

PROJECT NOAH

“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
Ensign, November 1980

Our Relief Society would like to have all families achieve a year's supply of food and emergency items by the end of 2008. We are offering a program called Project Noah. This is a suggested purchasing schedule for one year.

Depending on your financial resources, you may use the plan as is, or you may adjust it and tailor it to the needs of your family. If you do not like or cannot eat something on the list, then buy food you will eat. If you have many of these items already, please check their shelf life and determine if you need to replace them.

Family Home Storage sites are available at many of our Bishop's Storehouses. The program suggests some items to purchase during regular visits to the grocery store to provide menu variety and convenience.

Each week we will have a list of 1-2 food and emergency items, FHE activities and quotes to keep us motivated. Start looking for the Project Noah handout each week!

PROJECT NOAH-JANUARY WEEK #1

Purchase Items

1. One fine point Sharpie pen for writing purchase dates
2. 1 Gallon of Water per person (write date on lids)
3. Jar(s) of Peanut Butter (write date and FREEZE)

Activity (FHE or Saturday)

Take inventory of all food storage. Make sure it is still usable—open a can or two. Throw out any bulging or leaking cans. Write your inventory in a notebook or Excel page by categories.

Dry Pack Order

Dry pack dates coming soon.

WHERE DO I GET MONEY FOR FOOD STORAGE?

1. “When you desire new clothes, don’t buy them. Repair and mend and make your present wardrobe last a few months longer...”
2. Cut the amount of money you spend on recreation by 50 percent.
3. Decide as a family that there will be no vacation or holiday next year unless you have your year’s supply.
4. If you haven’t a year’s supply yet and you do have boats, snowmobiles, campers, or other luxury possessions, sell or trade on or two or more of them and get your year’s supply.
5. Watch advertised specials in the grocery stores and pick up extra supplies that are of exceptional value.
6. 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 saved and spend it on powdered milk, sugar, honey, salt or grain...”

Bishop Vaughn J. Featherstone, Second Counselor in the Presiding Bishopric, “Food Storage,” *Ensign*, May 1976

QUOTE OF THE WEEK



PROJECT NOAH-JANUARY WEEK #2

Purchase Items

1. 8 cans of tuna or pork, write date on lids
2. Quick Oats, Sugar or Cocoa (whichever you are low on)

Activity (FHE or Saturday)

Now that your food storage inventory is done, it's time to find out how much your family needs and where you might be short in your inventory. You can use the chart in the "Essentials of Home Production & Storage" booklet on page 20 and 21. Or, go to lds.org, click on "Provident Living", then click on "Food Storage and Emergency Preparedness", then click on "What to Store." In the first paragraph of "Food Storage Amounts", click on [interactive food storage calculator](#). Follow the instructions there to determine what you need for your family. You can calculate for a 3 month, 6 month or 1 year's supply. It's really easy!

SUGGESTED AMOUNTS OF BASIC FOODS FOR HOME STORAGE*

Per adult for one year

Grains	lbs.	400
Legumes**	lbs.	60
Powdered milk	lbs.	16
Cooking oil	qts.	10
Sugar or honey	lbs.	60
Salt	lbs.	8
Water (2 weeks)	gal.	14

*See also Essentials of Home Production and Storage, 1978

**Legumes include dry beans, split peas, lentils, etc.

"Church members can begin their home storage by storing the basic foods that would be required to keep them alive if they did not have anything else to eat....When members have stored enough of these essentials to meet the needs of their family for one year, they may decide to add other items that they are accustomed to using day by day."

First Presidency Letter of 1/02

PROJECT NOAH-JANUARY WEEK #3

Purchase Items

1. 6 lbs shortening-sticks or can(write date, FREEZE)
2. 1 Gallon of Water per person (write date on lids)

Activity (FHE or Saturday)

Now that you have your inventory and have calculated what you need (week 1&2 activities), try to divide your needs into 12 months. Make a plan that works for your budget.

PROJECT NOAH-JANUARY WEEK #3 Are You Prepared?

*Can you answer YES to each of these questions or do you need to work on them for your home?

- 1) Has your family rehearsed fire escape routes from your home?
- 2) Does you family know what to do before, during and after an earthquake or other emergency situation?
- 3) Do you have heavy objects hanging over beds that could fall during an earthquake?
- 4) Do you have access to an operational flashlight in every occupied bedroom? Note: Use of candles is not recommended unless you are sure there is no leaking gas.
- 5) Do you keep shoes near your bed to protect your feet from broken glass?
- 6) If a water line ruptures during an earthquake, do you know how to shut off the main water line to your house?
- 7) Can this water valve be turned off by hand? Is there a tool close by?



PROJECT NOAH-JANUARY WEEK #4

Purchase Items

1. 8 cans of tomato sauce or tomato soup (write date)
2. 2 Gallons of regular Clorox Bleach
3. Batteries needed for flashlights, radios and smoke alarms

Activity (FHE or Saturday)

Check the flashlights, radios and smoke alarms in your home and make sure they are ready for an emergency. Buy needed batteries to have them working and maybe some extra to have on hand.

Wheat Tip

Check your current wheat supply. Wheat is the cheapest, the most nutritious and the longest lasting food storage item. Adults need 400 pounds of grain per year. Make wheat the foundation of your food storage. Brigham Young said, "The time will come that gold will hold no comparison in value to a bushel of wheat." (JD, 1:250) Right now, wheat is approximately \$.35 a pound. It's a great investment!



JANUARY SUMMARY

Purchase Items:

1. 1 fine point Sharpie Pen
2. 2 Gallons of water per person
3. Jars of Peanut Butter
4. 8 cans of Tuna or other Meat
5. 6 lbs. of Shortening
6. 8 cans of Tomato Soup or Sauce
7. 2 gallons of Bleach
8. Batteries for flashlights, radios and smoke alarms

Activities:

Take inventory of all food storage and make sure it is still usable. Calculate your needs, using lds.org interactive food calculator, or using Essentials of Home Production and Storage manual. Identify areas and amounts needed for a year's supply and make a budgeted plan. Also, check your batteries in your flashlights, radios and smoke alarms and replace if necessary.

Dry Foods:

January's dry items were Cocoa, Oats and Sugar. Check your supply and add to it if necessary.



PROJECT NOAH-FEBRUARY WEEK #5

Purchase Items

1. 20 lbs. of sugar OR 5 lbs. of honey
2. Large box of Band-aids

Activity (FHE or Saturday)

Show your WHOLE family where the emergency shut-offs are for gas, water and electricity. Explain in detail how and when to turn them off. You may want to write the instructions out and post nearby or copy the phone book page. Consider taping or hanging a wrench also.

Flour Tip

Canned Dry Pack flour has a “best if used by” date of 5 years. It can start to have a metallic taste that can transfer into your baked goods. If you have an open bag of flour, it can go rancid after several months. You may need to check your flour and see if you need to replace it.

Utility Shut-off and Safety

Natural Gas

Natural gas leaks and explosions are responsible for a significant number of fires following disasters. It is vital that all household members know how to shut off natural gas.

There are different gas shut-off procedures for different gas meter configurations, it is important to contact your local gas company for guidance regarding gas appliances and gas service to your home. When you learn the proper procedure, share the information with everyone in your house. Be sure not to actually turn off the gas when practicing the proper gas shut-off procedure. If you smell gas or hear a blowing or hissing noise, open a window and get everyone out quickly. Turn off the gas, using the outside main valve if you can, and call the gas company from a neighbor's home.

CAUTION - If you turn off the gas for any reason, a qualified professional must turn it back on. NEVER attempt to turn the gas back on yourself.

Water

Water quickly becomes a precious resource. Cracked lines may pollute the water supply to your house. Shut off your water until you hear that it is safe for drinking. The effects of gravity may drain the water in your hot water heater and toilet tanks unless you trap it in your house by shutting off the main house valve (not the street valve in the cement box at the curb—this valve is extremely difficult to turn/requires a special tool).

Shut Off Water: Locate the shut-off valve for the water line that enters your house. Make sure this valve can be completely shut off. Your valve may be rusted open, or it may only partially close. Replace it if necessary. Label this valve with a tag for easy identification, and make sure all household members know where it is located.

Electricity

Electrical sparks have the potential of igniting natural gas if it is leaking. It is wise to teach all responsible household members where and how to shut off the electricity.

Shut Off Electricity: Locate your electricity circuit box. Teach all responsible household members how to shut off the electricity to the entire house.

