

FAMILY HOME STORAGE AND PREPAREDNESS MANUAL

THE CHURCH OF JESUS CHRIST
OF LATTER-DAY SAINTS

SACRAMENTO STAKE
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A MESSAGE FROM THE SACRAMENTO STAKE PRESIDENCY

Dear Members of the Sacramento Stake:

As most of you are aware, beginning in 2010 we have been specifically emphasizing the need for all of our Stake members to be not only spiritually but also temporally prepared in all things. Though spiritual preparation is a topic addressed nearly every Sunday in our church service meetings, temporal preparations and what we as members can do to be prepared is not addressed as often. We have been instructed from time to time to be temporally prepared, but it seems that many, or most, members are not sure what steps to take to actually do so.

The General Authorities of the church repeatedly warn us that we live in “perilous times.” Regional natural disasters are taking place in greater frequency and magnitude than ever before. Political and national distress and disputes have led to an intensification of wars and rumors of wars that could lead to disruption in our daily living at any given time. We must also not forget that the prophet Joseph Smith was told close to 180 years ago that the Second Coming of our Lord was imminent and that prior to His coming the entire world would be in commotion.

Though our spiritual preparation and worthiness is paramount, we must also be temporally prepared to meet the challenges in which we currently find ourselves and that will come hereafter. Because many members of the Stake would like to become better temporally prepared but are not sure how to do so, this manual has been prepared to help our beloved members focus their planning efforts and know where to look when seeking answers and guidance for their specific circumstances.

Other efforts are being made by the Stake to help facilitate temporal preparations for our members in addition to use of this manual as special Sunday school curriculum, including 1) preparation of Ward and Stake emergency plans so that members know what to do in the event of an emergency, 2) holding Stake and ward preparedness fairs, and 3) encouraging Ward and Stake level enrichment type activities that will encourage our members to increase their preparations in various ways.

We want all members of our Stake to know of the love we have for you and we hope all who read this manual and participate in Sunday school classes with its use will find the information helpful and uplifting.

Sincerely,

John Cassinat
John McKinney
George Long
The Sacramento Stake Presidency

OVERVIEW

The information in this manual is general in nature and is not intended to be all inclusive. It is meant to be specific enough to give the members of the Sacramento Stake enough guidance to enable us to know how to focus preparation efforts enough to do the following:

1. Gather and store a basic one year supply of long term food storage;
2. Store at least a minimum amount of clean water (two weeks or more per family member);
3. Gather and rotate a three-month supply of regularly used breakfast, lunch, dinner and snack menu items;
4. Gather equipment and fuel needed for cooking food in emergency circumstances;
5. Prepare a family emergency plan so that all family members know what to do in an emergency;
6. Prepare an emergency kit (72+ hour kit); and
7. Prepare in additional ways as the Spirit may dictate, such as medical preparation, sanitation amidst emergencies, and other needful things.

In the event that you find the information in this manual incomplete for a given area or topic of preparation, you are encouraged to contact your Ward Emergency Preparation (EP) specialist, who can also refer the question to the Stake Provident Living Specialist (currently Pam Emick, Sacramento 5th Ward).

Learn more about preparedness and self-reliance topics as the Spirit directs.

<p>A Free Preparedness Manual: The website www.ldsavow.com offers a free preparedness manual (called the “LDS Preparedness Manual”). You can download it under the “Free Resources (Downloads)” link on the site’s main web page.</p>

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Becoming Self-Reliant in the Lord's Way

Lesson 1

This is a rather long introductory class. Be prayerful about how to present it.

In 2007, the First Presidency of the Church of Jesus Christ of Latter-day Saints prepared a pamphlet titled "All is Safely Gathered In." This pamphlet is the most recent direction given to members of the Church directly by the First Presidency. The focus of this pamphlet is four-fold, as follows:

1. Three-month Supply. A three-month rotating supply of foods members normally eat is encouraged.
2. Drinking Water. Storage of adequate, clean drinking water is encouraged.
3. Financial Reserve. A reasonable financial saving/reserve is encouraged.
4. Long-Term Supply. A long-term supply of foods that you can use to stay alive if needed is encouraged.

This Family Home Storage and Preparedness Manual is intended to help members of the Sacramento Stake learn basic steps to acquire a three-month rotating food supply, store clean drinking water, obtain a year's supply of life sustaining food, and to prepare other needful things. If we are prepared in this manner and an emergency occurs, members of the Stake will be able to help themselves and be of service to others who are in need.

ENCOURAGEMENT TO FOLLOW THE COUNSEL OF "ALL IS SAFELY GATHERED IN"

EXCERPTS FROM: "Family Home Storage: A New Message," Ensign, Mar 2009, 56–60

As a single mother working for a law firm in Phoenix, Arizona, USA, Evelyn Jeffries struggled to find the time and the space necessary for home storage. Although she attended activities and meetings about food storage and tried to be obedient to prophetic counsel, like many Church members, she found it difficult to imagine what she could ever do with the hundreds of pounds of wheat she was told she needed to have for her and her daughter.

When a sister in her ward suggested a different approach, Sister Jeffries discovered the key to successful home storage: consistently and gradually increasing her food supply.

Setting aside a particular amount in her budget for home storage, she purchased a few extra items from the grocery store each week. She also purchased one basic food item like grains and beans from the Church home storage center each month.

