

Web Page Index

What's New?

This Index page with live links

Dates to Start Seeds.xls in the Garden Module (2/25/2024)

[Physical Health](#)

Summary: Items pertaining to enhancing your physical health whether through diet, exercise, breathing regiments, etc.

[Eating Right and Enjoying Life More](#) (.pdf)

[Literacy and Education](#)

Summary: Items to increase ones literacy and educational opportunities.

[Education for Better Work](#) - pdf manual

[English Connect Programs](#) (Link)

[English Connect Materials](#) (Link)

[BYU Pathway Worldwide Programs](#) (Link)

[Financial and Resource Management](#)

Summary: Items to help you better manage your financial resources, insurance options and manage your possessions for longevity and sustained usefulness.

Self-Reliance Group Class

[Personal Finance](#) - pdf manual

Other Finance Related information

[Personal Finance Addendum - Supplement to Personal Finance Manual](#) (Link)

[1 - One for the Money](#) (English)(URL)(Link)

[2 - One for the Money](#) (Spanish)(URL)(Link)

[All is Safely Gathered - Family Finance](#) (Link)

[BYU Pathway Worldwide Programs](#) (Link)

[Social-Emotional Spiritual](#)

Summary: Resources to increase your Social-Emotional well-being including anxiety, etc. and improve your Spirituality.

[Emotional Resilience](#) - pdf manual

Other resources available:

[Becoming-Self-Reliant-and-Resilient-Family - Military](#) (.pdf)

[Addiction Recover Manual and Spouse and Family Support Manual](#) available at this link

Weekly Group Meetings access- click this link

For More Information: Contact

Elder and Sister Goodwin

779-203-0451 or 815-986-4466

[Home Production and Storage](#)

Summary: Items to help you produce more for yourself from your own labors and how to properly store the foods you might grow or procure.

Suggested Goals identified

[Gardening Module](#)

Summary: Information on how to start and maintain a garden with useful tips.

[The Prophet said to Plant a Garden](#) (.docx)

[Getting Along With Your Garden](#) (.pdf)

[Container Gardening](#) (.pdf)

[Walipina Manual \(Underground Greenhouse\)](#) (.pdf)

[Hoop House Happiness.pdf](#) (.pdf)

[Cool Season Vegetable Gardening](#) (.pdf)

[Gardening Workshop 7-Ps](#) (.doc)

Dates to Start Seeds - 2023 (.xls)

[Home Storage Module](#)

Summary: Items to help you prepare food, preserve food and storing food for future needs. The Food Storage Calculator allow one to determine how much food to store for any number of people between two age groups for various time frames.

[Principles of Family Preparedness - 72 Hour Kits](#) (.docx)

[Food Storage - 3 days](#) (or use Food Storage Calculator)

[Food Storage - 2 weeks](#) (or use Food Storage Calculator)

[Food Storage - 1 month](#) (or use Food Storage Calculator)

[Food Storage - 3 months](#) (or use Food Storage Calculator)

[Food Storage Calculator](#) for Long Term Food Storage Quantities

[All is Safely Gathered In - Food Storage](#) (Link)

[All is Safely Gathered in - Food Storage Recipes](#) (Link)

[BSH Welfare Food Recipe](#) Book (.pdf)

[Eating Right and Enjoying Life More](#) (.pdf)

[3 Mission Cookbooks: Bulgaria, Turkey and Russia](#) (.docx)

[USDA Complete Home Canning Manual](#) (Link)

[Home Production and Storage Book](#) (.pdf)

Summary: The original book published by the Church in past days. Principles are still true today.

[Water Supply Module](#)

Summary: Helps one to locate suitable water for household use, treat and purify it to make it safe to drink and cook with and store it for future times of need.

Water Sources

Private and public wells, stores, home stored water, municipal water supply, rainfall,

Less safe: swimming pools, ponds, lakes and rivers

Least safe: standing water like puddles, etc.

Water purification - Strain and filter to remove particles. You can use sand filter system first

Some hiking filters remove many pollutants and are for smaller quantities. None remove viruses.

[3800 Gallons of water with 1 gallon Clorox bleach](#) (.pdf)

Water storage: best to store distilled water. Tap (municipal) water that has been chlorinated is good too. For long term storage, specific additives are needed. Water storage containers: 2 liter soda bottles are great, glass containers too, don't use milk jugs though, designed to disintegrate in time. Use water safe barrels, if desired.

Note: all stored water must be rotated to keep it fresh!

[Emergency Disinfection of Drinking Water EPA](#) (.docx)

[TECHNICAL BRIEF BOIL WATER](#) (.docx)

[WHO boiling Water for purification](#) (.pdf)

[WHO guidelines for drinking water 631](#) pages (.pdf)

[FEMA water and food in an emergency](#) (.pdf)

[Emergency Disinfection of Drinking Water _ US EPA](#) (.pdf)

[Personal and Family Preparedness Wheel](#) (.docx)

Summary: Original document from the Church regarding elements of Personal and Family Preparedness including recommended standards and possible goals.

[Relief Society Preparedness and self-reliance questions](#) (.pdf)

Summary: Document of questions submitted by a Ward RS Presidency about 5 self-reliance principles with responses.