FOR YOUR SAFETY: Always shut off all the individual circuits before shutting off the main circuit breaker.



PROJECT NOAH-FEBRUARY WEEK #6

Purchase Items

1. 6 lbs. of salt
2. Think long term! It's time to plant bare-root fruit trees or berry canes. Consider "fruit salad" trees (four fruits on one root stalk) or mixed apple trees for a variety all in one, or an espalier tree for very limited space. If you have a wet patch in your yard or a fence or hill to cover, berries love extra water and something to climb.
3. Fire-proof box

Activity (FHE or Saturday)

Make copies of your deeds, titles, insurance policies, social security cards, birth certificates and other important papers. Put the originals in a fire-proof box. Store extra copies at a trusted relative's house or bank deposit box.

Wheat Tip

If you don't own any wheat yet, try ordering just one case. Ideas for storing one case are: under a bed or crib, in a coat closet, in the back of a cupboard, under a sink, in the laundry room, tool shed, or garage.

QUOTES OF THE WEEK

"Some members do not have the money or space for [one year's] storage...These members should store as much as their circumstances allow. Families who do not have the resources to acquire a year's supply can begin their storage by obtaining supplies to last for a few months. Members should be prudent and not panic or go to extremes in this effort. Through careful planning, most Church members can, over time, establish both a financial reserve and a year's supply of essentials."

First Presidency Letter of 1/02

FOOD STORAGE AND CHILDREN

Ensign, March 1998

Kay Franz

"Determining the appropriate quantities for food storage can be challenging for families with children of various ages. Because children are still growing, they need more food in proportion to their size than do adults. It's helpful to add two years to a child's current age when calculating adequate food storage amounts. Then, by knowing the number of children in a family and their age parents can estimate food needs as a percentage of an adult portion."

Age	Percentage of Adult Portion
3 and under	50%
4 to 6	70%
7 to 10	90%
11 and up	100%



PROJECT NOAH-FEBRUARY WEEK #7

Purchase Items

1. 6 lbs. of yeast (essential for turning wheat into bread). You can buy 2.5 lb packages at Costco for about 3 dollars. Freezing extends shelf life.
2. 2 Jars Spaghetti Sauce
3. Buy or make a nose & mouth protector for each member of your family.

Activity (FHE or Saturday)

Video or photograph your home's belongings for insurance purposes and fun family memories. Don't forget to open the cupboards, show closets and garage. Have your kids give a guided tour of their rooms. Make a backup copy and store at another location i.e.: work, relative's or friend's house.

6. Consider Buying or making a nose & mouth protector for each member of your family.

Clean Air Tip

*Nose & Mouth Protection includes face masks or dense-weave cotton material that snugly covers your nose and mouth and is specifically fit for each member of the family. Do what you can to make the best fit possible for children.

*Improvise with what you have on hand to protect your nose, mouth, eyes and cuts in your skin. Anything that fits snugly over your nose and mouth, including any dense-weave cotton material, can help filter contaminants in an emergency. It is very important that most of the air you breathe comes through the mask or cloth, not around it.

*There are also a variety of face masks readily available in hardware stores that are rated based on how small a particle they can filter in an industrial setting.

Health Risks Associated with Ash & Wind

Blown ash from fire affected areas can be hazardous. It can irritate the skin, nose, throat, lungs and cause coughing. Ash can be especially hazardous for young children, individuals with heart conditions or respiratory ailments like asthma, emphysema and bronchitis.

When in fire areas during wind, limit physical activity, wear long sleeved shirts and pants to avoid skin contact. If exposed, wash ash off your skin as soon as possible to avoid irritation. Use eye protection like glasses, sunglasses or goggles.

A NIOSH-approved mask rated N-95 or P-100 that forms a close seal on the face will be more effective than surgical or dust masks. Look for masks with 2 straps NS and position one at the back of the neck and the other at the crown of the head. These can be found at most hardware stores.

Residents with health conditions who live near fire zones should be prepared to stay indoors, limit their activity and use the "recirculation" function on the air conditioner. Seek medical attention for symptoms such as chest pain, chest tightness or shortness of breath.



PROJECT NOAH-FEBRUARY WEEK #8

Purchase Items

1. 2 Jars Salsa
2. 5 cans Cream of Mushroom Soup-write date
3. 1 bottle multi-vitamins

Activity (FHE or Saturday)

Have copies of all important keys made. Be sure to include house keys, car keys and any other keys pertinent to your family's needs. Label each key and place them in your fireproof box or safety deposit box.

Water Tip

In addition to stored water, other sources include melted ice cubes, water drained from the water heater faucet (if the water heater has not been damaged), water dipped from the flush tanks (not the bowls) of home toilets, and liquids from canned goods such as fruit and vegetable juices. Unsafe water sources include radiators, hot water boilers, waterbeds, swimming pools and spas.

FEBRUARY SUMMARY

Purchase items:

1. 20 lbs of sugar or 5 lbs of honey
2. Large box of Band-aids
3. 6 lbs of salt
4. Fruit tree or berry cane
5. Fire-proof box
6. 6 lbs of yeast
7. 2 jars spaghetti sauce
8. 2 jars salsa
9. 5 cans Cream of Mushroom Soup
10. 1 bottle of multi-vitamins
11. Nose & mouth protectors

Activities:

Show your family the emergency shut-offs for water, gas and electricity and post instructions and tools nearby. Make copies of important papers and keys and store in a fire-proof box. Video or photograph the contents of your home and garage for insurance purposes and store in an alternate location.



PROJECT NOAH-MARCH WEEK #9

Purchase Items

1. 7 boxes macaroni & cheese
2. 10 lbs. powdered milk. Most grocery stores carry boxes of Milkman powdered milk.
3. Pet Emergency Supply Kit (see back)
4. Emergency window ladder (if 2-story bedrooms)

Activity (FHE or Saturday)

Have a fire drill and organize an escape plan from your home. If you have bedrooms in your home above one story, purchase an emergency ladder in case members of your family need to evacuate through an upstairs window.

Pet Preparedness Tip

If you have pets, don't forget to assemble an animal emergency supply kit and develop a per care buddy system with friends or neighbors. If you have to evacuate to a public shelter, it is important to understand that animals may not be allowed inside. Prepare in advance for shelter alternatives. See back for pet kit items.

Pet Emergency Supply Kit

- 1) **Food:** Keep at least 3 days of food in an airtight, waterproof container.
- 2) **Water:** Store at least 3 days of water specifically for your pets in addition to water you need for yourself and your family.
- 3) **Medicines & Medical Records:** Keep an extra supply of medicines your pet takes on a regular basis in a waterproof container.
- 4) **First Aid Kit:** Talk to your veterinarian about what is most appropriate. Most kits should include cotton bandage rolls, bandage tape and scissors, antibiotic ointment, flea and tick prevention, latex gloves, isopropyl alcohol and saline solution. Include a pet first aid reference book.
- 5) **Collar with ID Tag, Harness or Leash:** Your pet should wear a collar with its rabies tag and identification at all times. Include a backup leash, collar & id tag. Place copies of pet registration, adoption papers, vaccination documents and medical records in a clean plastic bag or waterproof container. Talk to your vet about permanent pet id such as, micro chipping and enrolling your pet into a recovery database.
- 6) **Crate or other Pet Carrier:** If you need to evacuate, you will need a sturdy, safe, comfortable crate or carrier ready to transport your pet. The carrier should be large enough for your pet to stand, turn around and lie down.
- 7) **Sanitation:** Include pet litter, litter box, newspapers, paper towels, plastic trash bags and household chlorine bleach.
- 8) **A Picture of You and Your Pet Together:** If you become separated from your pet, a picture of you and your pet will help you document ownership and allow others to assist you in finding your pet. Include detailed information on the back of the photo such as; species, breed, age, sex, color and distinguishing characteristics.
- 9) **Familiar Items:** Put favorite toys, treats or bedding in your kit. Familiar items can help reduce stress for your pet.



PROJECT NOAH-MARCH WEEK #10

Purchase Items

1. Large package of toilet paper
2. 8 cans of a vegetable your family WILL EAT
3. A hand-operated can opener

Activity (FHE or Saturday)

Check your current water supply. Has your water been sitting more than 6 months? Are your bottles of water sealed tightly? Do you need to add water?

Water Tip

If necessary, treat water with a chlorine bleach solution prior to storage to prevent buildup of harmful bacteria or pathogens. Replace water every six months.