Many years later, in October 2002, Sister Jeffries was impressed when President Gordon B. Hinckley (1910–2008) suggested that Church members adopt a simpler approach to home storage.

"We can begin ever so modestly," President Hinckley explained. "We can begin with a one week's food supply and gradually build it to a month, and then to three-months." (Gordon B. Hinckley, "To Men of the Priesthood," *Liahona* and *Ensign*, Nov. 2002, 58)

Sister Jeffries notes that “the beauty of this system is its appropriateness for families just starting their storage programs, as well as for those living in small homes and apartments, where space is at a premium. President Hinckley clearly recognized that change and adaptation are needed so that all of us might benefit from the Lord’s inspired program.”

A New Approach

In the spirit of President Hinckley’s remarks, Church leaders decided to closely reexamine their approach to self-reliance, looking for ways to reinforce the concepts of home storage and financial preparedness. As a result, the Church published the pamphlet *All Is Safely Gathered In: Family Home Storage*, outlining new guidelines for home preparedness that give Church members a simplified, four-step approach to building their home storage.

They are as follows:

1. Gradually build a small supply of food that is part of your normal, daily diet until it is sufficient for three-months.
2. Store drinking water.
3. Establish a financial reserve by setting aside a little money each week, and gradually increase it to a reasonable amount.
4. Once families have achieved the first three objectives, they are counseled to expand their efforts, as circumstances allow, into a supply of long-term basic foods such as grains, legumes, and other staples.

Of the new guidelines, Presiding Bishop H. David Burton says, “Our objective was to establish a simple, inexpensive, and achievable program that would help people become self-reliant. We are confident that by introducing these few, simple steps we can, over time, have more success.”

Guideline 1: Build your three-month supply gradually.

Start small and do the best you can. Begin by purchasing a few extra items to add to your storage each week. Strive to build a one-week supply; then expand it to a one-month supply, then a three-month supply. By building your supply slowly, you can avoid financial strain and start down the path toward self-reliance.

The Lugo family of Valencia, Venezuela, learned that this new approach of starting small and being consistent can pay big dividends. After listening to general conference, Brother Omar Lugo, a Church member in the Falcón Venezuela District, felt inspired to begin his own home storage. He discussed the matter with his family, and they agreed to follow the prophet’s counsel.

They began setting aside food, water, and money, a little at a time. At first the difference was hardly noticeable. But after a while the Lugos found that they had accumulated a substantial reserve. Several months after they began building their home storage, a worker’s strike in Venezuela put many local workers’ jobs in jeopardy. Brother Lugo was among those who eventually lost their jobs.

For a time his family lived on savings. Seven months later the Lugo family was relying exclusively on the food they had stored. It took nearly two years for Brother Lugo to find work again, but his family was able to survive the difficult challenges of unemployment. They had built their reserve gradually, and when adversity struck, they were prepared and the Lord blessed them.

Like the Lugo family, Church members will be blessed for their obedience to the First Presidency's counsel as they gradually build home storage. "We ask that you be wise as you store food and water and build your savings," the First Presidency explains. "Do not go to extremes; it is not prudent, for example, to go into debt to establish your food storage all at once." Rather, they suggest a modest, consistent approach. "With careful planning, you can, over time, establish a home storage supply and a financial reserve." (*All Is Safely Gathered In: Family Home Storage* (2007), 1)

Guideline 2: Store drinking water.

In times of need, having water to drink can be the difference between life and death—or at least between peace and anxiety. Just ask the Kawai family, members of the São Paulo Brazil Stake. They have been storing food and water for 20 years. Although their small apartment doesn't have much room to spare, the Kawais decided to make home storage a priority.

Sister Kawai tells of one experience when that decision paid off. "I was in the hospital having just given birth when I learned that there was a problem with the city's water pipes," Sister Kawai explains. "Hundreds of thousands of people were without water. But I wasn't concerned about going home. I had peace of mind knowing that my family would have water to drink."

Guideline 3: Set aside a little money.

From the First Presidency comes this counsel: "We encourage you wherever you may live in the world to prepare for adversity by looking to the condition of your finances. We urge you to be modest in your expenditures. ... Save a little money regularly to gradually build a financial reserve." (*All Is Safely Gathered In: Family Finances* (2007), 1)

In the April 2007 general conference Bishop Keith B. McMullin, Second Counselor in the Presiding Bishopric, reinforced this principle, exhorting Church members to "save some money, if only a few coins each week. This modest approach will soon enable them to have several months' reserve." (Keith B. McMullin, "Lay Up in Store," *Liahona* and *Ensign*, May 2007, 53)

By gradually building a financial reserve, we will be prepared for unforeseen trials and have an added measure of security and peace in our hearts.

Guideline 4: Where possible, gradually establish a longer-term supply.

"For longer-term needs," explains the *All Is Safely Gathered In* pamphlet, "gradually build a supply of food that will last a long time and that you can use to stay alive, such as wheat, white rice, and beans." (*All Is Safely Gathered In: Family Home Storage*, 2)

Establishing long-term storage is easier than some might think. Dr. Oscar Pike and his colleagues in the Brigham Young University Department of Nutrition, Dietetics, and Food Science have done several in-depth studies on long-term food storage. They discovered something surprising: properly packaged and stored low-moisture food retains much of its sensory (taste) quality and nutritional value for 20 to 30 or more years after being placed in storage—much longer than previously supposed.

