



JUNE Provident Living Ideas



Grains • Vitamins • Bread Making

Come Learn Thermal, Sun and Volcano Emergency Cooking!

by Bill Stimpson

WED June 13th @ 7 pm

@ Valerie Albrechtsen's home

Lehi and his family "gathered together all manner of seeds of every kind,



both of grain of every kind, and also of the seeds of fruit of every kind....much fruits and meat...honey... and provisions...we did go down into the ship...." (1 Nephi 8:1 and 1 Nephi 18:6).

After arriving in the promised land, "...we did put all our seeds into the earth...they did grow exceedingly; wherefore, we were blessed in abundance." (1 Nephi 18: 24).

Like Nephi, may we be abundantly blessed for our obedience in gathering this month! 😊

WHEAT MATH

Think of CANS as meals for your family!

BREAD:

1 LDS can wheat =
16.5 cups flour =
6 loaves of bread or
11 pancake meals



Group Prep Order

Place order by **TUES June 19th.**

- White Rice \$3.75, can **SALE**
- Wheat, Hard White \$2.75, can
- Wheat, Hard Red \$2.50, can
- Nonfat Dry Milk \$4.00, pouch **SALE**
- Berry Drink Mix, Fortified \$3.25, pouch **SALE**
- Saf-Instant Gold Label Yeast \$4.00 1 lb.
- Fleischmann's Instant Dry Yeast **\$5.00** 16 oz. bags, 2 pk.

JUNE Suggestions

72-HOUR KIT

paper towels, sheets of foil, lightweight rain poncho, underwear, socks

1-MONTH HOME STORAGE

paper towels, napkins, storage bags, food wrap, bread bags

12-MONTH FOOD SUPPLY per adult

hard wheat (red or white): 24 cans
white rice: 12 cans
vitamins C: 365 tablets
yeast: 2 lbs.

EQUIPMENT

wheat mill/grinder,
bread pans,
cooler/igloo (for power outages)

EMERGENCY WATER

at least 14 gallons per person

EMERGENCY SAVINGS

put money aside weekly

JUNE Recipe Ideas

CREAMY CRACKED WHEAT CEREAL

1 cup uncooked cracked wheat
3 cups water
1/2 teaspoon salt
1/4 cup powdered milk
4 tablespoons sugar



Prepare cracked wheat by using a wheat grinder or a blender. Add dry milk to water, whisk, and bring to a boil at medium high temperature. Add wheat, sugar, and salt; cover and reduce heat to simmer for 20 minutes, stirring occasionally, until water is absorbed. Makes 3 cups cereal.

ROASTED WHEAT KERNELS

1/4 cup wheat berries (whole kernels of wheat)
1/2 tablespoon oil
1/8 teaspoon salt

Heat a small amount of oil in a skillet. Add wheat berries and pop like popcorn. They don't expand as much as popcorn, but they will pop. Swirl around in the pan to prevent burning. Sprinkle with salt while hot. Makes 1/3 cup.

SWEET COOKED RICE

1 cup uncooked rice
4 cups water
6 tablespoons powdered milk
1/2–3/4 cup sugar
1/8 teaspoon salt



Combine rice and 2 cups of water. Bring to boil; lower heat; simmer 15 minutes, covered. Turn off heat; let stand 30 minutes to steam. Add remaining water and other ingredients. Bring to boil and cook until it starts to thicken, stirring constantly. Rice will thicken more as it cools. Makes 3 cups. *Option: Add raisins to boiling water.*

Recipes: lds.org FAMILY HOME STORAGE BASIC RECIPES

STORAGE TIPS

Temperature:
Store wheat at 75°F/24°C or less. DO NOT store in a garage or shed as heat destroys gluten.



Moisture: Keep storage areas dry, and keep containers off the floor to allow for air circulation.
Buckets: Do not stack plastic buckets over three high. Check periodically as lids can brake from the weight.

Hard Red Wheat vs. Hard White Wheat

Red Slightly higher in protein. Better for heavier breads or pancakes.

White Useful for softer loaves such as your pan loaves and dinner rolls.

Nutrition Contains 13 B vitamins, vitamin E, protein, essential fatty acids, and important trace minerals.

How to Freeze Homemade Bread

- Cool bread before freezing.
- Small families: slice loaves before putting in freezer and take out only the slices you need.
- Large families: freeze loaves un-sliced, and enjoy the whole loaf. 😊
- Wrap bread in a plastic bag, removing air.
- Date bag before freezing.
- **Use within 6 months.**
- To thaw, place wrapped loaf in refrigerator overnight.
- Individual slices can be thawed in the toaster.
- Reheat bread in 350°F oven for 10 to 15 minutes. Bread will taste as tender as the day it was baked!