If your water is treated commercially by a water utility, it is not necessary to treat water before storing it. If you have a well or public water that has not been treated, disinfect the water prior to storage using liquid household bleach containing 5.25 percent sodium hypochlorite. Do not use scented or color-safe bleaches or bleaches containing soaps.

Water Purifying with Household Bleach

The American Red Cross and the U.S. Federal Emergency Management Agency recommend the following procedure for treating water for storage:

- Add six drops (1/8 teaspoon) of unscented bleach per gallon of water.
- Stir and let stand for 30 minutes.
- If the water does not taste and smell of chlorine after 30 minutes, add another dose of 1/8 teaspoon and let stand another 15 minutes.
- Seal the containers and label with contents and date of preparation.

RECIPE

OATMEAL RAISIN MUFFINS

1 egg	3 tsp. baking powder
3/4 cup milk	1/2 tsp. salt
1 cup raisins	1/2 tsp. ground nutmeg
1/2 cup vegetable oil	1/2 tsp. ground cinnamon
1 cup white/whole wheat flour	1 cup rolled oats
1/3 cup sugar	

Heat oven to 400°. Grease bottoms of about 12 medium muffin cups or line with cupcake liners. Beat egg, stir in milk, raisins and oil. Stir in remaining ingredients all at once just until flour is moistened (batter will be lumpy). Fill muffin cups about 3/4 full. Bake in preheated oven until golden brown, about 20 minutes. Remove from pan immediately. *Note: If using regular oats instead of quick oats, soak in water for 5 minutes to soften them.*



PROJECT NOAH-MARCH WEEK #11

Purchase Items

1. 8 cans of pineapple or mandarins
2. Large bag/box of rice
3. Maple or boysenberry syrup

Activity (FHE or Saturday)

Time to start planning for a vegetable garden. Identify a sunny location, start clearing weeds, rocks, etc. and work in some form of good soil and fertilizer, or consider building grow boxes. (See pgs. 2-4 in Essentials of Home Production & Storage for tips or look in Sunset's Western Garden Book)

Wheat Tip

Home Storage—Regardless of the type of storage container selected, grain should be stored in materials approved for food storage. Many plastic bags, some plastic buckets or cans, some metal buckets or cans are suitable for storage of dry grain. However, some plastic materials have an odor that can be transferred to the wheat stored in them. Some metal containers are lined with plastic that can also impart an odor or flavor to the wheat. Plastic garbage bags are not suitable for food storage unless the label on the container so specifies.

WHAT TO DO WITH WHEAT?

Wheat is a cheap and nutritious part of our food storage and can be a way to have fresh flour if food is scarce. If we are familiar with using it in our cooking now, it will be natural to use it if we have to. Electric grinders are available and usually cost about \$200.00. Hand cranks are a cheaper option and good for emergencies. Two options for “cracking” wheat are a blender and a coffee grinder. They will not produce fine flour for baking, but will make a mix of coarse flour and small pieces, which can be made into a fiber and vitamin filled hot cereal. Both whole wheat and cracked wheat cereal are extremely filling!

RECIPE-CRACKED WHEAT CEREAL

1 cup cracked wheat
1/2 tsp. salt

2 1/2 cups water

Bring to a boil. Cook covered on low for 10 to 20 minutes. If tightly covered, can be stored in frig up to 2 weeks. Add white or brown sugar, honey, syrup, spices, raisins, nuts or berries if desired.



PROJECT NOAH-MARCH WEEK #12

Purchase Items

1. Jar(s) of jam or jelly
2. Feminine hygiene products, as needed
3. 20 one dollar bills, put in fireproof safe

Activity (FHE or Saturday)

Plant SOMETHING and practice the skill of raising your own food. Buy some seeds and/or starter plants. If you are in an apartment, consider a small planter box on a window or a large pot on a balcony. Try a tomato plant or herbs for a first try.

Money Tip

In cases of natural disaster and other emergencies, stores have been known not to give out change. You're going to want to break down your emergency cash as best you can. One dollar bills are best. If you can't break your emergency cash down to one dollar bills, just make sure that you don't exceed ten dollar bills.

MARCH SUMMARY

Purchase items:

1. 7 boxes Macaroni & Cheese
2. 10 lbs. Powdered Milk
3. Large package of Toilet Paper
4. 8 cans of a Vegetable your family will eat
5. A hand-operated Can Opener
6. 8 cans of Pineapple or Mandarins
7. Large box or bag of Rice
8. Jar(s) of Jam or Jelly
9. Feminine Hygiene Products, as needed
10. 20 one dollar bills, put in fireproof safe

Activities:

Have a fire drill and organize an escape plan. Place a pair of shoes and a flashlight by each bed. Identify a sunny garden spot and prepare the area by weeding, digging and improving soil. Alternatives would be building grow boxes or buying a container. Buy seeds or starter plants and plant something!



PROJECT NOAH-MARCH WEEK #13

Purchase Items

1. 1 gallon of water per person
2. Waterproof Matches
3. Fire tinder (ie: newspaper)
4. Candle
5. Flint

Activity (FHE or Saturday)

Evaluate your family's emergency sleeping situation. Do you have a tent large enough for your family? Or do you have a large tarp & rope for a lean-to? Are there enough sleeping bags for everyone? Are they easily accessible to grab & go?

Fire Tip

A fire can fulfill several needs. It can keep you warm and dry. You can use it to cook food, purify water and to sterilize bandages. It can scare away dangerous animals and its smoke can keep flying insects at bay. It is also an important way to signal for help.

To know how to make a fire you have to understand that there are three components needed: air, heat and fuel. The correct ratio of these components is very important for a fire to burn at its greatest capability. The more air (oxygen), the more fiercely the fire burns.

Building a Fire

Preparation: Before you can begin to build your fire select your fireplace. Select it with care. Finding a good fireplace is important. Your next step is to decide what type of campfire you are going to build. There are several different firelays. Choose the type that will best meet your needs.

Fire material: To make a campfire you need to build it up gradually, beginning with small pieces of wood, then progressing to larger pieces as the fire gets going. You can grade your fire material into tinder, kindling, and fuel. Having dry fuel is important. Branches at the bottom of a tree are usually dry. Don't collect fire material straight from the ground as it is probably damp.

Tinder: You will need some material that ignites very easily to start a fire. Tinder is dry material that takes only a spark to ignite. The tinder must be absolutely dry. There are a number of things you can use for tinder. Dry leaves, dry grass and bark. Paper works fine too. Use your knife to turn dry sticks and pieces of bark into powdery tinder. Tinder is the most important part of your fire so prepare it well. Have plenty of tinder on hand so your fire will not go out.

Kindling: Kindling is readily combustible material that you add to the burning tinder. Small dry twigs and sticks are best. It should easily light when placed on small flame. Again, tinder and kindling must be absolutely dry to ensure rapid burning.

Fuel: Once your fire is established you can add larger pieces of fire wood.

Remember

As a wilderness adventurer you should know how to make a fire under different conditions and with different fire starting techniques. But check your survival kit for waterproof matches, tinder and a candle. A fire can help you to avoid hypothermia.



PROJECT NOAH-APRIL WEEKS #14-15

Purchase Items

1. 2 lbs. of Beef Jerky or other meat
2. 2 bars of soap per person
3. 6 cans of Chili or Beans, write date on them

Activity (FHE or Saturday)

What if disaster strikes while you or your family members are at work? Do you know the emergency preparedness plan for your workplace? While many companies have been more alert and proactive in preparing for disasters of all types since the September 11, 2001 attacks, a national survey indicates that many employees still don't know what their workplace plan is for major or minor disasters. If you don't know yours, make a point to ask. Know multiple ways to exit your building, participate in workplace evacuation drills, and consider keeping some emergency supplies at the office. Visit www.ready.gov and click on Ready Business for more information about business preparedness.

RECIPE

Wheat Treats

Boil whole wheat until kernels are plump, tender and begin to split. Drain wheat and rinse. Remove excess water by rolling wheat on a cloth or paper towel.

In a heavy kettle, heat vegetable oil to 360°. Put small amount of wheat (about 1 1/2 cups) in a wire basket or strainer and deep fry in hot oil for 1 1/2 minutes or until popping ceases. Drain on absorbent paper.

Can season with salt, seasoned salt, barbecue spice, garlic or onion salt, or cinnamon sugar. Use on salads, in trail mix, as a dessert topping, or just as a snack.



