

# FOOD STORAGE & PREP GOALS



**SEPTEMBER - Meat & Potatoes,  
Earthquake Prep**



## INVENTORY

**Examine, Count, Record, Set Goal**

- ☐ First Aid & Medicines
- ☐ Grains, Pasta, Potatoes
- ☐ Cleaning Supplies
- ☐ Fuel & Light
- ☐ Beverages



## 1-MONTH SUPPLY

**Buy, Store, Use, Buy again**

- ☐ hand sanitizer
- ☐ liquid hand soap
- ☐ medical gloves
- ☐ laundry detergent
- ☐ laundry stain remover



## 3-MONTH SUPPLY

**Buy, Store, Use, Buy again**

- ☐ canned chicken
- ☐ ham, pork or spam
- ☐ stew
- ☐ potato flakes or mashed
- ☐ canned beef



## LDS LONG-TERM FOODS

- ☐ **Potato Flakes** 6 #10 cans, \$5.00 ea., 30 year shelf-life. (all amounts are suggestions only for 1 adult)



## DRINKING WATER

*Always store a 2-week supply of water, or 14 gallons, per person.  
(FEMA)*



## FINANCIAL RESERVE

*Save a little money each week and gradually increase it to a reasonable amount. ~ The First Presidency*



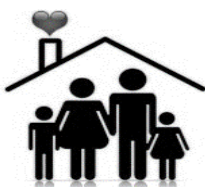
## EMERGENCY EQUIPMENT

- ☐ pry-bar
- ☐ bungee cords or rope
- ☐ picture hangers, cabinet supports
- ☐ hatchet & whetstone
- ☐ cooler/igloo



## 72-HOUR KIT

- ☐ extra medications
- ☐ extra glasses or contacts
- ☐ medical gloves
- ☐ whistle, compass, mirror
- ☐ Burn-free gel packets



## FHE PREP IDEA

- ☐ As a family, go through your house and make sure pictures are properly hung, furniture is bolted & the water heater is strapped to the wall. Also practice Drop, Cover & Hold On. See [www.earthquakecountry.org/step5/](http://www.earthquakecountry.org/step5/)

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## SEPTEMBER - Meat & Potatoes, Earthquake Prep



This month, work on being better prepared for earthquakes or other disasters that are common in your area. A few great websites are [www.utah.gov/beready](http://www.utah.gov/beready), and

[www.earthquakecountry.org/step1/](http://www.earthquakecountry.org/step1/). It's better to plan and prepare now, than feel unprepared and fearful later. A little preparation each month is easy. You CAN do it!

### ***President Thomas S. Monson - September 2014, Are We Prepared?***

"We urge all Latter-day Saints to be prudent in their planning, to be conservative in their living, and to avoid excessive or unnecessary debt. Many more people could ride out the storm-tossed waves in their economic lives if they had a supply of food and clothing and were debt-free. Today we find that many have followed this counsel in reverse: they have a supply of debt and are food-free.



"I repeat what the First Presidency declared a few years ago:

"Latter-day Saints have been counseled for many years to prepare for adversity by having a little money set aside. Doing so adds immeasurably to security and well-being. Every family has a responsibility to provide for its own needs to the extent possible.

"We encourage you wherever you may live in the world to prepare for adversity by looking to the condition of your finances. We urge you to be modest in your expenditures; discipline yourselves in your purchases to avoid debt. Pay off debt as quickly as you can, and free yourselves from this bondage. Save a little money regularly to gradually build a financial reserve."

"Are we prepared for the emergencies in our lives? Are our skills perfected? Do we live providently? Do we have our reserve supply on hand? Are we obedient to the commandments of God? Are we responsive to the teachings of prophets? Are we prepared to give of our substance to the poor, the needy? Are we square with the Lord?

"We live in turbulent times. Often the future is unknown; therefore, it behooves us to prepare for uncertainties. When the time for decision arrives, the time for preparation is past."

**Useful websites:** *ProvidentLiving.org* - The LDS Church self-reliance and welfare resource website  
*StillTasty.com* - Site with shelf life of many food items. So useful!  
*FoodStorageOrganizer.com* - my website