

# the PREPAREDNESS *minute*

A MONTHLY FLIER

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## Whole Wheat Waffles

### Ingredients:

- 2 1/4 cups whole wheat flour
- 4 teaspoons baking powder
- 3/4 teaspoon salt
- 1 1/2 tablespoon sugar
- 2 beaten eggs
- 2 1/4 cups milk
- 1/4 cup vegetable oil

### Directions:

Pour mixture on waffle griddle for standard time or until a golden brown.

## ✧ Why Store Food? ✧

*“The best food storage is in sealed cans and bottles in the homes of our people.” Pres. Hinckley, Nov 2006*

From Brigham Young’s time to the present day, latter-day prophets have counseled Church members to store food for times of need. Recently, the First Presidency spoke again on this subject:



“If families would think in terms of storing only foods basic to survival, or if they would supplement the food storage they already have with the basics to build it up to a year’s supply, the task would be simpler than they might think. They would then be prepared for food emergencies.”

A year’s supply of food storage is beneficial in several ways:

1. It provides **peace of mind** as we obey the counsel to store & well receive blessings.
2. It helps ensure **survival** in case of personal or natural disaster.
3. It **strengthens skills** in preparing and using basic foods.

Once you have stored the basic food items, you need to regularly include them in your daily meals. Store what you eat and eat what you store.

Food storage rotation, important in avoiding rancidity, is easier when we buy and store the types of foods we are accustomed to eating. (Ensign, June 1989)

## Frugal Food Storage

We really wanted to begin a food storage program, but as newly married full-time college students expecting our first baby, we wondered how we could possibly do it. One day, my husband smiled at me and

then dashed to our cupboard, opened it, and pulled out everything. He began arranging into groups. He pointed to a small stack of food. “This is our Frugal Food storage!” he said. I looked at the stack: two cans of green beans, a bag of rice, a package of spaghetti,

and one jar of apricots. Since then we have followed his frugal food storage theory. Each week we ask, “Can we do without this item this week?” If we can, we set it aside as a food storage item. We are still using this system after 3 kids. LDS.org, Ensign, Jan. 1993, pg 72