

Salem Stake Relief Society Women's Conference

Provident Living-Emergency Preparedness

February 2015

3 month Food Plan

We are taught to be self-reliant and the Church encourages us to have a 3 month supply of food that is a part of our everyday diet.

Goal: To plan and acquire a **THREE MONTH** supply of food for your family, think about it as **"If we can't go to the store for 3 months what do we need."**

"Build a small supply of food that is part of your normal, daily diet. One way to do this is to purchase a few extra items each week to build a one-week supply of food. Then you can gradually increase your supply until it is sufficient for three months. These items should be rotated regularly to avoid spoilage." www.lds.org/topics/food-storage

How do we accomplish this goal?

"The best place to have some food set aside is within our homes...We can begin ever so modestly. We can begin with a one week's food supply and gradually build it to a month, and then to three months....I fear that so many feel that a long-term food supply is so far beyond their reach that they make no effort at all. Begin in a small way.....and gradually build toward a reasonable objective." -**President Gordon B. Hinckley** ("To Men of the Priesthood," Ensign, November 2002, 58)

Why should I have a three month Supply?

1. We have been counseled to, it is a commandment, and it is as much a spiritual principle of obedience as it is a temporal law. You will have **peace of mind** that you are **following the prophet**.
2. If there were an emergency either personal or community you could **be self-reliant**.
3. You will **save money**—because you will have a plan and you won't be tempted to eat out as often and you won't have to run to the store because you have forgotten items.
4. You will be **organized**—you won't feel the pressure of what is for dinner.
5. You will have better control over your family's **nutrition**.

Step #1: Make a Plan

Make an inventory of what you have on hand. Elder Featherstone once said to do it as a FHE activity. Involve your children and testify to them that you are following the living Prophet. See where you really are.

1. Write down 7-14 recipes your family loves and enjoys. Plan 14 days (2 weeks) and then multiply by 6. This will give you a three month's plan.
 - a. Including breakfast, lunch, dinner, and two snacks (See Menu Planner sheet)
(If you have a hard time coming up with 14 meal plans for Breakfast and Lunch....duplicate second week and then Multiply by 12)
 - b. Think of every ingredient you will need to make those meals. (Multiply by 6)
 - c. Figure out how much you need to get for those meals for three month. (Multiply by 6)
 - d. Check out www.foodstoragemadeeasy.net for an amazing spreadsheet that will do the work for you! (Click-on: 10 babysteps—3 Month Plan (Make sure to watch the tutorial so it makes sense.)
2. Make a master list of ingredients from your 2 week menu.

3. Make a plan to purchase the items you will need for your three month supply, even if it is just a little extra each week.

Step #2: Tips for shopping

1. Compare your 2 week list with what is already in your cupboards. You may already have a day or two of supplies on hand. (YAY!)
2. Purchase the items on your master list by copy buying. When you copy buy, you purchase one or two extra of the shelf-friendly items on your list to put into your storage. This method is often easier on your budget because for a few dollars per shopping trip, you are closer to your goal.
3. Once you know your meals and what you need, you can stock up when items are on sale. **Combine sale prices with coupons for even more savings as you stock up.**
4. Gradually purchase the food in bulk as they go on sale. (See www.thefoodshopper.net for some great tips.)

Step #3: How Do We Use It?

1. **Use and rotate** these foods in all your daily cooking
2. Don't wait for an emergency to use your storage. Make it a **daily part of your family's life**. You don't want to have added stress during an emergency of trying to figure out how to cook or how to use the food you have stored.
3. Store and **eat what your family likes**. Try new foods and recipes now. You don't want to store things you don't like and won't eat.
4. **Learn to cook** the items you store and work toward a one month plan and then continue to a three month plan.
5. **Constantly replenish** the stock of food as they go on sale again.
6. Put the **date** that you purchase your items with a marker (1/15) and pull things to the front and restock from the back.
7. Post a sheet of paper near your storage or pantry area. When you take something out **write it down**.
8. Get creative and **share recipes** with family and friends (and your Ward Family).
9. Once you have mastered meals, expand what you do with **long term food storage**.
10. Consider your "from-scratch" cooking skills and decide how you can **improve these skills** (example: bread making or home canning). Think of others who can help teach you these skills!

Step #4: Acquire other essential items for living

Consider:

1. Personal hygiene products such as toilet paper, diapers, tooth paste, deodorant, shampoo, etc.
2. Vitamins
3. Laundry Supplies
4. Cleaning supplies
5. Other items which are necessary to living.

(Don't worry if you can't accomplish this quickly.....just take your time this is a goal to do it in small steps constantly working at it.)

Tips we have learned along the way:

1. You can freeze **bread** but don't let it touch the freezer, set it on a piece of cardboard to protect it from freezer burn.
2. Buy **hamburger** and then come home and brown it and add onions and then bag, label and freeze it. (Label example: Hamburger, Date (1/15), and how much 1 lb.) Then pull it out to make your meals: tacos, taco soup, hamburger casserole, spaghetti etc.
3. If you put **left overs** in the freezer –Label and date.
4. For **hamburger extenders** add a little cooked rice to make it go just a little further.

5. For **hamburger patties** to extend a little further add Oatmeal.
6. When the time comes ...a secondary **freezer** is an amazing storage for 3 month supply of food but you would also want to have a **generator** as a backup for electricity.
7. You can freeze **shredded cheese** for casseroles. Put it in smaller bags and label it.
8. Store **yeast** in the freezer.
9. **White wheat** is amazing to use with breads, it is like working with white flour. An excellent blend is 10 cups of white wheat to 1 cup of red wheat. The red wheat has a nutty flavor but it doesn't rise like the white wheat.
10. You can freeze **butter**.
11. **Coconut Oil** can be used on toast, cooking an egg, popping popcorn, corn, frying potatoes etc. It is very healthy for you and the shelf life is 4 years plus....endless. Use it where you would butter.
12. Make sure you have **spices** and buying them in a larger container is often cheaper.
13. One way to get fresh greens in your diet is to grow **sprouts**.
14. **Freeze dried** products retain the original nutrients better than a dehydrated product.
15. Store **seeds** and rotate them so you can plant a garden for fresh produce.
16. Involve your **children** in planning and preparing the necessary skills and products needed.
17. **Make a binder** of Emergency Preparedness information. If you had an emergency you wouldn't have your electronic devices to have and use the information from.

Please check-out these web-sites for additional information in helping you to plan your eating

Planning Worksheet:

<http://foodstoragemadeeasy.net>

Tips for shopping:

<http://thefoodstorageshopper.net/training-shopping/3-month-food-supply/>

General Authority Talks on Food Storage or Being Prepared:

Elder Vaughn J. Featherstone

<https://www.lds.org/general-conference/1976/04/food-storage?lang=eng>

President Monson:

<https://www.lds.org/ensign/2014/09/are-we-prepared?lang=eng>

President Hinckley:

<https://www.lds.org/general-conference/2005/10/if-ye-are-prepared-ye-shall-not-fear?lang=eng>

WE CAN DO IT ONE STEP AT A TIME.

To access this in an electronic form go to salemzion.org
