

## Food Storage Newsletter February 2007

Food storage simply is setting aside those items that will be used at a future time (tomorrow, next week, next month, or later than that.) The canned goods in the pantry, the meat in the freezer, and the box of crackers in the shelves are all part of the food storage because they will be used at a future time. Avoid the temptation to think of food storage as some huge amount of surplus to be obtained and stocked away for emergencies. By all means, set aside emergency supplies; but food storage is perishable goods to be used and restocked. You should be using your food storage now, today! If you're not, what good is your food storage doing?

Food storage is a spiritual principle. Avoid the temptation to think of food storage only as a set of supplies for our physical needs. At the very basic principle, it is spiritual. We pray a blessing over our food before we eat. We thank our Heavenly Father for the food and ask that He bless it to our nourishment. We ask a blessing on the hands that have prepared the food. We follow His guidance through the Holy Spirit in gathering, storing, and preparing our food. The Lord's Prayer in Matthew 6:11 says, "Give us this day our daily bread." This is the most basic example of how to pray, and it includes a prayer for the food we are to have each day. Food storage is a spiritual principle because following the guidance of the Spirit in preparing our food storage ensures that we will have nourishing healthy food to feed our bodies and our souls. We are more than the physical makeup of our human bodies. We are spiritual beings, too. Nutritious food choices help us to function at optimum capacity physically, mentally, and, ultimately spiritually if we so desire. Having an adequate supply of food storage frees us from the daily worries of what to eat today so that we can simply prepare a nutritious meal from what is on hand, thankfully, peacefully, harmoniously, and continue our daily lives without interruption for a frantic food run. Setting aside food storage is our demonstration of faith in God by acting on His wise counsel through the guidance of the Spirit to obtain and store properly those things we will need tomorrow.

The decision of what to store may seem perplexing at first. Avoid the tendency to think of food storage as one huge unit lumped together. Instead, think of food storage as a way of life. It is something that we make a part of our daily lives. The concept of food storage is being mindful of those things that we will need regularly as we grocery shop, browse the sale circulars, plan gatherings, and stop by store for another item. By keeping food storage in our minds, we can easily pick up a can of peanuts or tomato sauce that we find at a good price while we're running in for a gallon of milk. Being mindful of food storage can lead us to discover a fantastic bargain on canned goods or dry goods that we might otherwise be so busy we wouldn't notice. By adopting the concept of food storage as part of our daily lives and prayers, the confusion about what to store dissipates. There's no need for confusion. We use our food storage daily; so we know to store what we use, and we know to add those things to our storage that will complement what we eat. We know to store those things that will bring nutrition and variety to our meals and snacks. Being mindful of food storage leads us to make better choices for our nutrition.

Here is one possible list of items for food storage with a buying guide for a year so that one could simply follow the list, and obtain an adequate supply of food storage. Substitute items you'll eat for those you won't, and add the spices, condiments, and complementary items you need. This is also available as a Microsoft Excel Spreadsheet in the files section of FreeFSN at <http://groups.yahoo.com/group/FreeFSN/>. The file is called FoodStorageBuyingGuide2007.xls. The spreadsheet has a plan for obtaining a one-month supply or a six-month supply of food storage in a year. In other words, you don't have to buy all your supplies for 6 months at once. You can buy them a little at a time. In a year's time, setting aside these supplies and replenishing them as you use them, you'll end up with enough food storage set aside to last you 6 months ahead. What a blessing! If you start in the middle of year, just begin at whatever month it is, and continue. It's an ongoing process.

#### Food Storage Buying Guide 2007 (6 months supply for one adult)

#### TOTALS

##### GRAINS:

Rolled oats - 20 lbs  
Pasta (spaghetti/macaroni) - 15 lbs  
Wholegrain (wheat, rice, pearled barley) - 112 lbs  
Flour/cornmeal - 23 lbs

##### LEGUMES:

Beans, peas, lentils - 52 lbs  
Dry soup mix - 2.5 lbs

##### FRUITS/VEGETABLES:

Fruits (canned, dried, frozen) - 120 cans  
Vegetables (canned, dried, frozen) - 120 cans

##### MILK:

Nonfat dry milk powder - 7 lbs  
Evaporated milk (12-oz can) - 6 cans

##### FATS:

Cooking oil - 2.5 qts  
Shortening - 1 qt  
Mayonnaise/salad dressing - 1 qt  
Peanut Butter - 0.5 qt

##### SUGARS:

Sugar (granulated/brown) - 23 lbs  
Honey, corn syrup, molasses - 2.5 lbs  
Jams, jellies, preserves - 2.5 lbs  
Gelatin (flavored) - 0.5 lbs

MISC:

Salt - 5 lbs

Baking soda, powder, yeast - 1 lb

Water - 84 gallons

Monthly Buying Guide for above:

January:

Pasta - 5

Wholegrain - 30

Fruits - 24

Sugar - 5

Water - 7

February:

Flour - 5

Beans - 10

Vegetables - 24

Oil - 2.5

Water - 7

March:

Oats - 7

Fruits - 24

Jams - 1

Water - 7

April:

Wholegrain - 25

Flour - 4

Beans - 10

Vegetables - 24

Shortening - 1

Sugar - 6

Water - 7

May:

Pasta - 5

Dry Milk - 7

Gelatin - 0.5

Baking Soda, etc - 1

Water - 7

June:

Flour - 5

Beans - 12  
Fruits - 24  
Mayo - 1  
Honey - 2.5  
Water - 7

July:

Oats - 6  
Wholegrain - 30  
Vegetables - 24  
Sugar - 6  
Water - 7

August:

Flour - 4  
Beans - 10  
Canned Milk - 6  
Peanut Butter - 0.5  
Jam - 1  
Water - 7

September:

Pasta - 5  
Fruits - 24  
Salt - 5  
Water - 7

October:

Wholegrain - 25  
Flour - 5  
Beans - 10  
Vegetables - 24  
Sugar - 6  
Water - 7

November:

Oats - 7  
Fruits - 24  
Water - 7

December:

Soup Mix - 2.5  
Vegetables - 24  
Water - 7

Most food items should be stored at or below room temperature in airtight containers or in the original packaging. Manufacturers and food distribution representatives often supply information about the shelf life of food items. Shelf life provides an expiration date for food, giving you a “best if used by” guide. Some items are still edible after this time; but have lost nutritional value. Others simply spoil and are inedible after their shelf life. For best results, rotate your food storage by using the items first that were stored first, adding new items behind the older ones for later use. This is the first in – first out method of rotation. You may want to use a permanent marker to date canned and boxed goods so you know how long they’ve been stored.

Here is shelf life information for the items in the February buying guide.

Flour, Rice flour - 1-2 months

Flour, White - 6-9 months (some sources say up to 5 years in Mylar pouch)

Flour, Whole-wheat - 6-9 months (some sources say up to 5 years in Mylar pouch)

Flour, whole wheat graham - 2 weeks

Beans, Adzuki - 8-10 years (at 70 degrees F.)

Beans, Blackeye - 8-10 years (at 70 degrees F.)

Beans, Black Turtle - 8-10 years (at 70 degrees F.)

Beans, Dried - 12-24 months ( in their original container)

Beans, Dried - indefinitely (resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)

Beans, Garbanzo - 8-10 years (at 70 degrees F.)

Beans, Great Northern - 8-10 years (at 70 degrees F.)

Beans, Kidney - 8-10 years (at 70 degrees F.)

Beans, Mung Beans - 8-10 years (at 70 degrees F.)

Beans, Pink - 8-10 years (at 70 degrees F.)

Beans, Pinto - 8-10 years (at 70 degrees F.)

Beans, Refried - 5 years (at 70 degrees F.)

Beans, Small Red - 8-10 years (at 70 degrees F.)

Beans, Soy - 8-10 years (at 70 degrees F.)

Vegetables, canned - 24-48 months (unopened)

Vegetables, Dehydrated veggies (air/moisture proof @ 70° F. dry basement) - 8 months

Vegetables, Dehydrated - 8-12 (at room temperature sealed without oxygen)

Vegetables, dehydrated flakes - 6 months

Vegetables, Potato, canned (original container 70° F. dry basement) - 30 months

Vegetables, Potato, dehydrated (original package @ 70° F. dry basement) -30 months

Vegetables, Potato Flakes - 3+ years (in #10 can with oxygen absorber)

Vegetables, Potatoes, Instant - 6-12 months

Vegetables, Potatoes, Instant - 3 years (in Mylar pouch)

Vegetables, Tomatoes, canned - 30-36+ months (unopened) (2-3 days opened, refrigerated)

Vegetables, Tomatoes, can, Crushed, Flavored Diced - 24 months

Vegetables, Tomatoes, can, Diced, Wedge, Stewed, Whole - 30 months

Vegetables, Tomatoes, can, No Salt Added Stewed - 18 months  
Vegetables, Tomato Paste - 30 months  
Vegetables, Tomato Powder - 5+ years (in #10 can with oxygen absorber)  
Vegetables, Tomato Sauce - 12-24 months (unopened) (3 days opened, refrigerated)

Oils (unopened) - 18 months Store in cool place away from heat  
Oils (opened) - 6-8 months Store in cool place away from heat  
Oil (some) - indefinitely (in original container)  
Oil, Olive - 24 months

Water should be rotated frequently and stored away from sunlight to prevent mold growth. Water stored for longterm storage must be treated. A good water filter may be desired for using stored water.

Related files in the FreeFSN files are:

- (1) Shelflife.doc - Shelflife of Food Storage Items (20 pages) (DOC file for MS Word)
- (2) waterstorage.doc - Water Storage (for MS Word) 1 page

In the "Prepare" section of NurseHealer.com, you'll find two lessons on food storage you won't want to miss. They are, "Food Storage Basics" and "Using Your Food Storage." The January Podcast on "Holy Spirit: Learning to Listen" may inspire you to heed the promptings of the Spirit in preparing your food storage. You'll also want to catch the February podcast, "Prepared: Body & Soul" (The physical & spiritual aspects of preparedness & food storage). You can subscribe to the podcast or listen online from the "Podcast" page of NurseHealer.com.