PROJECT NOAH-APRIL WEEK #16

Purchase Items

1. Large box/bag of dried fruit, i.e. raisins, apricots, prunes, etc.
2. Large box of matches
3. Fuel source: charcoal, logs, sterno or propane for camp stove

Activity (FHE or Saturday)

While you have your financial documents available after tax time, evaluate your finances and set a goal to be debt free. Develop a plan with a date in mind and monthly steps to get you there.

Tax Refund Tip

Consider using a tax refund to pay off debt or buy food storage.

“LAY UP IN STORE”

A cardinal principle of the gospel is to prepare for the day of scarcity. Work, industry, frugality are part of the royal order of life. Remember these words from Paul: “If any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse than an infidel.”

Seated before us are the three presiding high priests who constitute the First Presidency of the Church.

From President James E. Faust, Second Counselor, we hear: “Every father and mother are the family’s storekeepers. They should store whatever their own family would like to have in the case of an emergency...{and} God will sustain us through our trials.

From President Thomas S. Monson, First Counselor, we hear: “Many more people could ride out the storm-tossed waves in their economic lives if they had their year’s supply of food...and were debt-free. Today we find that many have followed this counsel in reverse: they have at least a year’s supply of debt and are food-free.”

From President Gordon B. Hinckley, the Lord’s prophet, we hear: “The best place to have some food set aside is within our homes. We can begin ever so modestly. We can begin with a one week’s food supply and gradually build it to a month, and then to three months...I fear that so many feel that a long-term food supply is so far beyond their reach that they make no effort at all. Begin in a small way...and gradually build toward a reasonable objective.”

*Keith B. Mc Mullin
2nd Counselor in the Presiding Bishopric*



PROJECT NOAH-APRIL WEEK #17

Purchase Items

1. Spices such as: garlic, onion or chili powder.
2. Herbs such as: oregano, dill, basil, or thyme.
3. Beef and/or Chicken Bouillon cubes

Activity (FHE or Saturday)

Try an experiment and cook a meal with only food storage items. That means nothing from the refrigerator-just cans or boxes! Use your spices from this week to add flavor. For a challenge, try cooking it outdoors with the fuel source from week #16.

Tip: Safety Issues

- Be aware of new safety issues created by the disaster. Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring, and slippery floors.

Aiding the Injured

Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck and back, then call for help immediately.

- If the victim is not breathing, carefully position the victim for artificial respiration, clear the airway, and commence mouth-to-mouth resuscitation.
- Maintain body temperature with blankets. Be sure the victim does not become overheated.
- Never try to feed liquids to an unconscious person.

Health

- Be aware of exhaustion. Don't try to do too much at once. Set priorities and pace yourself. Get enough rest.
- Drink plenty of clean water.· Eat well.· Wear sturdy work boots and gloves.
- Wash your hands thoroughly with soap and clean water often when working in debris.



PROJECT NOAH-MAY WEEK #18

Purchase Items

1. 4 lbs. Spaghetti
2. 4 Bottles/Cans of Spaghetti Sauce
3. 3 Boxes of Baking Soda

Activity (FHE or Saturday)

Summer is coming and there are so many fun activities to choose from. Consider signing up your older kids for a First-Aid class or CPR training. Or think about going yourself with a spouse or a friend.

Dried Fruit Tip

If you are interested in supplementing your food storage with fruit, Honeyville Farms and other companies offer a number of freeze dried options. Most of these products have a shelf life of 10-15 years on average! <http://store.honeyvillegrain.com>

- Honeyville Farms Freeze Dried Strawberry Slices
- Honeyville Farms Freeze Dried Apple Cubes
- Honeyville Farms Freeze Dried Raspberries
- Honeyville Farms Freeze Dried Peaches
- Honeyville Farms Freeze Dried Blueberries
- Honeyville Farms Dehydrated Banana Chips

EMERGENCY ACTIVITY SUMMARY

1. Write down or Excel spreadsheet inventory of all food storage.
2. Look in brown “Essentials of Food Production” booklet or at lds.org Provident Living Section for Interactive Food Calculator and determine needed food amounts.
3. Calculate what is needed for your family to have a year’s supply.
4. Look at costs of the food needed and make a plan with a budget to reach your goal.
5. Check batteries in flashlights, smoke detectors & radios. Replace as needed.
6. Show your family the emergency shut-offs for water, gas and electricity. Post directions and tools nearby.
7. Make copies of important papers and store in a fire-proof box.
8. Video or photograph contents of home or garage and store elsewhere.
9. Have a fire drill and organize an escape plan.
10. Place a pair of shoes and a flashlight by each bed.
11. Identify a garden spot and prepare soil or use grow boxes or pots.
12. Buy seeds or starter plants and try something!
13. Evaluate emergency sleeping needs. Consider tents and sleeping bags. Make them accessible to grab and go.
14. Check on garden. Thin, weed and support plants.
15. Evaluate finances and set a goal to be debt free. Make a monthly plan. Consider using tax refund to pay off debts or buy food storage.
16. Try cooking a meal with just food storage items-outside if possible.
17. Think about signing up your family for a First-aid or CPR class.



PROJECT NOAH-MAY WEEK #19

Purchase Items

1. 10 lbs. of flour
2. 1 can of Baking Powder

Activity (FHE or Saturday)

Look at the 72 hour food kit Menu on the back of this paper for some suggested food items that are lightweight and require almost no cooking. Feel free to adapt it to your family's tastes & needs. If you do have food in a 72 hour kit already, open some and see if it needs to be rotated. Replace as needed.

Please remember to check this kit every 6 months (doing it every General Conference helps you remember, and might provide your family some snacks while watching conference on items you are rotating!)

72 HOUR KIT FOOD MENU

Date this kit was packed _____

<u>First Day</u>	<u>Second Day</u>	<u>Third Day</u>
<i>Breakfast:</i> Granola bar Fruit Snack Hot chocolate	<i>Breakfast:</i> Fruit cup Oatmeal Rice Krispy Treat	<i>Breakfast:</i> Granola bar Hot chocolate Raisins
<i>Lunch:</i> Beef Jerky Applesauce Sunflower kernels	<i>Lunch:</i> Beef Jerky Fruit snack Cheese crackers	<i>Lunch:</i> Soup 2 Pkgs. Crackers Peanuts
<i>Dinner:</i> Soup 2 Pkgs. Crackers Trail Mix	<i>Dinner:</i> Soup Raisins P-B Crackers	<i>Dinner:</i> Beef Jerky Fruit Cup P-B Crackers
<i>Snacks:</i> 3 Starbursts 3 Hard Candies 1 Juice Box	<i>Snacks:</i> 3 Starbursts 3 Hard Candies 1 Juice Box	<i>Snacks:</i> 3 Starbursts 1 Fruit Roll 1 Juice Box
<i>Utensils:</i> 2 Cups 3 Spoons	<i>Utensils:</i> 2 Cups 2 Spoons	<i>Utensils:</i> 2 Cups 3 Spoons

Put each day's food in a gallon size zip-loc bag with the day written on it. Put a copy of the menu in the Day 1 bag. Don't forget to add 1 gallon of water per person per day to your kit.



PROJECT NOAH-MAY WEEK #20

Purchase Items

1. 6 lbs. dried beans, lentils, or split peas
2. 1 large bottle Tylenol, Motrin, etc.

Activity (FHE or Saturday)

Draw up a family emergency communication plan. Think of the best way to make contact & reunite if an emergency separates family members. Set up a neighborhood, city & regional meeting and/or message place if cell or home phones aren't working. This can be for your immediate or extended family as well. Also have a designated out-of-state contact person.

Concord Cannery Dates

We will be attending the Concord Cannery on the following dates and times:

LESSONS LEARNED

(from 9/11, Hurricanes Katrina, Rita & Wilma)

Dave Wheeler, who recently retired, was the Asst. Chief of Alameda County Fire Dept. & was also Program Manager/Task Force Leader, FEMA Urban Search & Rescue-Task Force 4 for many years. He was there personally assisting at the aftermath of many recent disasters. He has the following suggestions for Emergency Preparedness.

PERSONAL PREPAREDNESS

Water-Water-Water!!! - People can live for a week or more without food, but lack of water, especially in hot weather, can kill you in a few days.

Food – Store shelves clear very quickly after an emergency and sometimes help can be delayed for a long time.

