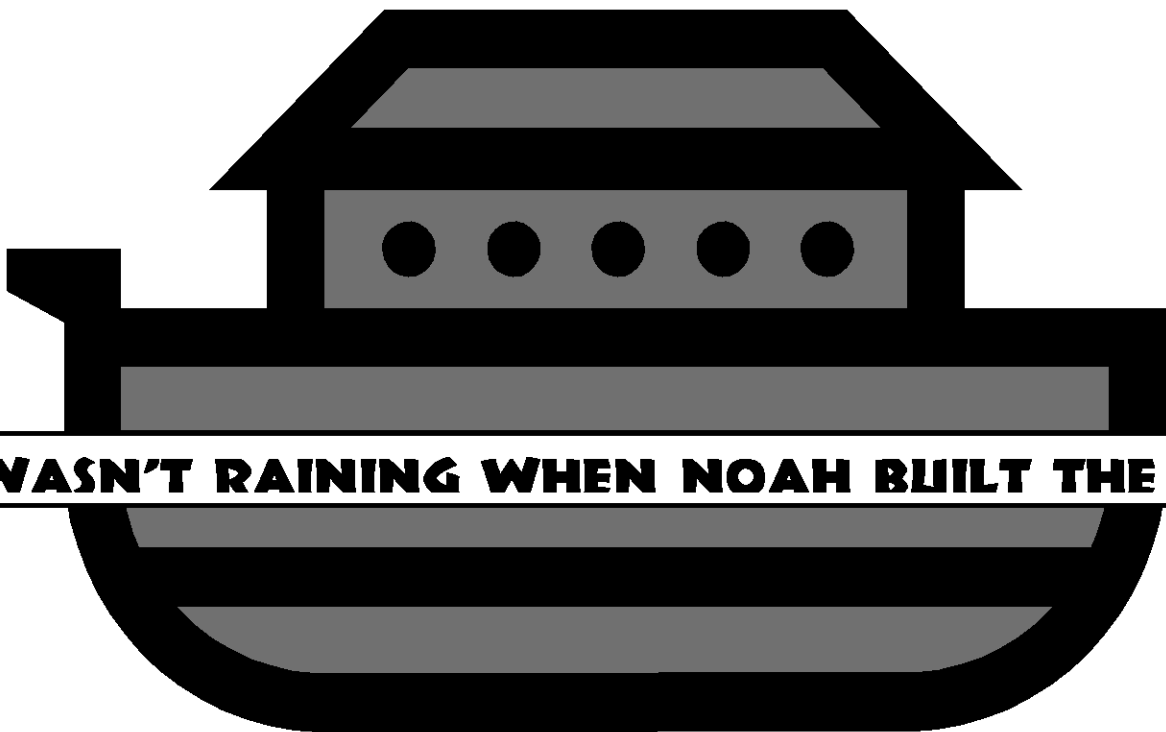


Be Prepared.



IT WASN'T RAINING WHEN NOAH BUILT THE ARK

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January

“Let every head of household see to it that he has on hand enough food and clothing and where possible, fuel also for at least a year ahead”

J. Reuben Clark, 1937

Spiritual Goal:

Hold Family Home Evening every Monday for a Month

Provident Living Goal:

Review your retirement goals. Are you putting enough aside to be able to support yourselves and to do the things you want to do when you retire?

Storage Goal:

24 can of meat or fish per person
1 gallon bleach per person
Can opener
Garbage bags
Laundry detergent

72-Hour Kit:

Gather a change of clothing including underwear and shoes for each family member-include warm coats and boots (or have them immediately accessible)
Ax, shovel and bucket
\$25 cash
Utility knife
\$5 in chase (coins for phone
Whet stone

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February

“There is a wise old saying, “Eat it up, wear it out, make it do, or do without.” Thrift is a practice of not wasting anything. Some people are able to get by because of the absence of expense. They have their shoes resoled, they patch, they mend, they sew, and they save money. They avoid installment buying, and and make purchases only after saving enough to pay cash, thus avoiding interest charges. Frugality means to practice careful economy.”

James E. Faust

Spiritual Goal:

Schedule time each day to read with your family from the Book of Mormon

Provident Living Goal:

Plan and carry out a FHE on home fires. Include planning an escape route and practicing it.

Storage Goal:

100 pounds total pasta and flour per person
Hand grain mill
Thread, needles, buttons and zippers

72-Hour Kit:

1 gallon water per person
Scriptures
Personal documents-genealogical records, wills, insurance, contracts, passports, birth certificates, patriarchal blessings, etc.
\$25 Cash

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March

“The Lord has warned us of famines, but the righteous will have listened to the prophet and stored at least a year’s supply of survival food.”

Ezra Taft Benson

Spiritual Goal:

Have family prayer at least once a day. Twice is better.

Provident Living Goal:

Learn a new skill or read a book pertaining to your career.

Storage Goal:

Sugar
Molasses

72-Hour Kit:

1 pound dried fruit or trail mix per person (can use fruit leather)
1 package soda crackers per person (4 pkg. Per box)
2 package graham crackers per person (4 pkg. Per box)
2 liters tomato or orange juice per person

*(Note these items will be rotated every 6 months – see Sept.)
Also make a goal to always have the fuel tanks on all vehicles at least half full.