This means Church members can store certain foods long-term without the worry of regularly rotating the food. They can be confident that their supply will be there to keep them alive if they have nothing else to eat.

The Time to Begin Is Now

“Perhaps in the past accumulating a year’s supply of food may have been a little intimidating and even illegal in some places,” says Dennis Lifferth, managing director of Church Welfare Services. “But this new approach asks us to do the best we can, even if all we can do is to set aside a can or two each week. If the prophet asks us to do something, we can find a way to fulfill the commandment and receive the blessings.”

“This new program is within everyone’s grasp,” explains Bishop Burton. “The first step is to begin. The second is to continue. It doesn’t matter how fast we get there so much as that we begin and continue according to our abilities.”

Prophetic Counsel about Home Storage

“Many more people could ride out the storm-tossed waves in their economic lives if they had their ... supply of food ... and were debt-free. Today we find that many have followed this counsel in reverse: they have at least a year’s supply of debt and are food-free.”

President Thomas S. Monson, “That Noble Gift—Love at Home,” *Church News*, May 12, 2001, 7.

“Everyone who owns a home recognizes the need for fire insurance. We hope and pray that there will never be a fire. Nevertheless, we pay for insurance to cover such a catastrophe, should it occur. We ought to do the same with reference to family welfare.”

President Gordon B. Hinckley (1910–2008), “To Men of the Priesthood,” *Liahona and Ensign*, Nov. 2002, 58.

“In the day of plenty, prepare for the day of scarcity.”

First Presidency, “Message of the First Presidency,” in *Conference Report*, Apr. 1942, 89.

“Learn to sustain yourselves; lay-up grain and flour, and save it against a day of scarcity.”

President Brigham Young (1801–77), *Discourses of Brigham Young*, sel. John A. Widtsoe (1954), 293.

FIRST PRESIDENCY HOME STORAGE LETTER, JANUARY 2002. The most recent general guidelines on what comprehensive types and amounts of core long term food storage to gather that was given to Church members by the First Presidency is found in a letter dated January 20, 2002 which was read over the pulpit to all members in their various wards and branches. A copy of the text of this letter is as follows:

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
OFFICE OF THE FIRST PRESIDENCY
47 EAST SOUTH TEMPLE STREET, SALT LAKE CITY, UTAH 84150-1000

January 20, 2002

To: General Authorities; Area Authority Seventies; Stake, Mission and District Presidents; Bishops and Branch Presidents

Dear Brethren:

Home Storage and Financial Reserves

Priesthood and Relief Society leaders should teach the importance of home storage and securing a financial reserve. These principles may be taught in ward councils or on a fifth Sunday in priesthood and Relief Society meetings.

Church members can begin their home storage by storing the basic foods that would be required to keep them alive if they did not have anything else to eat. Depending on where members live, those basics might include water, wheat or other grains, legumes, salt, honey or sugar, powdered milk, and cooking oil. (See suggested amounts.) When members have stored enough of these essentials to meet the needs of their family for one year, they may decide to add other items that they are accustomed to using day to day.

Some members do not have the money or space for such storage, and some are prohibited by law from storing a year's supply of food. These members should store as much as their circumstances allow. Families who do not have the resources to acquire a year's supply can begin their storage by obtaining supplies to last for a few months. Members should be prudent and not panic or go to extremes in this effort. Through careful planning, most Church members can, over time, establish both a financial reserve and a year's supply of essentials.

Sincerely Yours,

Gordon B. Hinckley
Thomas S. Monson
James E. Faust

The First Presidency

Suggested amounts of Basic Foods for Home Storage [which were included with this January 20, 2002 letter]:

Per adult for one year

This may vary according to location.

Grains: 400 lbs.

Legumes: 60 lbs.

Powdered Milk: 16 lbs.

Cooking oil: 10 qts.

Sugar or honey: 60 lbs.

Salt: 8 lbs.

Water (2 wks) 14 gal.

QUESTION: If home storage and preparedness has been taught as a vital undertaking, why have so few members of the church actually heeded this important counsel? Do any of the following sound familiar?

- I do not even know where to start preparing!
- I do not have room to store anything even if I wanted to be prepared!
- I do not have time to think about or go about being prepared!
- I do not have the money it would take to become prepared!
- I do not want to have to change my whole diet and eat a lot of wheat, rice and beans!

Answer: These concerns listed above are just some of the common reasons why we are in the temporally unprepared position in which we find ourselves. We may have any number of reasons different from those listed above, but each of us who is unprepared has some reason or combination of reasons for not being prepared. The good news is that *the ultimate reason why a person is not yet prepared is simply because such preparation has not been placed as a priority in that person's life.* Once a person decides they want to be prepared, they will take the steps necessary to become prepared.

PRIORITIES, PRIORITIES ... When preparation becomes a priority, you will quickly realize that in response to the common stumbling blocks listed above or otherwise [and in response to the bulleted points above], i) only a few simple steps need to be followed to become more prepared, ii) a lot less storage space is needed than you may think, iii) it does not take as much time as you may think to become prepared (though just like genealogy, when someone gets involved with preparation, it becomes a joy and the time spent is fun), iv) food storage and preparation is a lot less expensive than you may think it is, and v) when a basic year's supply of food is acquired you do not have to change current eating habits if you do not want to.

