

90 Days Food Supply Made Easy and Practical

By Barbara Switzer

Introduction:

What comes to your mind when you hear that oft repeated question "Do you have a year's supply of food? You might respond with: How?, I can't, I don't know where to begin, I can't afford it, or what do I do with it once I've purchased storage items, and where and how do I store them? The answers can be overwhelming and sometimes confusing especially if you are used to the ingenious modern method of cooking, the "I can't cook without it" appliance 'the Microwave'; which by the way will be rendered absolutely useless when the power is out, unless of course you have a generator and enough gas to run it.

President Monson has recently encouraged us to obtain a 3 month supply of foods our family normally eats and then acquire a year's supply of food items that will sustain life for a year. The purpose of this booklet is to encourage you to rethink how you will cook, eat, and survive on those 'food products' that are most likely hidden away in a cold dark basement in the event that you may need to do so. You may be praying you will never have to actually hunt for them or open the wheat that has been stored for the last 30 years, or mix up a batch of powdered milk or worse yet actually eat the stuff! But the following pages will help you see the benefits of using what you buy, rotating the food you store, incorporate wheat, beans, Freeze-Dried and Dehydrated products into your daily diet, help you learn how to cook with foods requiring no refrigeration, and hopefully get you excited about serving your family nutritious delicious meals made with stored items your family will actually eat and enjoy.

The best part is that you will discover many recipes that you and your family will enjoy eating and experiment with cooking in a Dutch Oven, on a camp stove, or on an open fire, (preferably in the back yard), unless of course you want to try the pioneer method of hanging the pot inside the fireplace, which I don't recommend, but hey, it worked for the pioneers. The point is there will most likely be some adjusting the way you normally cook and what better time to discover those ways than now so if the occasion arises that necessitates alternative cooking you will feel confident that you will be up to the challenge.

If you wait to use beans, wheat, freeze-dried, and dehydrated items until an emergency, your digestive system will have a tough time adjusting to them. Adding these items to everyday meals will aid your digestive system to adjust to these foods as well as getting your family used to eating your food storage. In many recipes you already have, powdered items can be substituted for fresh without changing the outcome or taste of the finished product. An easy place to begin is in cookie, bread, and rolls. You can also introduce small amounts of beans in casseroles and soups. Getting the older children involved in food preparation will be a big benefit to the entire family. Making homemade bread costs much less than store bought bread, has no unhealthy ingredients, and is better tasting and more nutritious and wait until you taste the homemade wheat cinnamon rolls. Yum! Get involved in using the basics. You need to know what you are doing and how to do it before the emergency happens. Happy Baking!

Preface:

The time to begin using your food storage in meal preparation is now. Your body will adjust to the effects of beans, wheat, Freeze-Dried, and Dehydrated foods as you gradually introduce them into your system. There are many gluten free flours also available. The method is to eat a variety of your food storage items each week. You can begin by adding small amounts of wheat flour to all your cookie, bread, and roll recipes. Substitute applesauce for half the oil called for in cake and sweet smoothies and on cereal. Reconstitute them for use on pancakes, waffles, French toast, and Ice Cream. Use dehydrated vegetables and beans in soups, casseroles and meat dishes. Honey can be successfully substituted for sugar in many recipes. I've used powdered milk, eggs, butter, and shortening in recipes.

Don't be afraid to use your food storage. What good are the items left for years and years in dark cold storage rooms? You paid good money for the products, don't let them stay in storage or worse yet discard them because they got old or rancid and are no longer useful.

The recipes included in this book can easily be adapted to everyday meals. Some are ones I have collected others are from Afton Baxter, Jenee Uzelac, and Winn Peterson. Try the variations which use powdered items in place of fresh products and you will be pleasantly surprised. Preparing meal items in advance will simplify meal cooking in emergencies. Remember it is very important to rotate dated food items regularly.

Meat items in these recipes can be fresh, home bottled, canned, Freeze-Dried, or Dehydrated. Freeze-Dried and Dehydrated vegetables are excellent in soups, and casseroles and the carrots work very well in carrot cake and muffins.

Dry your own parsley, celery tops, and cilantro, that way you have them on hand when a recipe calls for one of those items. You can make Fruit Leather and 'Hamburger Rocks' in your own oven and sprout several types of beans and seeds with success. You will find what works for you, what you enjoy making, what your family will eat, and what you want to eliminate. The advice is "do what works for you and your family".

There are several ways to organize your 90-day family meals. Jenee uses the 'sack' method where she puts all the ingredients required for a single meal in a sack and attaches the recipe to the bag, then stores the bags in her pantry. Afton puts meal items together in boxes or all the ingredients for repeated meals in a box or storage bucket. The point is that if all the ingredients for a meal are put together your meal preparation will be simplified. This is so important in times of stress.