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April

“If ye are prepared, ye shall not fear.” D&C 38:30

Spiritual Goal:

Attend the temple one more session than you normally do this month.

Provident Living Goal:

If you normally do not grow a garden, plan to grow at least one vegetable this year. If you already have a garden either 1) grow a vegetable you haven't tried before or 2) try a new method or technique this year.

Storage Goal:

Honey
Corn syrup
Jam

72-Hour Kit:

4 granola bars per person
2 sticks beef jerky per person
1 package chewing gum per person
Hard candies or lollipops – at least 12 per person
*(Note: these items will be rotated every 6 months – see October)

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May

“The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah.”

President Ezra Taft Benson

Spiritual Goal:

Share a Book of Mormon with a non-member.

Provident Living Goal:

Make a goal and plan to exercise regularly.

Storage Goal:

100 pounds variety of cereal grains – rice, oatmeal, cornmeal, etc. per person
24 rolls toilet paper per person
2 rolls paper towels per person
24 packages flavored gelatin per person
Garden seeds
1 small bottle olive oil (for consecrating)
At least one month prescription ahead for all doctor prescribed medications

72-Hour Kit:

Battery powered radio
Battery powered light or non-battery operated light
Batteries

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Battery powered radio
Battery powered light or non-battery operated light
Batteries

June

“We will see the day when we will live on what we produce.”

Spiritual Goal:

Prepare at least one family name for Temple work.

Provident Living Goal:

Make a goal to have 6 months wages in savings for emergencies. Write out a realistic plan to make it happen.

Storage Goal:

Mayonnaise
Salad Dressing (Mayonnaise type)
Evaporated milk

72-Hour Kit:

First aid kit: Should include: scissors, knife, thermometer, measuring cup, medicine dropper, hot water bottle, triangular bandages, soap, matches, razor blades, needles, safety pins, adhesive tape, elastic bandage, gauze bandages, paper bags, bicarbonate of soda, *ipecac syrup (induces vomiting), ammonia, hydrogen peroxide, calamine lotion (insect bites and sunburn) rubbing alcohol, diarrhea remedy, antibiotic ointment, first aid instruction book, prescription medication, waterproof matches.

REMEMBER: Your 72-hour kit is part of your general storage, but your general storage cannot be part of your 72-hour kit. When you need it there may not be time to gather it together for transport.

* Call Idaho Poison Center at 1-800-860-0620 before administering ipecac syrup.

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July

“Ye Latter-Day Saints, learn to sustain yourselves. Produce everything you need to eat, drink or wear.”
President Brigham Young

Spiritual Goal:

Take the family names you prepared last month to the Temple.

Provident Living Goal:

Make a goal to eat healthier. For example fewer sweets, more fresh fruit and veggies, less meat, more fiber, etc.

Storage Goal:

Flour
Cornmeal

72-Hour Kit:

Prepare blankets or sleeping bags to be accessible at a moment’s notice
Emergency blankets (the silver foil ones)
Gather items to entertain your family and include in kit –Uno cards, coloring books, crayons, X-stitch kits, etc.
Paper and pencils
Camp stove or portable BBQ and fuel
Mosquito repellent
\$25.00 Cash

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August

“For the moment we live in a day of peace and prosperity, but it shall not ever be thus. Great trials lie ahead, and we must prepare ourselves temporally and spiritually.”

Bruce R. McConkie

Spiritual Goal:

Have Family Home Evenings with your family every Monday. Make sure at least one is set aside for doing something really fun for the whole family.

Provident Living Goal:

Learn to preserve food in a way you haven't tried before.

Storage Goal:

100 quarts fruit and vegetables per person
24 pints jam or jelly per person
Feminine needs
School supplies
Pet supplies

72-Hour Kit:

1 can tuna per person
1 can pork and beans per person
½ lb. Dried milk per person
2 packets hot chocolate mix per person (or 1 large can per family)
2 instant soup packets per person (rotate these every year)
Disposable plates, cups, bowls, and silverware
Pet supplies – be sure to include dishes, leash and extra water.

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September

“There is no person who knows the real purpose for which this welfare program is being instituted but hardly before sufficient preparation has been made the real purpose will be revealed & when that time comes it will challenge every resource of the church to meet it.”

Harold B. Lee

Spiritual Goal:

Have family scripture study together every day.

Provident Living Goal:

Review your will if you have one. If you do not have one, make arrangements to get one. EVERY adult should have a will. Plan & carry out a FHE on the importance of preparedness.

Storage Goal:

Spaghetti
Macaroni

72-Hour Kit:

1 pound dried fruit or trail mix per person (can use fruit leather)
1 package soda crackers per person (4 pkgs. per box)
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October

“When people are able but unwilling to take care of themselves we are responsible to employ the dictum of the Lord that the idler shall not eat the bread of the laborer.”

Elder Boyd K. Packer

Spiritual Goal:

Attend one more session of General Conference than you normally do.