Communication/Plan - Sometimes families are separated during a disaster and need a plan to re-establish contact.

Money – After a disaster, most people will only accept cash in small bills for hard to find commodities and services. Try to have a store of cash on hand.

EMERGENCIES CAN STRIKE WITHOUT WARNING

- Terrorism
- Earthquakes
- Fires
- Floods
- Chemical Releases
- Medical Emergencies

LOCAL EMERGENCIES CAN AFFECT THE NATION

- Transportation
- Communication
- Commerce



PROJECT NOAH-MAY WEEK #21

Purchase Items

1. 2 Large boxes Instant Mashed Potatoes
2. 2 Large boxes Oatmeal

Activity (FHE or Saturday)

Spread the word about preparedness. Ask those that you Home or Visit Teach about their level of preparedness. If they feel they are lacking, encourage them to focus on that area and see if you can be of help. Co-workers, family members and neighbors might be interested in this topic as well.

SUBSTITUTION TIPS

EGGS

Eggs are an essential item in a lot of recipes, but are difficult to store. Powdered eggs can be purchased at emergency supply companies, or you can use the following recipe for a substitute:

EGG SUBSTITUTE - (for use in baking)

Before starting recipe for cookies, cake, etc., combine 1 tsp. unflavored gelatin with 3 Tbsp. cold water and 2 Tbsp. plus 1 tsp. boiling water. This mixture will substitute for 1 egg in a recipe.

USING WHOLE WHEAT FLOUR

Use wheat in recipes your family already likes, then it is not totally unfamiliar and you know the recipe is good.

Try wheat in desserts first—who can turn down a cookie?

Do not feel you must use 100 percent whole wheat. Half white and half whole wheat gives excellent results.

HOW TO SUBSTITUTE WHOLE WHEAT

Wheat flour is heavier than white flour and needs more leavening.

In yeast breads, use more yeast and/or let it rise longer.

In baking powder leavened products, increase baking powder by 1 tsp. for each 3 cups of whole wheat flour.

Recipes using baking soda do not need to be adjusted.

In baked products using eggs, separate the eggs and beat the whites until stiff. Then fold in just before baking. For extra lightness, an extra separated egg may be added. Good for waffles and especially cakes.



PROJECT NOAH-JUNE WEEK #22

Purchase Items

1. 8 cans of a favorite vegetable
2. Extra shampoo, toothbrushes & toothpaste

Activity (FHE or Saturday)

Add up how much water you have stored. Then calculate your water needs for a minimum of 72 hours, but preferably 2 weeks. The suggestion is 1 gallon of water per person per day. In reality, more is needed for cooking, cleaning and personal hygiene. Swimming pools may be OK for those purposes, but are not the best source for clean, pure drinking water.

WATER FACTS

How to Purify Water

You should purify all water of uncertain purity before using it for drinking, food preparation and hygiene. Waterborne pathogens can be present even in waters that look crystal clear. Any water that can be reached by a human or animal could be tainted.

FILTERING AND PURIFIERS

Several commercial water filters are available through camping stores. There are many variables and levels of quality, so research your needs according to portability and budget. It is recommended that you buy a self-cleaning filter and extra filter cartridges. Look for kinds that kill protozoa, bacteria and viruses. Filter water from still, clear water sources. Many micro-organisms tend to sink to the bottom of still water; a turbulent stream keeps them suspended.

BOILING

Boiling is the safest method of purifying water. Bring water to a rolling boil for 3 to 5 minutes; keep in mind that some water will evaporate.

DISINFECTION

Purification tablets are available at most drug or camping stores; just follow directions on the package. You can use household liquid bleach to kill microorganisms. Use only regular bleach that contains 5 percent sodium hypochlorite. Do not use scented, color safe or bleaches with added cleaners. Add 16 drops of bleach per gallon of cloudy water, 8 drops if water is clear. After you add the bleach, mix or shake thoroughly. The taste or smell of chlorine is a sign of safety. Don't use pool chlorine!

Micro-organisms

Protozoa, such as cryptosporidia and giardia, are relatively large and easy to filter out. Bacteria, such as salmonella and cholera, are smaller than protozoa and harder to remove. Viruses, such as hepatitis A and B, are the tiniest of all. Only boiling, chemicals or purifiers can kill viruses.



PROJECT NOAH-JUNE WEEK #23

Purchase Items

1. 3 large cans fruit cocktail
2. 1 large container of powdered Tang or Lemonade

Activity (FHE or Saturday)

Start or refresh a 72 hour kit. Have family members eaten snacks out of their kits? Is there enough water in each kit? Is there one in every vehicle? Think about keeping it hand portable in case a vehicle evacuation isn't possible.

72 HOUR KIT TIPS

For your 72 hour kit carrying case, think about using your kids' slightly worn/dirty backpacks from school. You can't beat free! If you don't have kids in your home, think about asking relatives, friends or neighbors who have kids if they have a slightly worn backpack that they might be discarding. Also, starting in July, many stores will have backpacks on sale for Back-to-School shopping. Costco usually carries a very good quality Jansport backpack for about \$20.00.

Many of you who hike or who have had a son or daughter go to Scout/Girl's camp might have the large frame backpacks. Instead of leaving them empty all year and filling the backpacks for a hike, fill them full of 72 kit items and empty them if you need to for a hike. This is a great way to carry a tent, blankets and other bulky items that might not fit in a regular size backpack. If you don't own one, they will probably go on sale at the end of summer at various camping stores or you could check garage sales.

GREAT RESOURCE!

The office of Homeland Security has an excellent preparedness website at www.ready.gov. They have a printable or downloadable list for an emergency supply kit and help for making a family emergency plan. There is also information on how to prepare for different types of emergencies that can occur. Click on the Site Map on the bottom of the homepage to direct you to the different categories. If you do not have access to a computer, then call 1-800-BE-READY to learn more and to receive free materials.



PROJECT NOAH-JUNE WEEK #24

Purchase Items

1 large container of powdered Tang or Lemonade
Battery-powered or hand crank radio & extra batteries

Activity (FHE or Saturday)

Make an emergency phone database. Generate copies of the Stake/Ward Directory to keep in your cars, so you can get in touch with Home or Visiting Teachers/Teachers and our local leaders if you aren't at home. Also make a list of phone numbers of family members at work, at home or on their cell. Enter in all of these numbers in your cell phone too. In addition, program into your cell phone local non-emergency numbers (in the front of the phone book) for police and fire because 911 calls from your cell can go to CHP.

72 HOUR KIT ITEMS

If you would like, you can make your own immediate 72 hour kit using items from your years supply in the Noah newsletter. Some of the below items will be purchase items in the coming weeks. Here is the official list from the www.ready.gov website of the Office of Homeland Security:

- Water, one gallon per person per day for at least 3 days
- Food, at least a 3 day supply of non-perishable food
- Battery powered or hand crank radio & extra batteries
- Flashlight and extra batteries
- First Aid Kit
- Whistle to signal for help
- Dust mask to help filter contaminated air
- Plastic sheeting & duct tape for shelter (or tent)
- Moist towelettes, garbage bags & ties for sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

Additional items to consider adding:

Prescription meds & glasses, infant formula & diapers, pet food & extra water for pets, important documents such as copies of insurance policies, ID & bank acct #'s in a waterproof & portable container, cash, emergency reference material such as a first aid book, sleeping bag or warm blanket for each person, complete change of clothing including long sleeved shirt, pants & sturdy shoes, household chlorine bleach & medicine dropper (16 drops bleach per gallon of water to purify, 1 part bleach to 9 parts water for disinfectant), fire extinguisher, matches in waterproof container, feminine supplies & personal hygiene items, mess kits or paper cups, plates & plastic utensils, paper towels, paper & pencil, books, games, puzzles or other activities for children.



PROJECT NOAH-JUNE WEEK #25

Purchase Items

8 cans beef stew, raviolis, or other meal in a can

Light-weight flashlight & extra batteries

Activity (FHE or Saturday)

Spread the word about preparedness. Ask those that you Home or Visit Teach about their level of preparedness. If they feel they are lacking, encourage them to focus on that area and see if you can be of help. Co-workers, family members and neighbors might be interested in this topic as well.

