

This is from a unit RS presidency request for more information.

Dear Relief Society Presidency:

Thanks for your response to my request for needs regarding self-reliance training and information.

The Stake Welfare and Self-Reliance committee has decided that it would be best for the time to be invested in making a web-based resource available so that more people can be reached/trained with minimal effort; instead of making unit visits with a big promotion type fair. This document is my attempt to make such information available on the web site to all and through this email distribution. The Stake would be happy to support all unit-sponsored events in any way we can.

These are the resources I know to be available at this time.

Comment 1. I personally think one of the biggest reasons people don't utilize food storage is they just don't know how to use it or what it tastes like. I think it would be a fantastic idea to have a table of samples from different food storage items that can be ordered so that people know what they taste like and how they might use them.

My suggestion is to store what you eat now, the raw ingredients for the dishes you make at home. Food storage can be as simply as getting a few extra items each time one goes grocery shopping. If one buys food for a longer-term food storage program, either from the Bishops Storehouse Storage Center, orders it online from the church resources or from other sources available, generally #10 cans or 1 gallon pouches would be purchased.

Most of these products are available in smaller quantities at your local grocery store and would be prepared the same. This assumes that members now eat dry beans, rice, pasta, and dry milk, the standard long-term food storage items, and know how to prepare meals from them. If they don't, perhaps that is a good starting place to try new food items on a smaller scale before committing them to your food storage program. Other items like dried peanut butter, dried butter, etc. are shorter term storage items and need to be rotated more frequently. I don't know where these products are available locally. Perhaps several people can order together from an online source and split a can between multiple families first, to try them before buying a large quantity.

Note for using dry beans: the pressure cooking of dried beans alleviates the need for overnight soaking and long cooking times. You can use the same pressure cooker you use for the home canning of foods mentioned in comment 3.

Longer term food storage notes from church headquarters.

<https://www.churchofjesuschrist.org/topics/food-storage/longer-term-food-supply?lang=eng>

<https://www.churchofjesuschrist.org/study/ensign/2006/03/random-sampler/food-storage-for-one-year?lang=eng>

Getting started on your food storage

https://providentliving.churchofjesuschrist.org/bc/providentliving/content/resources/pdf/PD60004682_000_Home-Storage-Handout.pdf?lang=eng

<https://www.churchofjesuschrist.org/inspiration/self-reliance-three-month-food-storage-store-what-you-eat-eat-what-you-store?lang=eng>

Having your food storage and eating it too.

<http://selfrelianceclub.com/Having Your Food Storage and Eating it Too.pdf>

A compilation of several BSH recipe books for beginners at using dried foods is found here:

[http://rockfordstake.selfrelianceclub.com/BSH Welfare Food Recipe Book.pdf](http://rockfordstake.selfrelianceclub.com/BSH%20Welfare%20Food%20Recipe%20Book.pdf)

Comment 2. Food storage rotation is also something else that would be very helpful as so many people talk about wasting their food storage items.

Most products have a 'best used by' date on them. Some products, like flour, become stale if improperly stored or stored for long times. Other grain products need to be protected from grain moths which can occur within the packaged products or without. Freezing for 3 days is a good way to alleviate these infestations, followed by another 3-day freeze a week later to kill the bugs hatched out after the first freeze.

Food waste is a big concern, especially concerning your expensive packaged food products. It is estimated that most people waste 30% of the food they purchase. That also is the amount of food we get from the pollination efforts of the insect world, and others. If it were not for pollinators, we would be reduced from 3 meals a day to 2. A sobering fact.

Numerous types of automatic can rotation systems are available or you can build one yourself. Make it simple and functional.

Food storage information:

<https://www.churchofjesuschrist.org/study/manual/gospel-topics/food-storage?lang=eng>

Comment 3. We talked about how we could learn about gardening and canning to use as a food storage resource.

This is a wonderful way to increase your food storage and provide you with exactly what you like to eat and the best quality and taste. Gardening can be done in different ways with the levels of work and watering just as different. This is a great family activity. I have had as many as 500 tomato plants one year in containers. Very easy to weed, keeps the plants away from animals, has the benefit of a raised bed in that there is no stooping down to ground level, easy to pick/harvest, etc. Down side is that containers need to be hand watered more frequently, sometimes daily. Best done with a drip irrigation system so it can be somewhat automated with a timer. Choose what is best for your family.

