

# WATER PURIFICATION AND STORAGE

4-2009

You can survive without food for several days, but not without water. **You need to store one gallon of water per person per day.** During times of serious emergency, the normal water supply to your home may be cut off or become so polluted that it is undrinkable. A supply of stored water could be your most precious survival item! Remember that typhoid fever, dysentery, and infectious hepatitis are disease often associated with unsafe water.

## TREATMENT FOR DEHYDRATION

Dehydration results from excessive loss of body fluids. Dehydration may follow episodes of diarrhea, vomiting, prolonged fever, and any condition where there is a rapid and extreme loss of body fluid. Some signs of dehydration include:

- Frequent bowel movements that the person cannot control
- Watery stools
- Little urine or dark yellow urine
- More than normal thirsts
- Dry mouth and tongue
- Sunken or dry eyes
- Fast, weak pulse
- Flushed, dry skin
- Skin that does not spring back immediately when pinched
- Lethargy
- Irritability, confusion

If someone has two or more of the signs of dehydration, it is important to restore fluids as soon as possible. A simple oral dehydration solution can be made by mixing the following ingredients.

## REHYDRATION FORMULA

- ¼ tsp real salt
- ¼ tsp no salt (potassium chloride)
- ¼ tsp baking soda
- 1 ½ tsp sugar

Mix into 4 cups of water. Give the person small sips of the solution every five minutes, even if he vomits, until he begins to urinate normally. The drink can be given with fruit juices as a flavoring. The person may also drink thin vegetable soup, or the water in which rice or barley has been cooked.

(Lana said that we need to use all four items in this formula to balance our electrolytes and she got this formula from a nurse at the LDS hospital.)

## WAYS TO STORE WATER

- 2-liter plastic soda bottles, non absorbing and food grade
- 6-gallon plastic containers
- 35-50 gallon polyethylene plastic water barrels
- Mylar bags or pouches. These containers can keep water indefinitely if properly stored in a cool, dark location.

The two-liter bottle is the easiest and most convenient. If storing barrels of water, you need a spigot and siphon hose to get the water out.

### **EMERGENCY SOURCES**

1. Water from ice cube trays in freezer.
2. Hot water tank-open the valve at the top of the tank to get a free flow. Also open the faucet at the bottom of the tank. The flow will increase if any hot water faucet in the home is turned on before draining water from the hot water tank.
3. Toilet tank (not bowl) – don't drink the water from the toilet tank if a chemical or disinfectant or purifier has been added to the water. Be sure to turn off gas and electricity to the tank before draining off water for use.

Don't put water in metal containers. If water has a flat taste, it probably just needs air. Pour water from one container to another three to four times.

### **PURIFYING WATER**

- Boiling water for 3-5 minutes
- Purification tablets (tincture of iodine or halazone)
- Bleach (8 drops per gallon)

Boil water vigorously for 1-3 minutes. To improve taste, pour from one container to another several times.

### **PURIFICATION TABLETS**

There are two types of purification tablets. Both may be found in sporting good stores.

- Iodine tablets or tincture (12 drops per gallon)
- Halazone tablets (4 tablets per quart of water)

Follow directions on bottle or as follows: Add 4 tablets to 1 quart of water. Cap loosely to allow a small amount of leakage. Wait 3 minutes. Shake container to allow screw threads on the closure to be moistened, then tighten cap. Wait 10 minutes before drinking.

Wash hands after using water purification tablets because it is harmful to the eyes or if swallowed. (Too concentrated – must be diluted)

### **BLEACH PURIFICATION**

Liquid household bleach can also be used. It must contain hypochlorite, preferably 5.25%. Add according to table below then stir and mix. Let stand 30 minutes before drinking.

<b>WATER QUANTITY</b>	<b>CLEAN WATER</b>	<b>CLOUDY WATER</b>
1 quart	2 drops	4 drops
1 gallon	8 drops	16 drops
5 gallons	½ tsp.	1 tsp.
50 gallons	2 Tbsp.	4 Tbsp.

-Taken from "Emergencies! And How to Prepare for Them" by Lana Richardson with her permission, pp. 19-22.

## **TIPS ON WATER PURIFICATION**

Water is critical for survival. We can go days, even weeks, without food but we must have water to live. Your body loses precious water by sweating and breathing and, of course, by urinating. In fact, you can tell if you are getting dehydrated by the color of your urine. When you drink enough water, your urine will be light-colored or bright yellow, but when dehydrated, it will be dark-colored and you'll urinate in small amounts. The average person should drink between 2 and 2 ½ quarts of water per day. Plan on storing about one gallon (4 liters) per day per person for drinking, cooking and personal hygiene – and don't forget water for pets!