72 Hour Kit – Expanded Items

Food & Water

- *Protein/Granola Bars
- *Trail Mix/Dried Fruit
- *Crackers/Cereals
- *Canned Tuna, Beans, Meat, Vienna Sausages
- *Canned Juice
- *Candy/Gum
- *Water (1 gallon/4 liters per person)

Bedding & Clothing

- *Change of Clothing (short and long sleeve w/ undergarments)
- *Rain Coat/Poncho
- *Blankets & Emergency Heat Blankets
- *Cloth Sheet
- *Plastic Sheet

Fuel & Light

- *Battery Lighting (Flashlights, Lamps)
- *Extra Batteries
- *Flares
- *Candles
- *Lighter
- *Water-Proof Matches

Equipment

- *Can Opener, Dishes/Utensils
- *Shovel
- *Radio (with batteries or crank)
- *Pen and Paper
- *Axe
- *Pocket Knife
- *Rope

Personal Supplies & Medication

- *First Aid Supplies
- *Toiletries (toilet paper without center tube to flatten, feminine hygiene, folding brush, etc)
- *Cleaning supplies (mini hand sanitizer, soap, shampoo, dish soap, etc)
- *Immunizations Up-To-Date
- *Medication (Acetaminophen, Ibuprofen, children's, ect)
- *Prescription Medication (enough for 3 days)

Personal Documents & Money (in waterproof container)

- *Scriptures (mini ones are lighter)
- *Genealogy records, Patriarchal Blessing
- *Legal Documents (birth, marriage certificates, wills, passports, contracts)
- *Vaccination Papers
- *Insurance Policies
- *Cash, Credit Card
- *Pre-Paid Phone Card



PROJECT NOAH-JUNE WEEK #26

Purchase Items

Pick an item YOU would like to store

1 Whistle per person

Activity (FHE or Saturday)

It's been half a year working to increase our ward's preparedness. Take a few minutes to review what you have accomplished towards this goal and rejoice in your efforts to follow the counsel of the prophet. Write down what you still need to achieve by the end of the year and make a plan on how to do it.

Spiritual Preparedness Tip

Spiritual preparedness is an interesting concept. Does one sit down and make a list like a 72-hour Emergency kit? Flashlight - check. Sleeping bag - check.

Water - check. First aid supplies - check. It actually might be somewhat similar.

- Elder Henry B. Eyring says,

"However much faith to obey God we now have, we will need to strengthen it continually and keep it refreshed constantly. We can do that by deciding now to be more quick to obey and more determined to endure. Learning to start early and to be steady are the keys to spiritual preparation. Procrastination and inconsistency are its mortal enemies. Let me suggest to you four settings in which to practice quick and steady obedience. One is the command to feast upon the word of God. A second is to pray always. A third is the commandment to be a full-tithe payer. And the fourth is to escape from sin and its terrible effects. Each takes faith to start and then to persevere. And all can strengthen your capacity to know and obey the Lord's commands." ("Spiritual Preparedness: Start Early and Be Steady," *Ensign*, Nov. 2005, 38)

MAY-JUNE SUMMARY

Purchase items:

1. 4 lbs. Spaghetti
2. 4 bottles/cans Spaghetti Sauce
3. 3 boxes Baking Soda
4. 10 lbs of Flour
5. 1 can of Baking Powder
6. 6 lbs. dried Beans, Lentils or Split Peas
7. 1 large bottle Tylenol or Motrin
8. 8 cans of a favorite Vegetable
9. Shampoo, Toothbrushes & Toothpaste
10. 3 large cans Fruit Cocktail
11. Backpack, Duffel bag or wheelie Suitcase
12. 1 large container powdered Tang or Lemonade
13. Battery-powered or hand crank Radio & extra batteries
14. 8 cans Beef Stew, Raviolis or other meal in a can
15. Light-weight Flashlight & extra batteries
16. An item you would like to store
17. 1 whistle per person

Activities:

Think about signing up for CPR or First-Aid training.

Assemble 72 hour food kits (see Week 19 Newsletter for sample menu). Make a family emergency communication plan to make contact & reunite. Set up neighborhood, city & regional meeting/message places if cell or home phones are down. Also have a designated out-of-state contact person. Add up your water storage gallonage. Calculate how much water is needed for each person to have 1 gallon of water per day for 2 weeks and buy accordingly. Start or refresh a 72 hour kit. If starting, buy a backpack, duffel bag or wheelie suitcase for a portable kit. Make an emergency phone database by copying Ward/Stake directories for cars, work, or daytimers. Program in numbers of family members, local leaders, and Home/Visiting Teaching contacts. Also add non-emergency numbers of local agencies to your cell phone. Spread the work about preparedness to Home/Visiting Teaching contacts, neighbors, co-workers etc. Review your efforts and make a list of what you still need to complete.



PROJECT NOAH-JULY WEEK #27

Purchase Items

Moist towlettes
Garbage bags & ties for sanitation

Activity (FHE or Saturday)

Read your copy of “The Essentials of Home Storage & Production” from cover to cover. See what ideas you can glean from its pages and see what direction you feel inspired to pursue to help your family learn these important principles and follow the counsel of the prophet.

Canned Milk Tip

Turn canned milk upside down every other month to prevent lumps from forming.
Turning prevents the fats from separating.
(Use evaporated, condensed, sweetened and other canned milks within one year.

DID YOU THINK TO STORE?

(Sing to the tune of “Did You Think to Pray?”)

1. Ere you spent your family's paycheck,
Did you think to save?
Just a little for the storage,
Just a little for some porridge
When the times are grave.
Oh, how storage helps the faithful
When the Prophet's words we heed
So, if you would not be tearful,
Plan what you will need.

2. When your neighbor tried to teach you
How to can and sew,
Did you feel intimidated
And your plans procrastinated,
Now you're feeling low.
Oh, how empty are the cupboards,
Oh, how ragged are your clothes.
How you'll wish that you had listened,
When the good life goes.

3. Wheat and beans and salt and honey
May not sound so hot,
But if you are going hungry,
If your tummy's cold and grumbly,
They can hit the spot.
Store some diapers for the kiddies,
Everything to see you through.
Cloth and patterns, thread & needles
Store some long johns, too.

4. If this topic's repetitious
And you're dull and bored.
When you've naught but empty dishes
And you've used up all your wishes
You'll wish you had stored.
Food that's tasty and nutritious,
Clothes and bedding, tools, and seed,
Skills that guard your family's future,
Gather what you'll need. *(Author unknown)*



PROJECT NOAH-JULY WEEK #28

Purchase Items

2 large boxes Instant Potatoes & Instant Oatmeal
Basic First Aid Kit (See back for list of items)

Activity (FHE or Saturday)

Plan several different evacuation routes from your home. Keep detailed maps of the local area in your car. Have each potential evacuation route noted with a marking pen as your mind could go blank in an emergency. Keep your car in good working condition so you can leave in a moment's notice. Practice filling up when you reach a half tank so you will always have a reserve of gas. Have extra oil and water too.

Gasoline/Fuel Tip

Storing large amounts of gasoline (5-10 gallons) around the home is NOT advised due to the explosion hazard. Keep snow chains and jumper cables also.

FIRST AID KIT ITEMS

There are many small and inexpensive basic first aid kits that you can buy already assembled. But if you would like to make your own from items that you may already have at home, or make a more extensive one, here are some suggested items:

Box to hold supplies, preferably waterproof, or duffel bag

1 Ace bandage, 3" wide

2 Rolls adhesive tape, 10 yds.

Alcohol swabs

Antibacterial soap

Small bottle Tylenol/Children's Tylenol

12 Band-aids, medium size & Butterfly bandages

Compresses (strips of sheeting 2"wide)

5 Triangular bandages(40" square, cut diagonally w/ 4 safety pins)

Matches in Waterproof container

First-aid Ointment, antibacterial

4 Gauze Pads in 2"x8", 3"x3", and 4"x4" sizes

3 Rolls of Gauze, 2"x 10 yds.

Merthiolate or Iodine

Razor & Blades, and 1 single edge Razor blade

Prescription Drugs taken on a regular basis

Extra pair of Eyeglasses

First-aid manual

Rescue blanket

Trauma scissors

Cotton Balls & Cotton swabs

Eye drops

Table Salt

Ipecac

Diarrhea medicine

Thermometer & Heat Tablets

Hydrogen peroxide

Tweezers

2 Pairs latex gloves

Duct tape



PROJECT NOAH-JULY WEEK #29

Purchase Items

5 bottles 100% Fruit Juice

Plastic Sheeting & duct tape for shelter (or tent)

Activity (FHE or Saturday)

Try out a new recipe that features an item from your food storage such as wheat or beans. Our families may be so used to the same familiar items that they might benefit from an exposure to the kinds of foods that are stored. (See back for ideas)

Pasta Tip

Use iodized salt to protect pasta products from weevil. Use 1 cup poured over each large box of macaroni or noodle products. Recover the salt after using pasta. The salt won't hurt the pasta since all pasta requires salty water in initial preparation.