COMMITMENT: You are encouraged to make it a priority to become temporally prepared by saving money, paying off debt, and gathering needed food and supplies.

3 MONTH ROTATING FOOD SUPPLY & WATER STORAGE

Lesson 2

3 MONTH ROTATING FOOD SUPPLY. The idea of gathering a three-month supply of foods you family normally eats is much more personal and easier to deal with than randomly buying wheat and other ingredients. You may also choose to collect dry ingredients or canned ingredients that relate to each meal, such as “Dinner is in the Jar”, “Soup in a Bag”, or “It’s in the Bag a New Approach to Food Storage”, all of which are designed to help you collect common ingredients to make meals out of.

How to Acquire a 3-Month Supply of Rotated Foods

1. *Regular Bulk Purchase Technique.* You may choose to buy foods you normally eat in bulk, such as oatmeal, flour, sugar, canned goods, pasta, etc. You might already have some of these in your long-term storage.
2. *Each Store Visit Technique.* You can get in the habit of purchasing double of any item that would normally be purchased when visiting the grocery store. That may allow you to have a three-month supply in three months. Be sure to date the foods and rotate them through using older ones first.
3. *Menu Technique.* Map out commonly used menu ideas, from breakfast to dinner for a two week period. Buy the required ingredients for these two week’s worth of meals, and that means you will only have the same meal twice a month. A sample 2-week dinner menu is included with this manual as **Appendix A**.

WATER STORAGE. We can live weeks without food, but water is critical, especially during stressful or hot days. General counsel given by the First Presidency in the recommended amount of water storage is to store a minimum of 14 gallons of clean drinking water per person.

General water rationing guidelines in an emergency are as follows:

1. Plan to use one gallon of water for drinking/hydration per person per day. Water for cooking and sanitation would require additional water storage.
2. If water is especially limited, plan to use ½ gallon of water for drinking/hydration per person per day. Water for cooking and sanitation would require additional water storage.

Plans should be made to store as much water as you can, space permitting. Do not store in the garage. Do not store directly on concrete floors. If using a 55 gallon food grade drum, be sure you have a bung wrench to open it and a pumping device.

Water can be collected from city water coming to your home. Wash out liter size or larger soda bottles and date the bottle top. Provide at least 14 of them per family member. You may wish to store these bottles in a plastic storage bin to reduce fear of them leaking. It will take up space, space you may not have, but water is the most important thing to store. <http://www.ready.gov/build-kit/water>

Already Existing Water Storage Sources.

- *Water Heater.* Dozens of gallons of clean water will be found in your home’s water heater.
- *Toilet Tank.* Notice that this says toilet tank, **not** toilet bowl. The water in the back tank of a toilet is generally clean for use unless it has been tainted with water disinfectants.

- *Water Pipes.* Water in your home's water pipes may be used until the water pressure ceases. If the water has been contaminated, such as in a flood, you will need to purify and filter it.
- *Swimming Pool.* This water should only be used when no other water is available. It will become putrid quickly until it is constantly filtered and treated. As long as it isn't growing algae you can use it as flushing water for toilets and laundry water. It should be treated before drinking. Keep water filters and purifying equipment around for this purpose.
- *Well Water.* This can be a good source of clean water unless some sort of emergency, such as flooding, occurs to contaminate the contents of the well.
- *Pond/Stream Water.* Must be filtered and purified before consumption.
- *Water in Canned Juices and Foods.* When opening a can of fruit or other items canned in liquid, save the liquid for drinking.
- *Disaster Pre-Warning.* If you have advanced warning of a pending disaster or emergency, and you expect to remain in your home, fill up all bathtubs and additional pots and containers with clean water for use once the emergency occurs.

Additional Means of Water Storage. It's hard to store "too much" water. Try these methods as well as liter storage.

- *55 Gallon (Food Grade) Water Storage Barrels.* Significant amounts of water can be stored in one or more 55 gallon (food grade) barrels designed for water storage. Make sure the barrel is food-grade. Check around the Internet or Home Depot/Lowe's type of hardware stores. Consider buying them in bulk with friends.
- *More than 55 Gallon Water Storage Barrel.* Some vendors, such as SureWater Tanks or Plastic-Mart, offer much larger barrels of various shapes and sizes.
- *Smaller Storage Devices.* One, two and a half, and five gallon containers of water can be easily and cheaply purchased from any grocery store. Some of these containers do not last more than a couple of years, however.
- *Mobile Water Storage.* Realize that at any time an emergency can strike that may cause you to have to leave your home. As water is such an essential resource, smaller containers, preferably no larger than 5 gallon containers, should be ready for you to take on a moment's notice.

What Happens When the Clean Water is Gone? It's wise to have a water purifier and filter for extended water needs.

If the city water becomes contaminated, you will need a method to purify and clean water. One of the easiest methods is using a solar cooker: <http://www.solarcookers.org/basics/water.html>. To do this, you will also need a WAPI (Water Pasteurization Indicator), which may be used over and over again and costs about \$9. Find them at www.solarcookers.org.

Filtering. If the water is dirty or suspect, you will need to purify and filter it. Examples of good filtration products include items from Katadyn (such as the Katadyn Pocket Filter) or from Berkefeld (such as the Big Berky), among others. Items that will allow one to filter over 10,000 gallons will

generally be in the \$250 to \$300 price range. Buy replacement filters. There are other methods for filtration found in good preparedness books and on the Internet.