### **USE ANY OF THE FOLLOWING METHODS TO PURIFY DRINKING WATER**

1. Boiling – Boil vigorously for 2-10 minutes. Boiling water kills most harmful bacteria and parasites. To improve the taste of boiled water, pour it back and forth between two containers to add oxygen back into it.
2. Bleach – Add 10-20 drops of “regular” household bleach per gallon (about 4 liters) of water, mix well, and let stand for 30 minutes. A slight smell or taste of chlorine indicates water is good to drink. (**NOTE:** Do NOT use scented bleaches, color safe bleaches, or bleaches with added cleaners!)
3. Tablets – Use commercial purification tablets and follow instructions. Tablets are pretty inexpensive and found at most sporting goods stores and some drugstores. (**NOTE:** Look for products that contain 5.25 to 6.0% sodium hypochlorite as the only active ingredient.)
4. Distillation – Involves boiling water and collecting the vapor to remove impurities.

-Taken from “It's A Disaster! ...and what are YOU gonna do about it?” by Bill & Janet Liebsch, p. 141. For more information go to [www.fedhealth.net](http://www.fedhealth.net) or call 1-888-999-4325.

## **EMERGENCY WATER SUPPLIES**

You will also need water for food preparation and hygiene. Store at least one gallon per person, per day. Consider storing at least a two-week supply of water for each member of your family. If you are unable to store this quantity, store as much as you can. If supplies run low, never ration water. Drink the amount you need today, and try to find more for tomorrow. You can minimize the amount of water your body needs by reducing activity and staying cool.

### **PREPARE AND STORE AN EMERGENCY SUPPLY OF WATER**

To prepare the safest and most reliable emergency supply of water, it is recommended that you purchase commercially bottled water. Keep bottled water in its original container, and do not open it until you need to use it. Store bottled water in the original sealed container, and observe the expiration or “use by” date.

### **IF YOU ARE PERPARING YOUR OWN CONTAINES OF WATER**

It is recommended to purchase food-grade water storage containers from surplus or camping supplies stores to use for water storage.

If you decide to re-use storage containers, choose two-liter plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them. The reason is that milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment or bacterial growth when water is stored in them. Cardboard containers leak easily and are not designed for long-tem storage of liquids. Also, do not use glass containers, because they are heavy and may break.

### **PREPARING CONTAINERS**

- Thoroughly clean the bottles with dishwashing soap and water, and rinse completely so there is no residual soap.
- Additionally, for plastic soft drink bottles, sanitize the bottles by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart (1/4 gallon) of water. Swish the sanitizing solution in the bottle so that it touches all surfaces. After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water.

### **FILLING WATER CONTAINERS**

- Fill the bottle to the top with regular tap water. (If your water utility company treats your tap water with chlorine, you do not need to add anything else to the water to keep it clean.) If the water you are using comes from a well or water source that is not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to each gallon of water.
- Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside of it with your fingers. Write the date on the outside of the container so that you know when you filled it. Store in a cool, dark place.
- Replace the water every six months if not using commercially bottled water.

### **HIDDEN WATER SOURCES IN YOUR HOME**

Safe water sources in your home include the water in your hot-water tank, pipes, and ice cubes. You **should not** use water from toilet flush tanks or bowls, radiators, waterbeds, or swimming pools/spas.

You will need to protect the water sources already in your home from contamination if you hear reports of broken water or sewage lines, or if local officials advise you of a problem. To shut off incoming water, locate the main valve and turn it to the closed position. Be sure you and other family members know beforehand how to perform this important procedure.

To use the water in your pipes, let air into the plumbing by turning on the faucet in your home at the highest level. A small amount of water will trickle out. Then obtain water from the lowest faucet in the home.

To use the water in your hot-water tank, be sure the electricity or gas is off, and open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve at the tank and turning on a hot-water faucet. Refill the tank before turning the gas or electricity back on. If the gas is turned off, a professional will be needed to turn it back on.

### **EMEGENCY OUTDOOR WATER SOURCES**

If you need to find water outside your home, you can use these sources. Be sure to treat the water according to the instructions before drinking it.

- Rainwater
- Streams, rivers, and other moving bodies of water
- Ponds and lakes
- Natural springs

Avoid water with floating material, an odor, or dark color. Use saltwater only if you distill it first. You should not drink flood water.

### **WAYS TO TREAT WATER**

The instructions below are for treating water of uncertain quality in rare emergency situations in the absence of instructions from local authorities when no other reliable clean water source is available and you have used all of your stored water. If you store enough water in advance, you will not need to treat water using these or other methods.

In addition to having a bad odor and taste, contaminated water can contain microorganisms (germs, bacteria, and viruses) that cause disease such as dysentery, typhoid, and hepatitis. You should treat all water of uncertain quality before using it for drinking, food preparation, or hygiene.

There are many ways to treat water, though none are perfect. Often the best solution is a combination of methods. Boiling or chlorination will kill most microorganisms but will not remove other contaminants such as heavy metals, salts, and most other chemicals. Before treating, let any suspended particles settle to the bottom, or strain them through layers of paper towel, clean cloth or coffee filter or your water soc.