Anything Goes Cake

3 cups fine Whole Wheat Flour
2 cups Brown Sugar or 1 1/2 cups Honey
4 Tbsp. Cocoa
2 tsp. Baking Soda
1 tsp. Salt
3/4 cup Cooking Oil
2 Tbsp. Vinegar
2 tsp. Vanilla
2 cups Liquid or Mashed Fruit
(Can also add diced fruit, including dehydrated or freeze-dried items)

Mix dry ingredients, then add liquids.

Mix together.

Bake in ungreased 9"x13" pan at 350° for 30 minutes.

Baked White Beans

2 cups White Beans 1 tsp. Salt
1 Onion chopped 1/8 pound Diced Bacon
3/4 cup Brown Sugar 1/4 cup Ketchup
1 tsp. Dry Mustard 1 Tbsp. Soy Sauce
1 cup reserved Liquid

Cover beans with cold water and salt. Simmer until tender. Drain off all except 1 cup of the water. Add remaining ingredients. Place in greased casserole or bean pot. Top with diced bacon. Bake at 275° for 6-8 hours or cook in crockpot on low all day.



PROJECT NOAH-JULY WEEK #30

Purchase Items

Food Storage- Vegetable seeds (can store at room temp for up to a year, according to Colorado State Horticulture Dept.)

72 hour kit- Water, 1 gallon per person per day for at least 3 days

Activity (FHE or Saturday)

Go to lds.org and visit the Provident Living section. Explore the Family Home Storage section for info on 3 month supply, drinking water, financial reserve and longer-term storage. They also have quotes and talks from church leaders and FAQs.

JULY SUMMARY

Purchase Items:

1. Pick an item YOU would like to store
2. White Wheat
3. 2 Large Boxes Instant Potatoes
4. 2 Large Boxes Regular Oatmeal
5. 5 Bottles 100% Fruit Juice
6. Vegetable Seeds

72 Hour Kit Items:

1. 1 Whistle & Dust Masks for everyone
2. Moist Towelettes. Garbage Bags & Ties for sanitation
3. Basic First Aid Kit
4. Plastic Sheeting & Duct Tape for shelter (or tent)
5. Water, 1 gallon per person per day for AT LEAST 3 days

Activities:

Evaluate the first six months of your efforts to be prepared. Write down what you still need to achieve and make a plan to achieve it. Read your copy of “The Essentials of Home Storage & Production for ideas and information. Plan several evacuation routes from your home. Keep local maps in your car with routes marked. Keep your car in good condition and with a full tank of gas. Store extra water and oil, jumper cables and snow chains. Try out a new recipe featuring an item in your storage that you don’t usually use. Visit lds.org and go to the Family Home Storage section.



PROJECT NOAH-AUGUST WEEK #31

Purchase Items

- *2 Large Boxes Saltine, Ritz or Graham Crackers
- *Add 20 \$1 bills to your fireproof box

Activity (FHE or Saturday)

If you have been following the Project Noah suggestions, you will have a lot of new items in your food storage. Prepare or update an inventory list. Be sure you are rotating your supply and replacing what you are eating.

Earthquake Tip

Learn if earthquakes are a risk in your area by contacting your local emergency management office, local American Red Cross chapter, or state geological survey or department of natural resources. Information about earthquake risk is also available from the [U.S. Geological Survey National Seismic Hazards project](#)

QUOTE FROM PRESIDENT HINCKLEY

‘We cannot provide against every contingency. But we can provide against many contingencies. Let the present situation remind us this we should do. As we have been continuously counseled for more than 60 years, let us have some food set aside that would sustain us for a time in case of need. But let us not panic nor go to extremes. Let us be prudent in every respect. And, above all, my brothers and sisters, let us move forward with faith in the Living God and His beloved Son...’

“I do not know what the future holds. I do not wish to sound negative, but I wish to remind you of the warnings of scripture and the teachings of the prophets which we have had constantly before us. I cannot forget the great lesson of Pharaoh’s dream of the fat and lean kine and of the full withered stalks of corn. I cannot dismiss from my mind the grim warnings of the Lord as set forth in the 24th chapter of Matthew. I am familiar, as are you, with the declarations of modern revelation that the time will come when the earth will be cleansed and there will be indescribable distress, with weeping and mourning and lamentation (see D&C 112:24). Now, I do not wish to be an alarmist. I do not wish to be a prophet of doom. I am optimistic. I do not believe the time is here when an all-consuming calamity will overtake us. I earnestly pray that it may not. There is so much of the Lord’s work yet to be done. We, and our children after us, must do it.”

Gordon B. Hinckley
“The Times in Which We Live”
Ensign, Nov 2001



PROJECT NOAH-AUGUST WEEK #32

Purchase Items

- *Large can/bag nuts (nuts freeze well)
- *Large can/bag Trail Mix
- *Local maps (road & topographic)

Activity (FHE or Saturday)

Read the August 2007 Ensign Article & pull-out (see back for details). Look at the different “Random Sampler” topics (see back again) and decide which ones could have important information for you to learn. Our ward librarians might be able to help you find some back issues to check out today!

Dehydrated Egg Tip

Honeyville Grains sells dehydrated whole eggs and egg whites. They will last for 10-15 years unopened in the cans and one year after opening. Besides being an important ingredient to store, dehydrated egg whites are very convenient for using in your regular baking. You won't have to separate an egg or pick out shells. <http://honeyvillegrain.com/>

AUGUST 2007 ENSIGN

There is a wonderful article in the August 2007 issue of the Ensign entitled, “Are you Prepared?” It also has a pull-out cardboard pamphlet. This pamphlet is a larger version of “All is Safely Gathered In” and it also contains additional quotes from the 1st Presidency and some advice on how to begin to build your family home storage. If you do not subscribe to the Ensign, you could buy one at Cover to Cover or Deseret Book, order one from Church Distribution, look online at lds.org or borrow one from a ward member. Below is an excerpt from the article:

“Are You Prepared?,” *Ensign*, Aug 2007, 30–33

At one time or another, nearly every family will face accidents, illness, unemployment, or other emergencies that will require them to depend on the resources they have stored. “When a tornado struck near our house and caused significant damage in our neighborhood,” wrote Becky E. Ludlow, of Wichita, Kansas, “I soon learned a lot about what help is needed in a disaster. ... As my husband and I rushed to be of service, we found that some of the things people needed almost immediately were drinking water and cups, diapers, [baby] formula, shoes, blankets, changes of clothes, ... pet carriers and leashes, ... and a place to stay.”

A natural disaster is only one of many challenges that can cause us to rely on our home storage. Loss of income is another, whether it comes from the loss of the job, health, or life of the wage earner.

The Young family of Denver, Colorado, found themselves without income when Jeff Young lost his job. “I felt sure that Jeff’s law degree meant that he would always have a good job,” wrote Joy Young of her husband’s unemployment. “But such thinking was naive. People at every educational and economic level can lose their source of income.

“How did we survive? ... Throughout the years of our marriage, we had tried to follow the prophets’ counsel to be prepared for the unexpected. We had built a basic food supply: wheat, rice, beans, dried milk, flour, and sugar, as well as numerous cases of canned goods and a freezer full of vegetables and meat. It was a relief to know I could continue feeding my family even if no money was coming in.”

These are only two testimonies from among the many Latter-day Saints who have learned firsthand of the blessings of being prepared. Our prophets have counseled and encouraged us since the days of President Brigham Young to “lay the foundation to feed and clothe and shelter ourselves.” This encouragement has continued and become more explicit. It is still firmly in place.



PROJECT NOAH-AUGUST WEEK #33

Purchase Items

- * Five boxes of Dried Cereal
- * Wrench or pliers to shut off utilities

Activity (FHE or Saturday)

Look back at your old copies of Project Noah. Decide a day you will catch-up on a past activity that came during a busy time or that you missed during a vacation. Also review the purchase items and see if you have missed anything.