Canning: Foods are classified as low-acid or high-acid and this defines the process that must be used to can (bottle) foods. High-acid foods like tomatoes, pickles, salsa, etc. can be done in a boiling water bath canner. Easiest process to use. Low-acid foods like meat and vegetables need a higher temperature, 240F, and so a pressure canner is required to safely process these foods. It is not a scary process but must be done properly to ensure safety for the food and the participants. Always use an approved recipe like from the USDA manual below.

Other methods of preserving foods include dehydration, natural pickling, vinegar pickling, freezing, freeze drying, salting and brining, hot and cold smoking, etc. Most of these methods can be used for both high and low-acid foods.

Getting along with your garden

<http://selfrelianceclub.com/Getting Along with your Garden.pdf>

A gardening class I put together many years ago is available at:

<http://selfrelianceclub.com/Gardening Workshop 7-Ps for distribution.doc>

USDA canning manual in English is available here:

https://nchfp.uga.edu/publications/publications_usda.html#gsc.tab=0

Comment 4. Budgeting and finance was also brought up as something that would be very beneficial.

The church has various training on this topic from Marvin Ashtons One for the Money to the newer Self-Reliance course of Personal Finance, a 12-week course to help people better understand and implement budgets, etc. in their lives.

One for the Money link

<https://www.churchofjesuschrist.org/study/manual/eternal-marriage-student-manual/finances/one-for-the-money-guide-to-family-finance?lang=eng>

Link for Self-Reliance Course manuals is here:

<https://www.churchofjesuschrist.org/self-reliance/manuals-and-videos?lang=eng>

Addendum to the Personal Finance Class by the authors is available here:

<https://personalfinance.byu.edu/helpingothers>

Comment 5. Lastly, we talked about natural disaster planning. Especially in regards to our stake and if we have a plan as a stake and what that is and how we get that out to the units.

Excellent point. The church has just renamed 'emergency preparedness' to 'temporal preparedness' in all of its publications and sites. I think the point was to remove the anxiety from 'emergency' status to that of, if we are temporally prepared for anything that could happen, an 'emergency' is just another Thursday.

This Planning is about as individual as each participant is in the process. What must you have and what can you do without? Everyone has their own 'security blanket' that must be included in any talk about sheltering whether in their own home or relocating to a distant shelter with a group of other people. This makes planning an individual thing. As a family unit, we can consolidate commonly used items to serve a larger number of people, such as a large tube of toothpaste for the family instead of 1 for each individual, one large cooking pot, etc.

A 72-hour kit would be a good place to start. Surprise, a 3-day food and water storage system in one compact(?) unit.

Seasonal items need to be considered also. Items necessary in the winter might be extra weight in the summer.

A good exercise is to pretend you are going camping. What do you need? Shelter, cooking gear, clothing, tools, sanitation supplies, etc. Review and rotate items periodically. You might even try picnicking at a local park, taking everything you need for cooking and cleanup, to brush up on outdoor living skills.

72-hour kit list source

<https://www.ready.gov/kit>

Links to Stake and some unit plans:

Rockford Stake Emergency Plan

<http://rockfordstake.selfrelianceclub.com/StakeDisasterplan2023%20ver5.0.docx>

Rockford First Ward Emergency Plan

<http://rockfordstake.selfrelianceclub.com/Rockford%20First%20Ward%20Plan-updated%202017.docx>

Sycamore Ward Emergency Plan

<http://rockfordstake.selfrelianceclub.com/Sycamore%20Ward%20Preparedness%20and%20Self-Reliance%20Plan.docx>

Most of this information is available on the stake self-reliance website:

rockfordstake.selfrelianceclub.com. Feel free to browse for more information.

Thank you for the opportunity to serve you.

I hope this helps answer some of your questions and concerns. Please direct any other questions or comments to: miklgoodwin@gmail.com

Rockford Stake Welfare and Self-Reliance Specialist

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