Purifying. Water should be purified *after it is filtered* to cleanse it from remaining contaminants such as bacteria and/or viruses. You can use a white T-shirt or professional methods of filtering. Various forms of water purification exist, and the following list is only a sample.

- *Boiling.* If you have the fuel you need, water can be boiled rapidly (3-5 minutes) to kill all bacteria and viruses. Remember you may also use the WAPI with your solar cooker for the same effect, which pasteurizes the water WITHOUT boiling.
- *Bleach.* You may also purify water using standard unscented bleach, with 5.25% sodium hypochlorite as the only active ingredient. Two drops should be placed in a quart of clear water and four drops should be placed in a quart of cloudy water.
- *Iodine.* Iodine, such as Polar Pure, may be used similarly to bleach to purify water, with the difference being use of four drops of iodine for a quart of clear water and eight drops for a quart of cloudy water. Many iodine water purification tablets are available for purchase such as Portable Agua, Coghlan's, and Globaline, to name a few. These purification tablets must also be rotated out so their effectiveness is maintained.
- *UV Light Treatment.* UV light treatment is what many hospitals normally use to purify their water. It works very well. An item called a "Steri-Pen", for example, can be purchased from many vendors such as Emergency Essentials and they are designed to be used for years and normally cost around \$100.
- *Solar Still.* A solar still is a method of gathering purified water in almost any environment. It will not generate a large amount of water, but enough to wet your throat and keep you going for a while if done right. This method and may be found a good general preparedness handbook, or online.

COMMITMENT: You are encouraged to obtain a three-month rotating supply of food in a manner that works for you.

COMMITMENT: You are encouraged to obtain needed water storage devices and knowledge and means to filter and purify water during an emergency.

COOKING EQUIPMENT, FUEL STORAGE AND EMERGENCY POWER

Lesson 3

If you are stuck in an emergency situation without electricity and natural gas, and you have only long term food storage items or other food stuffs that need to be cooked before being eaten, how will the cooking be accomplished?

Cooking Equipment. Other than your usual pots and pans, you will need some sort of stove/oven. Special note: NEVER use a bar-be-que indoors.

Let's consider some alternatives:

- *Wood or Coal Stove.* These items are great for cooking and generating space heating, but they may be too large, heavy, or expensive. They are not portable and won't work if you needed to leave the home. Still, they are a good option if you are able to stay in your own home during a crisis. You must also provide sufficient fuel as needed for cold weather or cooking conditions.
- *Biolite.* Consider a Biolite Stove, a new method of using kindling wood (pieces of branches) to not only heat up water or food, but also creates electricity to power cell phones and other small electronic devices. <http://www.biolitestove.com/>
- *Commercial Fuel Stoves.* From Coleman camping stoves to bucket stoves (such as a Rocket stove by Stove Tec or a Volcano cook stove), these compact and relatively inexpensive liquid fuel stoves are very popular. Propane, butane, kerosene, and white gas also store relatively well.
- *Solar Oven.* These fantastic ovens cook using sun energy only. If you have a sunny day, whether cold or hot, you can cook with these stoves. From the \$25 Cook-it (Solar Cookers International) to the sophisticated Solar Sun Oven (around \$250), they are unbeatable as a tool for cooking and baking outside the home. Instructions for creating different types of solar ovens may also be found in preparedness manuals.
- *Wonder Oven/Wonder Box.* This method traps the heat but doesn't generate any of its own.

The food is heated for about 10 minutes in some sort of cooking pot with a lid. When it is thoroughly hot, the cooking pot with the food inside is removed from the heat, covered, and placed on top of the first pillow. A second pillow is placed snugly on top, sandwiching in the cooking pot. It is left for 2 hours or more, effectively cooking the food. This saves a lot of energy. Where you might need, for example, propane enough to keep your chili beans cooking on an outdoor camping stove, this allows you to remove the chili when bubbling hot, and then finishing up in the wonder box oven, saving fuel. If you are interested see www.ecowonderoven.com, and she will help you get the pattern and/or method, or contact Pam at Ldswoman@yahoo.com.

- *Campfire.* A makeshift stovetop can be placed over an open campfire. You would need to live in a home that has outdoor space for it. Fuel/wood must still be stored along with it.
- *Charcoal Grill/Pit/Dutch Oven.* This is similar to an open campfire and can be useful as long as charcoal supplies last. A Rocket stove or a Volcano stove may be better options for use of charcoal if available as they use less charcoal and wood more efficiently so that the charcoal and wood supply can last longer. Charcoal can be placed on the lid of a Dutch oven with the Dutch oven then being placed on a bed of coals.