[Benson Institute information](#)

Summary: Information from the Ezra Taft Benson Institute on Food and Agriculture about various items of preparedness and self-reliance.

[Having Your Food Storage and Eating It Too](#) (.pdf)

[Family Sanitation](#) (.zip)

[Family Nutrition](#) (.zip)

[Family Health](#) (.zip)

[Career Development](#)

Summary: This section provides links for 2 Self-Reliance Services manuals used in classroom instruction format or self-study. Also a link to the church Employment web site.

Self-Reliance Services Classes
[Find a Better Job](#) - pdf manual

[Starting and Growing My Business](#) - pdf manual

[Church of Jesus Christ of Latter-day Saints EMPLOYMENT site](#) (Link)

[New Leader Training Information](#)

Summary: This section provides information to new Bishops and other stake and unit leaders desiring to know about the church welfare system with resources on providing food and household materials to members in need.

Chicago Region Welfare Services
[Family Services - Bishop Online Referral Step-by-Step](#) Guide (.docx)

Pending: Chicago Region Employment Services

[Church General Handbook of Instructions](#) - English (Link)

[Addiction Recover Program](#) (Link)

[Presiding Bishopric Vision Pamphlet](#) (.pdf)

[North Central Area Preparedness Guide](#)(.pdf)(Link)

[Providing in the Lord's Way](#) (.pdf) (Link)

[Self-Reliance and Welfare Resources Website](#) (Link)

[Self-Reliance Plan Instructions for Leaders](#) (Link)

[Self-Reliance Plan Member Worksheet](#) (Link)

[Welfare Self Reliance 2 page Took Kit](#) (.pdf)

[Welfare Self Reliance Tool Kit Details](#) (.pdf)

[Church Self-Reliance Web Site](#) (Link)

Providing Food Resources

[Bishop's Storehouse commodity ordering sample form](#) (Link)

[Bishop's Storehouse commodity ordering leader guide](#) (Link)

[Home storage food order form](#) (Link)

[To find local food pantries and pop-up markets by county](#) (.pdf)

[Local Pop-Up Food Pantries Calendar](#) (Link)

Providing Household Resources

[Goodwill - Sample Attire-Household Voucher 2022](#) (.docx)

[Goodwill - Clothing voucher guide for Agencies 2022](#) (.docx)

[Goodwill - Attire-Household Voucher 2022](#) (.docx)

[Community Services of Catholic Charities YWCA Salvation Army and 211 information as of 9/1/2023](#) (.docx)

[Self-Reliance Group Classes](#)

Summary: These are classes coordinated by the stake and taught in units on various self-reliance topics. Manuals can be downloaded for classroom use or individual study.

Self-Reliance Group Classes

[Personal Finance](#) - pdf manual

[Emotional Resilience](#) - pdf manual

[Education for Better Work](#) - pdf manual

[Find a Better Job](#) - pdf manual

[Starting and Growing My Business](#) - pdf manual

[Self-Reliance Class Manuals in Spanish](#) (Link)

To Sign up for any of these classes or for more information:
Contact Gail Lee at gleercv@gmail.com or 815-378-8879

Web Links for more Information

[Personal Finance Manual Supplemental Information](#) (Link)

[English Connect](#) (Link)

[English Connect Programs](#) (Link)

[English Connect Materials](#) (Link)

Other Resources available:

[Self-Reliance Resources](#) (.pdf)

[Welfare Self-Reliance 2 page Took Kit](#) (.pdf)

[Welfare Self-Reliance Tool Kit Details](#) (.pdf)

[Church Self-Reliance Web Site](#)

[Monthly Newsletter and Committee Minutes](#)

[Newsletter Index Page](#) - Summary of distributed newsletters in .docx format.

[Rockford Stake Welfare and Self-Reliance Committee Minutes Archive](#)

[General Preparedness Information](#)

Summary: Some of this information has been previously presented above, some has been expounded upon too.

[Home Storage Module](#)

[Food Storage - 3 days](#) (or use Food Storage Calculator)

Probably best to store food with a short shelf life for immediate use. Select food with a longer shelf life without needing cooking, refrigeration or added water for your BOB (Bug Out Bag, aka, 72 hour kit

This can include peanut butter, crackers, canned tuna/sardines, jerky, etc.

Don't forget the water. You will need about 2 gallons per day per person for drinking and sanitation purposes.

If you need some heat, the air activated hand warmers (Shake and Bake) can produce 126-144 F for about 8 hours.

There are some fireless food heaters using various chemicals and water, like MRE heaters, etc. See link below for some technical information.

Exothermic food heaters

Use Food Storage Calculator with .00833 value for each person to add 3 more days of storable food to your food store.

[Food Storage Calculator](#)

[Food Storage - 2 week](#) (or use Food Storage Calculator)

You are encouraged to have on hand a 2-week supply of food and necessities.

This should include ready to eat foods such as pork and beans, ramen soup, canned soups along with longer term items like dry beans, rice, pasta and other storable products.

Don't forget the water (2 gallons per person per day)

Also include cleaning items along with sanitation products, socks, clothing, medicines, etc.