### 1. **BOILING**

Boiling is the safest method of treating water. In a large pot, bring water to a rolling boil for 1 full minute, keeping in mind that some water will evaporate. Let the water cool before drinking.

Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This will also improve the taste of stored water.

### 2. **CHLORINATION**

You can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite. Do not use scented bleaches, color safe bleaches, or bleaches with added cleaners. Because the potency of bleach diminishes with time, use bleach from a newly opened or unopened bottle. If the bleach is a year old the amount should be doubled. Two-year old bleach should not be used as a water disinfectant.

Add 16 drops (1/8 teaspoon) of bleach per gallon of water; stir and let stand for 30 minutes. The water should have a slight bleach odor. If it doesn't, then repeat the dosage and let stand another 15 minutes. If it still does not smell of bleach, discard it and find another source of water.

Other chemicals, such as iodine or water treatment products that do not contain 5.25 to 6.0 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

-Taken from "Food and Water in an Emergency" by FEMA and The American Red Cross

## **COMMON PRACTICES FOR USING YOUR WATER FILTER**

- Filter the cleanest water you can find. Dirty water or water with large suspended particles will clog your filter more quickly.
- Prefilter the water either through a prefilter or strain it through a bandanna or water soc.
- If you must filter dirty water, let it stand overnight for particles to settle out.
- If the filter takes a serious fall, it could crack internally. If the filter inside cracks, unfiltered water can flow through the crack. Treat your filter with care!
- Always have at least one backup method for water purification in case one fails. This can be any combination of methods: water filter and 2% tincture of iodine or Polar Pure iodine crystals. And you can always boil the water. If boiling is your backup method, make sure you have enough fuel!

- Fix the Taste. Adding vitamin C (about 450 milligrams) to iodized water completely eliminates any taste or color of iodine. You must wait until the iodine has purified the water before adding the vitamin C. The vitamin C in drink mixes like Tang has the same effect.
- Taken from OA Guide to water Purification part of The Backpacker's Field Manual by Rick Curtis

# Where Do I Get the Money for Food Storage?

Vaughn J. Featherstone

"Food Storage," *Ensign*, May 1976, 116

Here are seven suggestions from Vaughn J. Featherstone on how to build up your food storage:

1. Decide as a family this year that 25 or 50 percent of your Christmas will be spent on a year's supply. Many families in the Church spend considerable sums of money for Christmas. Half or part of these Christmas monies will go a long way toward purchasing the basics. I recall the Scotsman who went to the doctor and had an X-ray taken of his chest. Then he had the X-ray gift-wrapped and gave it to his wife for their anniversary. He couldn't afford a gift, but he wanted her to know his heart was in the right place. Brethren, give your wife a year's supply of wheat for Christmas, and she'll know your heart is in the right place.
2. When you desire new clothes, don't buy them. Repair and mend and make your present wardrobe last a few months longer. Use that money for the food basics. Make all of your nonfood necessities that you feasibly can, such as furniture and clothing.
3. Cut the amount of money you spend on recreation by 50 percent. Do fun things that do not require money outlay but make more lasting impressions on your children.
4. Decide as a family that there will be no vacation or holiday next year unless you have your year's supply. Many Church members could buy a full year's supply of the basics from what they would save by not taking a vacation. Take the vacation time and work on a family garden. Be together, and it can be just as much fun.
5. If you haven't a year's supply yet and you do have boats, snowmobiles, campers, or other luxury possessions, sell or trade one or two or more of them and get your year's supply.
6. Watch advertised specials in the grocery stores and pick up extra supplies of those items that are of exceptional value.
7. Change the mix in your family's diet. Get your protein from sources less expensive than meat. The grocery bill is one bill that can be cut. Every time you enter the store and feel tempted by effective and honest merchandising to buy cookies, candy, ice cream, non-food items, or magazines—don't! Think carefully; buy only the essentials. Then figure what you have saved and spend it on powdered milk, sugar, honey, salt, or grain.)





# Dinner Menus

## and Grocery List

*Sample to Help You Plan Yours*

12 Favorite Meals for 2 weeks X 6 = 12 weeks (3 months)

- Pick recipes with ingredients (most) that can be stored in pantry or freezer.
- You might also want those recipes to be easy/quick to make.
- From these recipes, let your family choose their favorite 12 recipes (or 24 if you are ambitious).
- As in sample attached, list ingredients and times by six.
- Assemble shopping list as in sample. Keep copy in purse & pantry.
- Mark grocery list in pencil as you purchase item.
- Erase marking as you use item so can replace.
- Write date on purchased items before storing.
- Watch for sales. When see sale, pull out list to see if you need the item.
- It might take you six months or longer to use your three-month supply as you might eat out or try different recipes. That's okay because you will still have a three-month food supply on hand that your family will eat.
- Try to use and rotate your three-month food supply within a year's time.