FUEL STORAGE. Stoves and heating appliances need fuel to be stored along with them. Since fuel is flammable (i.e., kerosene, propane, etc.), proper storage is essential. Commonly used fuels for cooking and space heating are as follows:

1. *Wood/Coal/Charcoal/Other Combustible Material.* If your preferred cooking method requires this type of fuel, you will need to decide how much is needed for a full season and the best way to store it. Note: Garage storage is not recommended for ANY fuel type.
2. *Gasoline.* Gasoline should not be used for food cooking. It can be used to power a generator (as will diesel), but it is unstable over a year or two and won't keep well. Fuel stabilizers such as BHT or Sta-Bil can be added to stored gasoline to help its useful life last beyond a year. A good idea for gasoline is to rotate it regularly for use in your car and then refill your storage gas cans every couple of months and store it in dark, cool, ventilated areas as directed by local ordinances.
3. *Propane/Butane.* This is a good fuel source that is commonly used for cooking, though it can also be used for space heating when the fuel canisters are attached to a heater implement. These fuels store for a long time and in some cases indefinitely. The canisters are small and compact (except for the larger barbeque propane tanks) and are very portable along with compact and portable propane and butane stoves. These fuels are relatively inexpensive and readily available at places like Wal-Mart for good value. If these fuels are used in conjunction with a wonder oven, as discussed above in this lesson, minimal amounts of these fuels would need to be used daily for cooking, allowing for as little as \$300 or so of such fuel to provide a year's worth of food cooking power for your family.
4. *Kerosene.* This fuel has a decent storage life and about 10 gallons of it would provide nearly 5 hours of heat and light from a kerosene lamp for approximately one year. If lamps are used, make sure replacement mantles are stored.

EMERGENCY POWER. In the event of loss of power, you would likely want to have some sort of emergency power to create light, heat, run electronic equipment, etc. The following are some commonly used sources of emergency power that can be considered for storage preparations:

1. *Batteries.* Good batteries, especially rechargeable batteries, can provide power in a pinch to create light and in some cases heat or cool. Obviously, rechargeable batteries can only be recharged if electricity is still available (the exception is the Biostove, noted above). Larger 6 volt (golf cart) batteries or 12 volt (car batteries), deep cycle batteries, gel cell batteries, etc. can provide much more additional power and, with the proper fuel and/or equipment, can be recharged.
2. *Generators.* Generators are a prime means of creating significant amounts of power to run refrigerators/freezers for a few hours per day, power food cooking devices, create space heating, and run other electrical items such as computers, power tools, etc. However, generators are expensive and any stored fuel will be used up quickly.

Consider a solar generator or perhaps a bicycle powered generator. Although they are expensive, they can be a good solution. Both can be found on Internet sites.

3. *Solar Panels.* Solar panels on a house or building probably won't help you much as a source of energy for the home during a crisis, at least not unless it changes the solar energy into electricity that is directed toward your home electrical box. Smaller portable solar panels can be purchased that can be used for minor items at home. For example, a set of 45 watt panels can be purchased from Harbor Freight for \$200, or less if one waits for them to go on sale from time to time. If solar panels are obtained, a power storage device is needed to harness and hold the solar power created

while the panels are soaking in sun rays. Something like a Xantrex 1500 battery power source could be very useful for this, and could be further augmented by connecting a couple more deep cycle or gel cell batteries to it to allow for more power capture and output. A power inverter would also be needed to convert the DC power from the solar panels over to AC current so that normal household items can be plugged into it and used.

SPECIAL NOTE: The discussion above is meant to give you general information on issues discussed, but you are advised to speak with the Ward or Stake specialist, or any other competent specialist, in this field prior to undergoing extensive preparations in this area.

<p><u>COMMITMENT:</u> You are encouraged to obtain a sufficient supply of fuel, cooking implements and power generating devices in a safe and appropriate manner.</p>

FAMILY EMERGENCY PLAN

Lesson 4

The purpose of this lesson is to help families think about what they would do if a disaster happens. We all need to formulate a plan of action whereby each member of the family knows what to do, who to call (if making calls is possible), where to go, who will pick up a child or sibling from school, etc. This should be **written** and discussed by all “of age” family members.

Additional Materials:

1. Appendix C of this manual is a copy of family emergency plan materials available through www.ready.gov.
2. Appendix B of this manual is a suggested family home evening lesson.

WHAT IF ...

According to statistics from FEMA, the families that are most successful in surviving and coping during a disaster are those who have a plan, prepared beforehand, of what to do.

- The Savior expressly declared in D&C 38:30, “...if ye are prepared ye shall not fear.”
- *Question:* Do we see examples of this in the past history of the church? (Pioneers, the Great Depression, Food Storage in the case of lost jobs, etc..)

IF WE PREPARE OURSELVES AND OUR FAMILIES, WE WILL ELIMINATE MUCH OF THE FEAR AND CONFUSION THAT SO MANY DISASTERS BRING AND LEAVE IN THEIR WAKE

Class Group Activity:

Break class into 3 groups, (even if only one person in each “group”). Have each group read the following questions and discuss, then presenting the results afterward. Allow about 7 minutes.

- Group #1: How can you make sure your family members know where to go if a local disaster affects your home? Why is it important to have a local and out-of-town meeting place? What is the best thing to do with our children if they are in school or home?
- Group #2: What sorts of emergencies might happen here? Discuss the likelihood of sheltering in place and sheltering in a church or hall. What might you want to bring to a shelter?
- Group #3: Who else, including family and local extended family, should be included on your plan? (Hint: Visiting Teaching and Home Teaching routes). What methods of communication do we have?

Class Discussion: Have groups share their answers and allow time for discussion of each question.

<u>COMMITMENT:</u> You are encouraged to hold a family home evening or family council to discuss and prepare a family emergency plan.
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EMERGENCY KITS AND MISCELLANEOUS CONTINGENCY PLANNING

Lesson 5

What is a 72 hour kit?