Develop a worksheet of the items you personally feel you need to survive for 15 days.

Use Food Storage Calculator with .04165 value for each person to add 15 more days to your food store.

[Food Storage Calculator](#)

If you have a garden, your food storage costs can be offset by using fresh fruits and vegetables.

[Food Storage - 1 month](#) (or use Food Storage Calculator)

You are encouraged to have on hand a 1 Month supply of food and necessities.

This should include ready to eat foods such as pork and beans, ramen soup, canned soups along with longer term items like dry beans, rice, pasta and other storable products.

Don't forget the water (2 gallons per person per day for 2 weeks)

Also include cleaning items along with sanitation products, socks, clothing, medicines, etc.

Develop a worksheet of the items you personally feel you need to survive for 30 days.

Use Food Storage Calculator with .0833 value for each person to add 30 more days to your food store.

[Food Storage Calculator](#)

If you have a garden, your food storage costs can be offset by using fresh fruits and vegetables.

[Food Storage - 3 months](#) (or use Food Storage Calculator)

You are encouraged to have on hand a 3 Month supply of food and necessities.

This should include ready to eat foods such as pork and beans, ramen soup, canned soups along with longer term items like dry beans, rice, pasta and other storable products.

Don't forget the water (2 gallons per person per day for 2 weeks)

Also include cleaning items along with sanitation products, socks, clothing, medicines, etc.

Develop a worksheet of the items you personally feel you need to survive for 3 months.

Use Food Storage Calculator with .25 value for each person to add 3 months to your food store.

[Food Storage Calculator](#)

If you have a garden, your food storage costs can be offset by using fresh fruits and vegetables.

[Food Storage Calculator for Long Term Food Storage Quantities](#) (.htm)

[BSH Welfare Food Recipe Book](#) (.pdf)

[Eating Right and Enjoying Life More](#) (.pdf)

[3 Mission Cookbooks: Bulgaria, Turkey and Russia](#) (.docx)

[USDA Complete Home Canning Manual](#) (Link)

[Gardening Module](#) - See Above

[Water Supply Module](#) - See Above

Summary: This section contains information specific to the Rockford Illinois Stake and is isolated to allow other Stakes to utilize this program, replacing this information with their own location specific information.

Rockford Illinois Stake Specific:

[Temporal Preparedness Handbook R1](#) (.pdf) (27Mb)

[Preparedness Goals R1](#) (.docx)

[Rockford First Ward Plan](#) (.docx)

[StakeDisasterplan](#) (.docx)

[DeKalb Local Resource links](#) (.docx)

[211 Information in Rockford Stake Area](#) (.pdf)

[Rockford Area Food Pantries](#) (.xlsx) updated 8/5/23

[Apartments & Homes for Rent in Sycamore Ward Boundaries](#) (.docx)

[Sycamore Ward Preparedness and Self-Reliance Plan](#) (.docx)

[Belvidere Community Resources List 1-30-20](#) (.pdf)

[Winnebago County PREPARE](#) Booklet (.pdf)(Link)

[Rockford IL Emergency Services and Disaster Agency Guide](#) (Link)

End of Rockford Illinois Stake Specific

Summary: This section identifies specific topics for new leaders.

[Family Preparedness Plan - 72 hours](#)

[Stake and Ward Emergency Planning Guide](#) (.doc)

[Emergency Response Guide](#) (.pdf)

[North Central Area Preparedness Guide](#)(.pdf)(Link)

[Relief Society Preparedness and self-reliance questions](#) (.pdf)

[American Red Cross - Church MOU](#) (Link)

[AARP Emergency Preparedness Tips](#) (Link)

[Welfare Products Overview document](#)

[Welfare Products Overview](#) (Link)

[Elders Quorum Connection](#) (.pdf)

[Intro to Emergency Mgt](#) (.zip)

[Stake and Ward Emergency Planning Guide](#) (.doc)

<http://rockfordstake.selfrelianceclub.com/Stake%20and%20Ward%20Emergency%20Planning%20Guide.doc>

[Emergency Response Guide](#) (.pdf)

Local Pop-Up Food Pantries Calendar (Link)

[https://solvehungertoday.org/get-groceries-resources/#googtrans\(en|en\)](https://solvehungertoday.org/get-groceries-resources/#googtrans(en|en))

[To find local food pantries and pop-up markets by county](#) (.pdf)

[Goodwill - Sample Attire-Household Voucher 2022](#) (.docx)

[Goodwill - Clothing voucher guide for Agencies 2022](#) (.docx)

[Goodwill - Attire-Household Voucher 2022](#) (.docx)

Community Services of Catholic Charities YWCA Salvation Army and 211 information as of 9/1/2023 (.docx)

[Skills and Talents Survey Form](#) (.xls)

[Senior and veterans discounts](#) (.pdf)

Personal and Family Preparedness Wheel (.docx)

[Church Temporal Preparedness Resources](#) (Link)

[Language Learning](#) (.htm)

[Web Page Index \(.docx\) \(This Document\)](#)

[Web htm file](#)

[Google Doc Link](#)