Provident Living Goal:

Make a daily goal to read 30 minutes to your children or grandchildren. If you have no children to read to, make a daily goal to read at least 30 minutes just for pleasure.

Storage Goal:

Rice

72-Hour Kit:

4 granola bars per person
2 sticks beef jerky per person
1 package chewing gum per person
Hard candies or lollipops – at least 12 per person
*(Note: these items will be rotated every 6 months – see April)
Check batteries for light, radio and smoke detector. Replace if needed.

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November

“The time will come that gold will hold no comparison in value to a bushel of wheat.”

President Brigham Young

Spiritual Goal:

Have personal prayer & scripture reading daily.

Provident Living Goal:

Make a goal to reduce your family garbage by recycling more.

Storage Goal:

Proper containers filled with water.

72-Hour Kit:

Soap
Feminine needs
Toothbrushes
Disinfectant
Shaving supplies
Aluminum foil
Infant needs

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December

“No man is truly free who is in financial bondage. Think what you do when you run debt,” said Benjamin Franklin, “you give another power over your liberty.”

Ezra Taft Benson

Spiritual Goal:

Decide as a family how you can better remember and celebrate the true meaning of Christmas.

Provident Living Goal:

Review your insurance coverage – life, household, vehicle. Do you have enough? Could you replace your vehicle or household goods with the coverage you have?

Storage Goal:

40 pounds dried beans per person
Matches, candles, batteries
Consider fuel, clothing, bedding, lighting, sanitation, family records, cleaning supplies, winter clothing
Fill your water containers if you haven't done so!

72-Hour Kit:

Check your water containers.
Evaluate and identify other items you would like to add.

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Evaluate and identify other items you would like to add.

Food Storage Inventory

What can I do with what I have?

Step 1

<u>If I have:</u>	<u>I can make:</u>
Basic Food Storage	
**Wheat	Sprouted Wheat
Powdered Milk	Cooked Cracked Wheat
Oil, Canola or olive	Tortillas
Salt	Gluten
Honey or Sugar	
Water	

**Wheat has long been considered the most important “stock” item in a food storage system, not only for its shelf life, but for its exceptional nutritional value. However, people who are unable to eat or are allergic to wheat can substitute with other foods such as soybeans, almonds, milk and eggs, and receive the same nutrient content.

Step 2

<u>If I add:</u>	<u>I can make all step 1 and:</u>		
Baking Powder	Custards	Waffles	Breads
*Powdered Eggs	Puddings	Muffins	Biscuits
Baking Soda	Pancakes	English Muffins	Crackers
	German Pancakes	Crepes	Mayonnaise
	Cookies	Pasta	Egg Noodles

Step 3

<u>If I add:</u>	<u>I can make all of step 1 and 2 and:</u>
Butter, powder	Meatless Dinners
Tomatoes	Meatless Casseroles
Cheese, powdered	Cream Sauces

Step 4

<u>If I add:</u>	<u>I can make all of step 1, 2 & 3 and:</u>
Unflavored Gelatin	Jell-O Salads
Canned Milk	Whipped Cream Desserts
Canned Fruits	Baby Formula

Step 5

<u>If I add:</u>	<u>I can make:</u>	
Soup Base	Sprouted Wheat	Meatless Dinner
Rice	Cracked Wheat	Meatless Casseroles
*Legumes, soybeans & others	Tortillas	Cream Sauces
Beef Broth	Custards	Jell-O Salads
Chicken Broth	Puddings	Whipped Cream Desserts
*Alfalfa Seeds	Pancakes	Baby Formula
*Sesame Seeds	Cookies	Hearty Dinner Soups
Miso	Waffles	Chili
	Muffins	Refried Beans
	English Muffins	Rice Dishes
	German Pancakes	Rice Puddings
	Crepes	Fresh Sprouts
	Egg Noodles	Gluten
	Pasta	Hot Broth
	Breads	Biscuits
	Crackers	Mayonnaise

Step 6

<u>If I add:</u>	<u>I can make:</u>	
Canned Meats	Sprouted Wheat	Meatless Dinner
Dried Potatoes	Cracked Wheat	Meatless Casseroles
	Tortillas	Cream Sauces
	Custards	Jell-O Salads
	Puddings	Whipped Cream Desserts
	Pancakes	Baby Formula
	Cookies	Hearty Dinner Soups
	Waffles	Chili
	Muffins	Refried Beans
	English Muffins	Rice Dishes
	German Pancakes	Rice Puddings
	Crepes	Fresh Sprouts
	Egg Noodles	Gluten
	Pasta	Hot Broth
	Breads	Biscuits
	Crackers	Mayonnaise
	Dinners & Casseroles	Sandwiches

Step 7

<u>Extras:</u>
Oats, Raisins, Nuts *(Almonds), Chocolate Powder, Peanut Butter Powder, Granola, Juices, Corn Starch, Soup Mixes, Spices and Flavorings, Lemon Powder or Juice, White Flour, Shortening or Margarine, Cream of Tartar, Junket Rennet Tablet, Molasses, Karo Syrup, Candy, Chocolate, Hot Chocolate Mix, Powdered Drink Mix, Canned Vegetables, Canned Fruit, etc.