It is a 3-day safety net for you and your family. Should an emergency event arise that demands that you leave home, it's a way to ensure you will be as comfortable as possible. There are many possibilities of where you could end up, from being out in the woods to in fully-stocked shelter. You will have to design your kits with different scenarios in mind.

Note: With the exception of little children, everyone in the family should have their own pack. Fathers/Mothers can include little children items in their own kit as needed.

What's in a 72 hour kit?

Every kit is as unique as the person who carries it. The pack itself must be sturdy and light, and large enough to handle 3 days supplies of those things you need. Be careful though, it's easy to over pack and discover you can't lift the pack, much less travel with it!

There are some items that may be added last minute, that aren't actually part of the pack, and these may depend on where you are going. Medicines are always important, as are copies of important papers/licenses. If you know you are going to a shelter, a tent may not be necessary, but if you are simply "going to higher ground", you may find a tent and sleeping bag, along with fuel and other camping gear are needed.

As many of these items as you can should be stored in a place you can grab the group of items quickly. Have family drills to make sure you can not only get your kits in the car, but everyone in your family!

Some items to consider for a *very simple kit* are:

1. **Water. This is critical. If water is not readily available, you must have some with you.** Start with a liter bottle of water. Add in a portable water filter such as the one found on the LDS Distributions webpage. This advanced water filtration bottle removes up to 99.99 percent of pollutants and contaminants found in drinking water. Produces up to 100 gallons of filtered water. 28-ounce water bottle includes one filter, an insulator sleeve, and clip.
2. **Food.** Food should be as lightweight as possible. Jerky, oatmeal bars, peanut butter, and your favorite snacks are great, as long as they don't have empty calories. Dehydrated/freeze-dried foods are wonderful, but you must have sufficient water to reconstitute them. Whatever you choose to place in the kit should have sufficient protein. Be sure to include soups or some sort of meals that are not sweet like candy, which can make you feel sick after a while. Date all foodstuffs and rotate them every general conference.
3. **Battery operated radio.** You will want to know what's going on in the world.
4. **Clothing.** Depending on the weather, a change of clothing may be crucial to health. At the very least, include fresh socks and shoes, a jacket of some kind, and a hat. Add more if you can.
5. **Flashlights.** Consider "head band" types as well as hand-held.
6. **Tools.** Multipurpose tool, pocket knife, duct tape, can opener, etc.

7. **Sanitation, etc.** Toilet paper, feminine products, diapers, bucket, plastic bags, soap, towels, moist towelettes, disinfectants. Toothbrush/toothpaste, brush/comb, shaving gear, deodorant, mirror, nail clippers, medication.
8. **First Aid.** Compact basic first aid kit and first aid manual.
9. **Valuables.** Cellphone. Cash. Scriptures are very important for peace of mind. A photo of your home and its relative position can't hurt. Photos of children. Games. Pencil/paper.
10. **Specialty Items.** Compass, map, signaling mirror, whistle, etc.

You can put these kits together quickly by starting with items you have around the house. Do you have last year's backpack? If it's in good condition, use it for the 72 hour kit. Put everything you can into the pack from home goods, then get other items at box stores and online. Look for sales.

There are commercial 72 hour kits that are preassembled for you, but they are expensive and may not have the items you need. Check them carefully with a list in your hand of items your family needs. Check the weight of the kit, is it too heavy? Are the foods worth eating?

Where Should the Emergency Kit be Stored? It should be stored wherever it can be grabbed within seconds in the event of immediate evacuation. The kit (or a second/additional kit) could be placed in the car so when a person is out doing errands or at work when a calamity strikes, an emergency kit will always be just a few seconds or minutes away.

OTHER GENERAL AREAS OF MISCELLANEOUS CONTINGENCY PLANNING. Once an individual has a year's supply of food, adequate water storage, an emergency plan and emergency kits in place, you may desire to prepare in other ways. Methods for food preservation is also an important skill. Or you may wish to take a ham radio exam and acquire your own amateur radio. Join CERT (Community Emergency Response Team). Learn self-defense. Check out opportunities to learn fishing or how to tie knots. How to take care of your vehicles. There are any number of thing to learn that increase self-reliance.

<p><u>COMMITMENT:</u> You are encouraged to obtain an adequate emergency kit and prepare for other emergency contingencies.</p>
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LONG TERM FAMILY (FOOD) STORAGE

Lesson 6

LONG TERM FOOD STORAGE. In Lesson 1, information was provided that detailed basic year's supply food storage suggestions from the First Presidency in their January 2002 letter to Church members. To recap, the suggested amounts are as follows:

Grains: 400 lbs.
Legumes: 60 lbs.
Powdered Milk: 16 lbs.
Cooking oil: 10 qts.
Sugar or honey: 60 lbs.
Salt: 8 lbs.
Water (2 wks) 14 gal.

These storage amounts differ somewhat from prior suggestions put forth by the Church decades earlier. The earlier suggested amounts (which are found in the brown/orange booklet titled "Essentials of Home Storage and Production") differed from the January 2002 amounts in that the earlier personal year's supply guidelines listed 300 pounds of grain (instead of the current 400 lbs.), 75 pounds of milk (instead of the current 16 lbs.), 20 pounds of fats/oils (instead of the current 10 qts.), and 5 pounds of salt (instead of the current 8 lbs.) as the suggested amounts. This manual presumes the current 2002 storage guidelines will be used by you (throughout the remainder of this manual, these guideline amounts will be referred to as the "Recommended Amounts"), but you are certainly free to store more or less of any of these items, as well as any items not listed, as the Spirit may direct you.

