened. Fill greased muffin tins ¾ full. Bake at 375° for 20 minutes.
* Can substitute Germade or Cream of Wheat

Chili Tomato Mac
“Dinner is in the Jar"

| 3 C macaroni | 1 T + 1 t. chicken or beef bouillon |
| ½ c. + 2 T. instant dry milk | 2 t. dried minced onion | ¼ t. + 1/8 t. dried basil |
| ¼ t. + 1/8 t. dried thyme | ¼ t. pepper | 2 t. dried parsley |
| 1 t. + 1/8 t. garlic powder | 2 T. chili powder |
| 1 lb cooked ground beef | 3-15 oz. cans diced tomatoes |

Shredded cheese & sour cream

Cook and drain noodles and return to pot. Combine seasoning with 3 cups water. Stir until well blended. Add to pasta and beef and cook until thickened. Top individual servings with shredded cheese & sour cream.

Cheesy Chicken Casserole
“Dinner is in the Jar”

| 2 c. macaroni | 1 T. chicken bouillon | 1 ½ c. long grain white rice |
| 3/4 c. chicken gravy powder | 3/4 c. instant milk powder | 1 1/2 T sour cream powder |
| 1 1/2 T cheddar cheese powder | 2 T. dried bell peppers | 1/4 t + 1/8 t garlic salt |
| 2 T. dried celery | 1 t Italian seasoning | 1 T. dried minced onion |
| Pinch black pepper & cayenne | 1 T. beef or chicken bouillon | 1/4 t oregano |
| 1/4 t garlic powder | 1 pint cooked chicken | 1 c. shredded cheese |

Boil 3 ½ c. water. Add macaroni. Simmer, uncovered, for 13 minutes or until water is almost gone. Combine rice in a second pot with 2 ½ c. water. Cover and simmer on medium heat for 15 minutes. Adjust heat to low for another 15 minutes.

Whisk seasoning with 3 c water. Simmer a few minutes until thick and powders are cooked, stirring often to assure it does not burn. Mix rice, macaroni, soup mix and chicken. Put in greased 9 x 13 casserole. Top with cheese. Bake at 350° for 25-30 minutes.