It is a good idea to try recipes out first to make sure your family will eat them and ask them how many times in a 3 month period they would be willing to eat that meal. This way you probably will only require 20-30 recipes for the 90 day period which will also aid in purchasing products. For example if your family will eat spaghetti, once a week you will require 12 of each item for making the recipe. If they will eat Chicken or Tuna casserole twice a month then you will need only 6 of each item. Gather the recipes first then figure out how many times you will serve the meal in 90 days. Multiply each item by the number of times you will fix it then begin purchasing those items. Buying items in quantity when they are on sale will help save money. Many items can be vacuum sealed in canning jars or bags. Try to use recipes that do not require refrigerated food. If you do have electricity and fresh foods are available, that will be an added bonus, but preparing for the worse scenario is best. Open #10 cans of products and divide them up into meal portion sizes. Then they can be sealed in canning jars or bags and combined with other products called for in a recipe. Add your own notes, substitutions, and tips to recipes for future use. Sharing recipe information with others is a big help to all of us.

Tips on using Wheat, Powdered Milk, and Beans

Wheat:

For 1 cup of flour, grind $\frac{3}{4}$ cup of wheat grains.

Use wheat flour within 72 hours of grinding; after 72 hours the flour loses 50% of its nutritional content.

Bread flour needs a high protein content to rise correctly. Grain needs to be ground fine enough to develop the gluten content.

Store extra freshly ground wheat flour in Zip-lock bags in the freezer for up to 6 months but let frozen flour come to room temperature before using.

Adding dough enhancer and wheat gluten to the flour in your bread recipe; this helps the dough rise properly.

A 6 gallon bucket will hold about 50 lbs of wheat.

Keep stored buckets off cement floor in a cool dark area.

Wheat will store for 30 or more years as long as it is stored properly and temperature stays below 70° in the storage area.

Hard Red and Hard White Wheat have the same protein and nutritional value.

Baked products turn out fluffier when White Wheat is used.

For cracked wheat use a blender not a grain mill.

The difference between good wheat and bad wheat is the amount of gluten the wheat contains. Good wheat has a high protein content.

Prairie Gold is excellent white wheat.

Combine white and red wheat together when grinding for bread.

High altitudes use less yeast.

More information is available at the Welfare Square Cannery, 801-240-7370.

Powdered Milk:

Food made with powdered milk will have fewer calories and less cholesterol than those made from whole milk.

Powdered Milk has all the nutrients found in fresh milk, except fat.

In any recipe calling for milk, simply add the dry powder to the other ingredients. Sift to blend, add water in the amount of the milk called for in the recipe.

The following can all be made with powdered milk:

Whole milk - 1 C water $\frac{1}{3}$ C powdered milk

Evaporated milk - 1 C water $\frac{2}{3}$ C powdered milk

Buttermilk or sour milk - 1 C water, 1 T vinegar or lemon juice, $\frac{1}{3}$ C powdered milk.

Condensed Milk - $\frac{1}{2}$ C hot water, 1 C sugar, 1 C powdered milk

Sweetened Condensed Milk - 1 C hot water, 2 C sugar, 4 C powdered milk, ¼ C butter, blend in a blender until well blended. Store in refrigerator or can be frozen.

Whipped Topping - 6 T instant or 3½ T non-instant powdered milk, 1 c boiling water, 2 tsp unflavored gelatin, 2 T cold water, 2-4 T sugar, 1 tsp vanilla, dissolve the milk in the boiling water and scald. Soak the gelatin in the cold water. Combine the scalded milk, dissolved gelatin and sugar. Stir and chill in the refrigerator until it jells. Now beat the mixture until it acquires the consistency of whipped cream. Add the vanilla and whip again.

Beans:

Beans provide protein in the diet. Beans and rice together provide complete protein. Beans can cause flatulence but adding millet to a recipe that uses beans helps curb the flatulence. Also as your body gets used to beans in the diet the flatulence effect lessens. Soaking and cooking beans before mixing with other recipe ingredients helps with tenderness. Soaking beans overnight is recommended. For each pound of beans dissolve 2 tsp salt in 6 cups water; be sure and wash and sort the beans prior to soaking. Quick soaking method: Wash and sort 1 pound of beans, bring 8 cups of water to boiling. Add beans to boiling water, boil for 2 minutes. Remove from heat, cover and soak 1 hour. Always drain soaked beans before using in recipes. Adding a tablespoon of oil will cut down on foam as beans cook. If adding tomatoes or salt to a recipe that calls for beans wait until the beans are tender before adding tomatoes or salt.

Miscellaneous:

Use only Rumford Baking Powder as it is the only one without Aluminum in it,

You can substitute Honey for Sugar in any recipe, use ¾ c honey for 1 c sugar.

Before scalding milk, rub the bottom of the pot with butter so the milk will not scorch.

Acid ingredients, such as tomatoes, should be added to dry bean recipes toward the end of the cooking time because acid ingredients slow down the tenderizing process of the beans.