CATEGORIES OF LONG TERM STORAGE FOODS. The following is a list of common items that may be found in a person's long term storage supplies. The list of individual food items is not all-inclusive, as other foods could be classified under these general headings.

1. Grains. Wheat, rice, oatmeal and cereal grain, corn, flour, and pasta.
2. Legumes. Beans such as soy, pinto, black, navy, red, kidney, garbanzo and split-pea, as well as peanut butter and nuts.
3. Milk. Powdered milk, evaporated milk (especially for a bottle fed baby), and canned or bottled cheese.
4. Cooking Oil. Vacuum packed shortening, oil (olive, vegetable, etc.), powdered or canned butter and/or margarine.
5. Sugar/Honey. Granulated sugar, brown sugar, honey, and other sweeteners such as Jell-O and jams.
6. Salt & Water. Items stored as stated.

HOW TO DETERMINE AMOUNTS OF FOOD NEEDED FOR YOUR FAMILY

- Decide how many pounds of each food item are needed, for example, that the average adult would need. This is usually said to be about 400 pounds of grain (wheat, flour, rice, etc.). You might need to increase that if you expect to do some heavy lifting, or decrease it for a child. Always store enough for the child as if he/she were at least a teen, so that you have more than enough.
- Determine which types of food from the general food storage categories (i.e., grains, legumes, etc.) your family would like to store based on taste preferences, allergies, etc. For example, if a person has an allergy to (or a strong disliking of) wheat, more rice or oats could be stored.
- Fill out the Food Storage Worksheet found as **Appendix E** to this manual, which will help you know how you're doing as you collect and store the needed food.
- The Sacramento Dry Pack Cannery has "Starter Kits" of basic food items that you can buy and store. It includes #10 cans of wheat, pinto beans, rice and oats. If you wish, you can get 12 of these boxes per person for a basic starter supply.

Included in this manual as **Appendix D** is a copy of the most recent LDS cannery product and price list as of April 2013. Use together with **Appendix E**.

THE SACRAMENTO CANNERY:

Some items such as pinto beans, rice, wheat, and oats may be purchased from the LDS cannery pre-canned for close to the same cost that you would have paid to can them yourself. Items not found at the cannery may also be canned (if they are sufficiently dry), but not at the Cannery itself. This is a good way to store special rice, (like Jasmine rice) that the Cannery doesn't have for you. You may borrow the sealer and purchase the amount of cans/lids you need, etc., and do it yourself at home. The Sacramento Stake Relief Society also has a pressure canner you may borrow.

You may store the food in either a #10 can or the Mylar bags. Mylar bags are great but not rodent proof; however, they store flat. Use what is best for your needs.

SPECIAL NOTE ON LONG TERM FOOD STORAGE:

Are you intimidated by the thought of acquiring and using large amounts of oats, rice, beans, etc.,? You are not alone, but it's wise to remember the Lord's blessing you for your attempts. Study how to preserve food and what to do with it. Become more and more self-sufficient and do all you can to help your children become so.

If you are nervous about the cannery, try to go there with someone who is familiar with using the equipment, (although they will show you how when you are there). Their hours have changed a few times in the past several years, so call first.

Growing, harvesting and preserving our food has become almost a lost art. Make it part of the joy in life to have a garden as we have been commanded to do. Learn how to pressure can those vegetables for soups. Make your own jam. Can your own beef and chicken chunks. Be as self-reliant and self-sufficient as possible. Teach your children these skills. Seek out classes to help you. Talk to your Emergency Preparedness Rep for more information and guidance.

The food that you store should be incorporated into your diet now so everyone is used to it. It won't do you any good to store 400 pounds of wheat that no one is used to eating. A low carb diet won't help you if you don't make sure lots of meat or other protein sources are available.

There are so many webpages and books out there now on the subject of self-reliance. Use them. Become a pioneer!

FINANCIAL STEPS FOR ACQUIRING A YEAR'S SUPPLY OF FOOD. Few people have a lump sum of money to purchase their entire load of long term food storage at one time, and you wouldn't want to. Food purchased all in the same month may also all go bad at the same time.

- Seek the guidance of the Holy Ghost in your efforts.
- Review your budget for amounts that could be saved each month and be set aside for year's supply purchases. We are counseled to not go into debt to acquire what we need, but saving just \$5 a month (or purchasing that amount in food each month) can do wonders.

President Ezra Taft Benson: "Plan to build up your food supply just as you would a savings account. Save a little for storage each paycheck. Make your storage a part of your budget. ...If you are saving and planning for a second car or a TV set or some item which merely adds to your comfort or pleasure, you may need to change your priorities" (Prepare for the Days of Tribulation, November 1980 Ensign, p. 33).

- Get everyone in the family excited to help in the project and dedicate family home evening time to this if necessary.
- Make it a firm written goal and make sure everyone involved has a hand in holding all others accountable through regular family councils or family home evening discussions on the topic.

COMMITMENT: You are encouraged to follow the steps to calculate the amount of customized food storage items you need, or to purchase a pre-made kit.

COMMITMENT: You are encouraged to set up a budget to save weekly or monthly for food storage. Do not go into debt.