## Shepherd's Pie

**Hamburger** 1 ½ lb. x 6 = 9 lb.

Brown hamburger with seasonings: Lowry's seasoned salt & pepper, minced onion or fresh onion, and garlic salt. Simmer, lid on, with ½ c. water abt. 10 min. Add beans & soup and simmer 5 min. Put in casserole, top with potatoes, bake 20 min.

**Green Beans** 2 cans x 6 = 12 cans

**Tomato Soup** 2 cans x 6 = 12 cans

**Instant Potatoes** 3 c. x 6 = 18 c.

**Cheese** 2 cups x 6 = 12 c.

## Firehouse Pasta

**Roasted Chicken** 1 Rotisserie chicken, pulled apart. 1 x 6 = 6 chickens

**Classico Alfredo Sauce** 2 16 oz. btl. x 6 = 12 btl.

**Penne Pasta** one 12oz. box x 6 = 6 bxs

**Tomatoes** 4 fresh Romas x 6 = 24

**Mushrooms** 4 oz fresh x 6 = 3 pkgs

**Green Onions** 4 onions x 6 = 24

**Swiss Cheese** 2 c. x 6 = 12 cups

## Chicken Enchiladas

8x10 pan

**Canned Chicken**

one 13oz can x 6 = 6 cans

**CofChicken Soup** 1 can x 6 = 6

**Sour Cream** 1 c. x 6 = 6 cups

**Diced Chiles** 4oz can x 6 = 6 cans

**Flour Tortillas** pkg/8 x 6 = 6 pkgs

**Cheese** 2 c. x 6 = 12 cups

## Spaghetti

**Hamburger** 1 lb. x 6 = 6 lb

Brown hamburger with seasonings: Lowry's seasoned salt & pepper, minced onion or fresh onion, and garlic salt.

**Spaghetti Sauce**  
one 26 oz btl. x 6 = 6 btl

**Spaghetti Pasta** 6oz pkg x 6 = 6  
Cook al dente when ready to serve. pkgs

**Cheese** 1-2 c. x 6 = 12 cups

## Chili

**Hamburger**, 1 lb. x 6 = 6 lbs.

Brown hamburger with seasonings: Lowry's seasoned salt & pepper, minced onion or fresh onion, and garlic salt.

**Tomato Juice** 46 oz can x 6 = 6 cans

**Kidney Beans** 2 cans x 6 = 12 cans

**Garbanzo Beans** 1 can x 6 = 6 cans

**Black Beans** 1 can x 6 = 6 cans

**Chili Seasoning Mix** 1 pkg= 6

**Corn Chips** 1 pkg. x 6 = 6 pkg

**Cheese** 2 c. x 6 = 12 c.

## Beef Pot Pie

**Canned Roast Beef**

one 12oz can x 6 = 6 cans

**Canned Mixed Vegetables**  
(Veg-All brand good) 15 oz can x 6 = 12 cans

**Beef Gravy Mix** (make according to directions with water) 1 pkg x 6 = 6 pkg

**Frozen Pie Crust** 1 x 6 = 3 pkg

(Pillsbury) unroll & place on top of pie; cut slits. Can also use a bottom crust.

## Staple Pantry Items For Above Recipes

<p>Garlic Salt Salt Seasoning Salt Seasoned Pepper Pepper Curry Powder Chili Powder Dry Mustard Minced Onions (Dry Pack Cannery)</p> <p>(Spices last about one year if stored at room temp. They will last longer if stored in a very cold room - especially if you buy the larger sizes and fill small containers for your kitchen shelf.)</p>	<p>Brown Sugar (store airtight) Ketchup (store cold, dry room...when opened, store in fridge) Miracle Whip (store extra glass bottles in fridge or cold basement...when opened store in fridge) Mustard (store cold, dry room...when opened store in fridge)</p>	<p><u>Perishables:</u> Carrots (store in fridge or in damp, clean sand in cold basement) Potatoes (store cool, dark place) Onions (store cool, dry place) Eggs (store in fridge or crack into ice cube trays, freeze, pop into bag and seal using vacuum sealer. Will last several years in freezer if vacuum sealed.) Sour Cream (store in fridge till end date) Cheese (purchase ends at Gosners, shred &amp; freeze large amounts. If use vacuum sealer and vapor barrier bags, it will last several years in freezer.) Butter (purchase on sale and freeze large amounts up to 6 months. If use vacuum sealer, will last longer.)</p>
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## Nummy's Casserole

(like a Stroganoff)

**Macaroni** 3 c. x 6 = 18 c.

Cook in boiling water when ready to assemble.

Sauce (can make and freeze ahead):

**Hamburger** 1 lb. x 6 = 6 lbs

Brown with seasonings: Lowry's seasoned salt & pepper, minced or fresh onion & garlic salt

**CofMushroom Soup** 1 x 6 = 6

**CofChicken Soup** 1 can x 6 = 6

**Creamed Corn** 1 can x 6 = 6 cans

**Cheese** 2 c. x 6 = 12 c.

## Daryl's Stew

**Stew Meat** 1 lb. x 6 = 6 lbs.

Season & brown meat; cook in pressure cooker with a little water for about 15 min.