Brown rice is more nutritious than white rice; however it has a much shorter shelf life and can go rancid quickly because of its nutritious oils. It will store for about a year.

Most dehydrated vegetables do not need to be reconstituted before adding to soup recipes, Just add a little extra broth or water.

Use about 50% less than what recipe calls for when substituting with dehydrated items.

Reserve and freeze drained liquid from canned vegetables for use as broth in soups.

Cold Pressed Canola Oil has the lowest HDL to LDL relationship and 0% saturated fat unlike other oils including, olive oil.

Add whole ground Flaxseed Meal to your diet. Flaxseed is rich in Fiber, Lignans, and Omega-3 Fats. Studies prove that when Flaxseed Meal is added to the diet, harmful LDL cholesterol stays put and regularity improves; 2 T of Flaxseed Meal delivers 4 grams of fiber. Lignans are a natural antioxidant and a member of the family of plant estrogens (phytoestrogens). The Lignans in Flaxseed can maintain breast and colon health by binding circulating estrogens and other substances that might promote unchecked cell growth.

Many plant foods have some Lignans but Flaxseed has at least 75% times more.

Alpha-linolenic Acid is the plant version of Omega-3. The oil in flaxseed is about 50% alpha-linolenic acid. 2 T of Flaxseed Meal contains 2400 milligrams of omega-3.

Modern diets, even healthy ones, are routinely deficient in omega-3. Add Flaxseed to bread, cookie, pancakes, oatmeal, cakes, meat, casseroles, and other recipes.

Flaxseed can be purchased in most grocery stores. Store it in the refrigerator or longer storage life.

Equivalents & Substitutions:

1 T Egg Powder + 2 T warm water = 1 Whole Egg

1 T Shortening Powder + 1 T water + ¼ tsp oil = 1 T Shortening

1 T Butter Powder + 1 T water mix well then add ¼ tsp vegetable oil = 1 T Butter

¾ C Honey = 1 C White Sugar

1 C Honey Powder + ¼ c water = 1 C liquid honey

1/3 tsp Baking Soda + ½ tsp Cream of Tartar = 1 tsp Baking Powder

3 T Sour Cream Powder + ½ c water = ½ c Sour Cream

1 T Distilled Vinegar for 1 T lemon juice

1 C Buttermilk for 1 C Sour Cream

1¼ C Granulated Sugar for 1 C Honey

Menu and Storage Items List:

Hard Red and Hard White Wheat
Bread Flour, Unbleached Flour, Gluten-Free Flours
Powdered Milk, Instant and Non-Instant Canned Milk
Cartons of Non-refrigerated milk, Rice Dream, Almond Dream, Soy Milk
Yeast, Dough Enhancer, Vital Wheat Gluten, Flax Seed Meal, Cornstarch
Rumford Baking Powder (has no Aluminum), Baking Soda, Sea Salt
Powdered Eggs, Shortening, Butter, Sour Cream, Buttermilk, Bottled Butter
Pancake Mix, Bisquick, Package Muffin and Cookie Mixes
White Sugar, Brown Sugar, Powdered Sugar, Honey, Honey Crystals, Molasses,
Syrup, Corn Syrup, Vanilla, Maple, Almond Flavoring
Cold Pressed Olive Oil and Cold Pressed Canola Oil, Vegeline Cooking Spray
Grains, Oats, Flax Seed, Barley, Millet, Corn Meal, Pop Corn
A Variety of Pastas, Beans, Lentils, Rice and other Legumes
Quick and Regular Oats, Packaged Cold Cereals
Chicken, Vegetable, and Beef Bouillon
Dried Onions, Potatoes, Carrots, Potato Flakes, Potato Pearls
Canned Fruits, Vegetables, Tomato sauce and paste, Beans
Canned Meats, Yams, Potatoes, Soups
Jars of Pasta and Alfredo Sauces
A Variety of packaged Dry mixes such as Taco or Enchilada Sauce, Onion Soup, Gravies, Spaghetti Sauce, Alfredo Sauce, Hollandaise Sauce, etc.
Worcestershire Sauce, BBQ Sauce, Russian Salad Dressing
Shredded Coconut, Raisins, Prunes, Dried Fruits, Nuts
Dehydrated Apple Slices, Jars of Applesauce
Freeze-Dried Cheese
Freeze-Dried Meats
Freeze-Dried Italian Meat Balls
Freeze-Dried Mushrooms
Freeze-Dried Tomatoes
Freeze-Dried Potato Dices
Freeze-Dried Vegetables
Freeze-Dried Fruits and Berries
Fruit Drink Mix
Bottled Juices, V-8 Juice
Peanut Butter, Variety of Jams and Jellies, Cranberry Sauce
A variety of spices
Dried Parsley, Cilantro, and Celery Flakes
Chinese Noodles, Parmesan Cheese, Crackers, Ready made pie crusts
Stuffing Mixes, Puddings
Other
Other
Other
Other
Other