Simmer Veggies & then add meat and juices:

**Celery** 1 c. x 6 = 6 c.

**Carrots** 1 1/2 c. x 6 = 9 c.

**Onions** 1 c. x 6 = 6 large onions

**Potatoes** 2 c. x 6 = 12 potatoes

**Beef Bullion**, cubes or canned to taste

## Meatloaf

**Hamburger** 1 1/2 lb. x 6 = 9 lbs.

**Eggs** 2 x 6 = 12 eggs

**Bread Crumbs** 1/2 c. x 6 = \_\_\_\_\_

**Oatmeal** 1/2 to 3/4 c. x 6 = 8 c.

**Ketchup** 1 c. x 6 = 6 c. = two 24oz btls

**Mom's Spices** 1 t. Curry, 1 t. dry mustard, 2 T brown sugar, 1 T vinegar (see Pantry List)

**Potatoes, baked** 4 x 6 = 24 potatoes

**Sour Cream** 1 c. x 6 = 6 c. sour cream

## Cream of Vegetable Soup

**Frozen California Blend**

Simmer frozen veggies 10 min in a little water.  
two 16oz pkgs x 6 = 12 pkgs

**Powdered Milk** 2 qt x 6 = 12 qt.

(made up with water, 1 1/2 c./qt = 9 c. pwdr)

Make a roué:

**Butter** 1/2 cube x 6 = 3/4 lbs.

**Flour, Salt and Pepper**

**Cheese** (sprinkle on top) 2 c. x 6 = 12 c.

## Sloppy Joes

**Hamburger** 1 1/2 lb x 6 = 9 lb.

Brown with seasonings: Lowry's seasoned salt and pepper, minced or fresh onion, & garlic salt.

**Mom's Spices** 1 t. Curry, 1 t. dry mustard, 2 T brown sugar, 1 T vinegar (see Pantry List)

**Ketchup** 1 c. x 6 = 6c. = two 24oz btls

**Hamburger Buns** 1 pkg/8 x 6 = 6 pkg.

**Lay's Potato Chips** 1 pkg = 6

**French Onion Dip** 1 = 6 cartons

## Barbeque Pork Sandwich

**Boneless Pork Spare Ribs**

4 lbs. x 6 = 24 lb.

(Season & pressure for 20 min, shred, add sauce)

**Barbeque Sauce** 1 c. x 6 = 6 c.

**Rolls** one pkg/8 x 6 = 6 pkg.

**Lay's Potato Chips** 1 x 6 = 6 pkg

**French Onion Dip** 1 x 6 = 6 cart

**Carrot Sticks** 12 oz pkg x 6 = 6 pkg

# Dinner Grocery List

4 people/3 months

Use pencil, mark as buy; erase as use so can replace. Put in purse.

Melinda Lundberg

Family Favorites

Quick, Low Cost

June 2007

## Breads/Grains

Bread Crumbs, 3 cups 1 1 1  
Flour Tortillas/8 6 pkg. 1 1 1 1 1 1  
Hamburger Buns/8 6 pkg. 1 1 1 1 1 1  
Hoggie Rolls/6-8 6 pkg 1 1 1 1 1 1

## Canned/Bottled

Alfredo Sauce, Classico, 16 oz. btls.  
12 bottles 1 1 1 1 1 1 1 1 1 1 1 1  
Barbeque Sauce, 6 cups = three 18 oz btls  
1 1 1  
Chicken, (for Enchiladas) 13oz. cans  
6 cans 1 1 1 1 1 1  
Roast Beef, (for Beef Pot Pie) 12oz. cans  
6 cans 1 1 1 1 1 1  
Creamed Corn, 6 cans 1 1 1 1 1 1  
Diced Chiles, six 4oz. cans 1 1 1 1 1 1  
Black Beans, 6 cans 1 1 1 1 1 1  
Garbanzo Beans, 6 cans 1 1 1 1 1 1  
Green Beans, 12 cans  
1 1 1 1 1 1 1 1 1 1 1 1  
Kidney Beans, 12 cans  
1 1 1 1 1 1 1 1 1 1 1 1  
Ketchup, 6 c. = two 24 oz. btls 1 1  
Mustard, 2 bottles 1 1  
Miracle Whip, 2 bottles 1 1  
Mixed Vegetables (Veg-All, 15 oz cans)  
12 cans 1 1 1 1 1 1 1 1 1 1 1 1  
Soup, Cream of Chicken  
12 cans 1 1 1 1 1 1 1 1 1 1 1 1  
Soup, Cream of Mushroom  
6 cans 1 1 1 1 1 1  
Soup, Tomato  
12 cans 1 1 1 1 1 1 1 1 1 1 1 1  
Spaghetti Sauce, 26 oz btls  
6 btls 1 1 1 1 1 1  
Tomato Juice, 46 oz can  
6 cans 1 1 1 1 1 1

## Dairy

Butter, 6 cubes = 1 ½ lbs 1 1  
Cheese—Cheddar (abt 2 c. each time)  
Gosners ends (8 oz = abt 2 c. grated)  
Grate and freeze in serving size freezer bags.  
12 c. (for Shepard's Pie) = 3 lb 1 1 1  
12 c. (for Enchiladas) = 3 lb 1 1 1  
12 c. (for Chili) = 3 lb 1 1 1  
12 c. (for Nummy's Casserole) = 3 lb 1 1 1  
12 c. (for C of Veggie Soup) = 3 lb 1 1 1  
Cheese—Swiss  
12 c. (for FireHouse Pasta) = 3 lb 1 1 1  
Cheese—Mozarella  
12 c. (for Spaghetti) = 3 lb 1 1 1  
Eggs (could use powdered, reconstituted eggs)  
2 each time, total 1 doz  
French Onion Dip cartons (or make)  
6 pkg 1 1 1 1 1 1  
6 pkg 1 1 1 1 1 1  
Sour Cream, 1 c. each time  
6 cups 1 1 1 1 1 1  
6 cups 1 1 1 1 1 1

## Fresh Produce

(fresh best, can sub. canned or dehydrated reconstituted)  
Carrots, 1 ½ c. each time, total 9 cups  
Baby Carrots, 1 pkg. ea time, total 6 pkgs  
Celery, 1 c. ea time, total 6 cups  
Tomatoes, Roma 6 ea time, total 24  
Mushrooms, ½ pkg ea time, total 3 pkgs  
Green Onions, 4 each time, total 24  
Yellow Onions, 1 large each time, total 6  
or a 10 lb sack  
Potatoes,  
-bakers, 4 each time, total 24  
1 1 1 1 1 1 1 1 1 1 1 1  
-24 potatoes = 20 lb sack

**Frozen**

Pie Crust, Pillsbury, 3-6 pkgs 1 1 1 1 1 1  
California Mixed Vegetables, 16 oz pkg,  
12 pkg 1 1 1 1 1 1 1 1 1 1 1 1

**Dry**

Beef Bouillon, 1 jar or 6 cans  
Beef Gravy Mix, 6 pkg. 1 1 1 1 1 1  
Chili Seasoning Mix, 6 pkg. 1 1 1 1 1 1  
Corn Chips, 6 pkg 1 1 1 1 1 1  
Pasta, Penne, 12oz. boxes  
6 bx. 1 1 1 1 1 1  
Pasta, Spaghetti, 6oz. pkg.  
6 pkg 1 1 1 1 1 1  
Potato Chips  
6 pkg 1 1 1 1 1 1  
6 pkg 1 1 1 1 1 1

**Dry Seasoning Staples**

Garlic Salt  
Salt  
Season Salt, Lowry's  
Seasoned Pepper, Lowry's  
Pepper  
Curry Powder  
Chili Powder  
Dry Mustard

**Dry Pack Cannery**

Brown Sugar, 1 can  
Oatmeal, 8 cups or 1 can  
Minced Onions, 1 can  
Pasta – Macaroni, 18 cups or 2 cans  
Potato Pearls, 18 c. or 2 cans  
Powdered Milk, 9 c. or 1 can

**Meat**

Beef Stew Meat  
6-12 lbs (Daryl's Stew) 1 1 1 1 1 1  
1 1 1 1 1 1  
Chicken(for FireHouse pasta):  
6 whole rotisserie chickens 1 1 1 1 1 1  
or 6 frozen chickens (can grill or roast)

Hamburger:

9 lb (Shepard's Pie) 1 1 1 1 1 1 1 1 1  
6 lb (Spaghetti) 1 1 1 1 1 1  
6 lbs (Chili) 1 1 1 1 1 1  
6 lbs (Nummy's Casserole) 1 1 1 1 1 1  
9 lbs (Meatloaf) 1 1 1 1 1 1 1 1 1  
9 lbs (Sloppy Joes) 1 1 1 1 1 1 1 1 1  
45 lbs

Pork Spare Ribs (boneless):

24 lbs (for Barbequed Pork Sandwiches)  
1 1 1 1 1 1 1 1  
1 1 1 1 1 1 1 1  
1 1 1 1 1 1 1 1

# Obtain a 3 Month Supply in 12 Weeks

By Kammie Roylance

"We encourage Church members worldwide to prepare for adversity in life by having a basic supply of food and water and some money in savings.

"We ask that you be wise as you store food and water and build your savings. Do not go to extremes; it is not prudent, for example, to go into debt to establish your food storage all at once. With careful planning, you can, over time, establish a home storage supply and a financial reserve."

"Build a small supply of food that is part of your normal, daily diet. One way to do this is to purchase a few extra items each week to build a one-week supply of food. Then you can gradually increase your supply until it is sufficient for three months. These items should be rotated regularly to avoid spoilage."

—The First Presidency, [All Is Safely Gathered In: Family Home Storage](#), Feb. 2007, 1

This 12 week list, contains menu ideas that would provide 7 different meals, rotated weekly, for 3 months.

Keep in mind, the meals can be replaced with your own favorite menu idea.

Just take each ingredient of your menu idea, and multiply it by 12, to give 3 months worth.

**Also added, are a 3 month supply of personal items & a 2 week supply of water for 1 person.**

It is recommended to have 1 gallon of water, per person, a day. (Have a way to filter and purify water)

\*hint: 1 case (24 pack) of water = 3 gallons

## 12 Week Supply to Purchase Menu

### Week 1-

#### -Spaghetti Dinner (Serves 4)

8 (oz) Spaghetti noodles-----	<b>6 pounds</b>
1 (26oz) Spaghetti sauce with meat-----	<b>12 Jars</b>

Boil noodles according to package directions. Drain water.  
Add sauce to noodles. Stir and Heat through.

-2 gallons Water

-2 Toothbrushes

### Week 2-

#### -Tuna Noodle Casserole (serves 4-6)

-spiral noodles (8oz)-----	<b>6 pounds</b>
-1 can Tuna (Drain)-----	<b>12 Cans</b>
-1 can Condensed Mushroom Soup (10oz)-----	<b>12 cans</b>
-2/3 C. Milk (can use powdered milk)-----	<b>2 qts worth</b>

Cook noodles according to package directions. Drain. Arrange noodles and Tuna fish in layers in casserole dish. Combine soup and milk. Pour over noodles. Salt and Pepper to taste. Top with cheese, if available. Bake 375 about 25 minutes.

-1 Gallon Water

-12 pack Toilet Paper (double rolls)

### Week 3-

#### -Stew or Chili (serves 4-6)

-2 Large Cans Stew or Chili-----	<b>24 Cans</b>
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(Or make your own up ahead a time, and jar it)

-2 Gallons Water

-3 (16oz) Bottles Shampoo and Conditioner

## 12 Week Supply to Purchase Menu

### Week 4-

#### -Bean Burrito Enchiladas (Serves 4)

1 (16 oz) Can Refried Beans-----	<b>12 Cans</b>
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1 (12 oz) Can Red Enchilada sauce-----	<b>12 Cans</b>
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#### 12 Flour Tortillas

cups unbleached flour-----	<b>36 Cups or 10#</b>
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2 t. baking powder-----	<b>24 t. (buy 1 canister)</b>
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t salt-----	<b>12 t. (buy 1 canister)</b>
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4-6 Tb vegetable shortening or lard-----	<b>72 Tb. (buy 1 Tub)</b>
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about 1 1/4 cups warm water

Mix dry ingredients in a large bowl.

Add vegetable shortening or lard. Or use a combination of half lard, half shortening. Use a fork or a pastry cutter to cut in the shortening or just do it the old fashioned way and use your hands. Next add warm water a little at a time until your dough is soft and not sticky. You do not need very hot water. Knead the dough for a few minutes. Now you will pull off pieces of dough to form about 12 small dough balls. Let them rest for at least 10 minutes, longer if you like. Now you can roll out the dough with your rolling pin. It is a good idea to dust each ball with a little flour just before you roll them out. It is good to lift the dough and turn it. Roll them out fairly thin. Lay your tortilla on a med hot grill. It takes just a few seconds to cook. Flip to the other side. When they are done it should have lots of nice brown speckles.

Create 12 Bean Burros, by placing refried beans inside tortilla and rolling up. Then layer them in a 9x13 pan.

Pour sauce over the top. Then add cheese to top, if available. Bake at 350 degrees until sauce is bubbly.

-1 Gallon of Water

-1 Tube of Toothpaste

### Week 5-

#### -Pot Pie (serves 6)

-pie crusts (can make your own, be sure to include recipe ingredients)---	<b>24 Each</b>
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-2 cans mixed vegetables (Veg-All)-----	<b>24 Cans</b>
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-2 cps of chicken gravy-----	<b>24 dry Packets</b>
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-1 can of chicken-----	<b>12 Cans</b>
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Prepare the gravy according to the pkg. directions. Mix in the vegetables and chicken.

Put in unbaked pie crust and top with pie crust.

Flute the edges, vent and bake @ 350 approx. 40 min. Watch for the crust to be browned.

-1 Gallon Water

-3 Bars Soap

### Week 6-

#### -Hawaiian Haystacks (serves 4-6)

-2 Cans Cream of Chicken soup-----	<b>24 Cans</b>
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-1 can chicken-----	<b>12 Cans</b>
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-4 cups hot cooked rice-----	<b>24 Cups Dry</b>
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Cook rice as directed. Add chicken to Soup to create gravy and heat. Serve "Chicken Gravy" over rice.

You can top this with a wide variety of canned or fresh items. Listed are only food storage items that may be available. Purchase 12 Can or Servings each, to create a 3 month Supply.

Olives, dehydrated onion, dehydrated/frozen peppers, pineapple chunks, cheddar cheese, almonds, coconut, tomatoes, water chestnuts, peas, corn, mandarin oranges, pimiento, mushrooms, thawed frozen peas.

-1 Gallon Water

-3 boxes/packages Tampons/Pads

12 Week Supply to Purchase Menu

Week 7-

**-Sheppard's Pie (serves 6)**

-1 pound ground beef (canned or TVP)-----	12 # /cans/cups
-2 T. dried Onion-----	24 T. (or canister)
-1 can diced tomatoes-----	12 Cans
-1 can Tomato soup-----	12 Cans
-1 can tomato sauce-----	12 cans
-1 can Corn(drained)-----	12 Cans
-1 can Green Beans (drained)-----	12 Cans
-4 Cups Mashed potatoes(Use Potato pearls or flakes)-----	24 Cups Dry

In large skillet, Rehydrate or heat meat through, add Onion. To that, add all other ingredients, except potatoes. When heated through, Place, by spoonfuls, Mashed potatoes. Top with cheese, if available. Serve!

**-1 Gallon Water**

**-2 Deodorant**

**-2 Packages/replacement blades Razors**

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Week 8-

**-1 Gallon Water**

**-3 Months worth Diapers**

**-1 Large bottle Hand Sanitizer**

**-1 Large Bottle Lotion**

**-1 Roll Plastic wrap**

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Week 9-

**-1 Gallon Water**

**-Purchase or Create First Aid Kit (consider how many will be using it and add more)**

Basic First Aid kit:

- Two pairs of Latex, or other sterile gloves (if you are allergic to Latex).
  - Sterile dressings to stop bleeding.
  - Cleansing agent/soap and antibiotic towelettes to disinfect.
  - Antibiotic ointment to prevent infection.
  - Burn ointment to prevent infection.
  - Adhesive bandages in a variety of sizes.
  - Tweezers and needles for splinters, etc..
  - Nonstick Sterile Pads: these are soft, super absorbent pads that provide a good environment for wound healing. (These -are recommended for bleeding and draining wounds, burns, infections.)
  - Eye wash solution to flush the eyes or as general decontaminate.
  - Thermometer
  - Ice pack
  - Tylenol and Ibuprofen (Consider babies and children)
  - N95 Masks
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Week 10-

**-2 Gallon Water**

**-1 Roll Aluminum Foil**

**-Paper Plates/Cups/Utensils (Help reduce use of water)**

**-1 Bottle Dish Soap**

**-Laundry Detergent**

**-1 roll of Dental Floss**

Week 11-

**-1 Gallon Water**

**-3 month Supply Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.**

**-3 Months Supply Baby Wipes**

**Home Made Baby Wipe recipe-**

- 10 Cup Rubbermaid Container
- 2 ½ Cup. HOT water
- 2 Tbl. Antibacterial Soap
- 2 Tbl. Olive Oil
- ½ Big Roll Paper Towels (Bounty Big roll or Bounty Rinse & Reuse)

Cut Paper towels in ½ (width), Remove cardboard.

In container, pour water, oil, & soap, then Mix.

Put ½ paper towel in . Place lid on and turn upside down for 2 hours.

(Allowing water mixture to soak through)

Pull wet towel from the middle! Seal lid when not in use.

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Week 12-

**Purchase or create 72 Hour Kit**

Suggested Minimum needs for a 72 Hour Kit

**Water-** 1 Gallon (8#) per person per day for 3 days

**Food-** Minimal or Noncook, Lightweight, Palatable, Can opener, Cooking and Eating Utensils.

**Clothing** - 1 change, Extra Shoes, Raingear, Adequate winter wear, Bandanna, Hat

**Bedding** - Sleeping Bag, Blankets(Space Blanket)

**Personal Hygiene** - Include Feminine Hygiene and Baby Items

**Sanitation-** Airtight Bucket or Porta-Potty, Toilet Paper, Newspaper, Soap/Hand Sanitizer, Towel, Disinfectant, Trash Bags, Bleach.

**First Aid Kit-** Consider Personal Medications

**Shelter-** Tent or Tarp, Rope 36'

**Tools** - Pocket Knife, Small tools, Axe, Pointed Shovel

**Light** - Flashlight, Batteries, Candles, Matches

**Communication-** Radio, Batteries, 1 whistle per person

**Fuel-** For Cooking, Light, Heat

**Important Papers-** Wills, Testaments, Stocks, Securities, Titles, Certificates, Insurance, Current Family Pictures, I.D. Cards and Tags, Inventory of Household Items, Pencil and Paper, Maps, Phone Numbers, Emergency Manual, Car keys, house keys, Books (scriptures, How To's), other documents.

**Activities-** Card games, coloring books, crayons, paper, pencil, puzzles, etc. To keep the moral up, during an emergency.

**Money-** Cash and Change (Small Bills)

**Remember-** Keep car gas tank at least half full.