Pasta Tip

Use iodized salt to protect pasta products from weevil. Use 1 cup poured over each large box of macaroni or noodle products. Recover the salt after using pasta. The salt won't hurt the pasta since all pasta requires salty water in initial preparation.

Shelf Life of Canned Fruits and Vegetables (in metal cans) (Western United States at 70 degrees) From Making the Best of Basics by James Stevens, pg 18

Product Shelf Life, In Months:

Apples/applesauce	36
Apricots	36
Blackberries	12 plus
Blueberries	12 plus
Cherries, Maraschino	12 plus
Cherries, sweet	12 plus
Cherries, black	12 plus
Cranberry sauce	12 plus
Fruit salad	36
Grapes	12 plus
Grapefruit	36 plus
Peaches	36
Pears	36
Pineapple	36
Plums	12 plus
Rhubarb	12 plus
Asparagus	36 plus
Beans, lima	96 plus
Beans, stringless	36 plus
Beets	48 plus
Brussel sprouts, cabbage,	
Cauliflower	48 plus
Carrots	96 plus
Corn	96 plus
Hominy	96 plus
Peas	96 plus
Pickles	12 plus
Pumpkin and squash	48 plus
Sauerkraut	12 plus
Spinach	36 plus
Sweet potatoes	28 plus
Tomatoes	48 plus

Be sure to write your purchase date on your cans.
Also, consider writing your expiration date.



PROJECT NOAH-AUGUST WEEK #34

Purchase Items

1. 5 Cans Cream of Chicken Soup
2. 2 lbs. margarine or butter (date & freeze)

Activity (FHE or Saturday)

There are still some late harvest fruits available in the stores and farmers' markets. Buy several pounds and pick a method of preserving. Try making jam, dehydrating slices in your oven or dehydrator, freezing slices for smoothies or pies, or canning. Go online or ask parents and grandparents for recipes and tips.

Mayonnaise Tip

You can make your own salad dressing base with homemade mayonnaise. The cost is less than the store-bought product. With homemade you can vary the ingredients until the exact flavor comes through to perfect the recipe or dish being prepared. Try seasoning with celery seeds, garlic powder, onion powder, thyme or turmeric to suite your taste. See the back for applicable recipes.

Basic Whole-Egg Mayonnaise

1 egg	1 tsp. dry mustard
¼ to ½ tsp. salt	1 ½ T. lemon juice
Dash white pepper	6 oz. vegetable oil
½ tsp. sugar	

Combine well all ingredients except oil in blender at low speed. Continue blending, then add oil slowly until desired consistency is attained. Spoon into jar, keep in refrigerator. Yield; approx 2 cups.

Note: If recipe fails, pour out mixture, put another egg into blender, beating thoroughly. Pour back original mixture very slowly.

VARIATIONS FOR BASIC MAYONNAISE

To vary flavor of basic mayonnaise:

- Substitute vinegar for lemon juice
- Substitute salt for sugar, and vice versa
- Substitute paprika for pepper

Basic Evaporated Milk Mayonnaise

5 oz. evaporated milk	¼ tsp. salt
2 T. salad oil	¼ tsp. cayenne pepper
2 T. lemon juice or vinegar	½ tsp. dry mustard

Gradually mix all the ingredients together. Increase lemon juice or vinegar for tartness. Yield: approx 1 ½ C.



PROJECT NOAH-SEPTEMBER WEEK #35

Purchase Items

1. 1 large box/bag of pancake mix
2. 1 large bottle of maple or berry syrup

Activity (FHE or Saturday)

For those of you with school-age children or grandchildren, check with your children's school(s) to see if they have a disaster plan. Make copies if possible. Keep one at home, one in your cars and make a reduced-size, laminated copy to put in your child's backpack. Discuss the plan with the whole family and make sure everyone is aware of it.

Recipes Using Homemade Mayonnaise

Bleu Cheese Dressing

1 C Mayonnaise	salt
4 oz. bleu cheese	garlic salt
1 C. buttermilk	ground pepper

Add ½ C. buttermilk to mayo. Crumble bleu cheese and stir in. Season to taste. Thin with remaining buttermilk as desired. Flavor gets stronger with fridge storage. Yield: approx 4 C.

Tartar Sauce: Combine in bowl. Yield: 2 C.

1 C. Mayonnaise	1 T. sweet pickles, chopped
1 T. minced parsley (crushed parsley flakes)	¼ tsp. onion salt

2nd FOUR-MONTH PURCHASE SUMMARY (MAY-AUG)

4 lbs. Spaghetti
4 bottles/cans Spaghetti Sauce
3 boxes Baking Soda
10 lbs. of Flour
1 can of Baking Powder
6 lbs. dried Beans, Lentils or Split Peas
1 large bottle of Tylenol or Motrin
8 cans of a favorite Vegetable
Shampoo, Toothbrushes & Toothpaste
3 large cans Fruit Cocktail
Backpack, Duffel Bag or Wheelie Suitcase*
1 large container powdered Tang or Lemonade
Battery-powered or hand-crank Radio & extra Batteries*
8 cans Beef Stew, Raviolis or other meal in a can
Light-weight Flashlight & extra Batteries*
Pick an item YOU would like to store
1 Whistle and Dust Masks for everyone*
White Wheat from Cannery
Moist towelettes, garbage bags & ties for sanitation*
2 large boxes Instant Potatoes
2 large boxes Regular Oatmeal
Basic First Aid Kit*
5 Bottles 100% Fruit Juice
Plastic Sheeting & Duct Tape for shelter (or tent)*
Vegetable Seeds
Water, 1 gallon per person per day for AT LEAST 3 days*
2 large boxes Saltine, Ritz or Graham Crackers
At least a 3 day supply of non-perishable food & can opener*
Large can/bag Nuts or Trail Mix
Local maps (road & topographic)*
5 boxes Dried Cereal
Wrench or pliers to shut off utilities*
5 cans Cream of Chicken Soup
2 lbs. Margarine or Butter (date & freeze)

*Possible 72 hour kit items



PROJECT NOAH-SEPTEMBER WEEK #36

Purchase Items

1. 3 lbs. Brown Sugar
2. 1 large bag Chocolate Chips (or more!) Do you ever want to be without Chocolate, especially when stressed? Morale boosters such as little toys, games, candy or gum are important to include in storage & 72 hr. kits for all ages.

Activity (FHE or Saturday)

Many Sporting Goods stores are having great sales and closeouts on summer camping items. If you are in need of tents, sleeping bags, camp stoves, dutch ovens, water filters or other emergency preparedness items-you might want to look online or in stores to see if you can find them at a good price.

Rotation Reminder

Remember that rotation is the key to a successful storage program. Proper rotation will overcome the enemies of food quality and nutrition. Rotation becomes almost automatic if the food storage program consists of your favorite food selections.

2nd FOUR-MONTH ACTIVITY SUMMARY (MAY-AUG)

1. Think about signing up for CPR or First-Aid training.
2. Assemble 72 hour food kits (see Week 19 newsletter for sample menu).
3. Make a family emergency communication plan to make contact & reunite. Set up neighborhood, city & regional meeting/message places if cell or home phones are down. Designate an out-of-state contact person.
4. Calculate how much water is needed for each person to have 1 gallon of water per day for 2 weeks and buy accordingly.
5. Start or refresh a 72 hour kit. If starting, buy a backpack, duffel bag or wheelie suitcase for a portable kit.
6. Make an emergency phone database by copying Ward/Stake directories for cars, work, or daytimers. Program in numbers of family, local leaders, and Home/Visiting Teaching contacts. Also add non-emergency numbers of local agencies to your cell phone.
7. Spread the word about preparedness to Home/ Visiting Teaching contacts, neighbors, co-workers, etc.
8. Evaluate the first 6 months of your preparedness efforts. Write down what you still need to achieve and how to achieve it. Read your copy of "The Essentials of Home Storage & Production" for ideas and info.
9. Plan several evacuation routes from your home. Keep local maps in your car with routes marked. Keep your car in good condition and with a full tank of gas. Store extra water and oil, jumper cables and snow chains.
10. Try out a new recipe featuring an item in your storage that you don't usually use.
11. Visit lds.org and go to the Family Home Storage section. Prepare or update an inventory of your new food storage items. Rotate and replace your supply.
12. Read the August 2007 Ensign article & pull-out on preparedness. Look at the "Random Sampler" topics. Look back on old copies of Project Noah and catch-up.
13. Buy some late harvest fruits and preserve by dehydrating, freezing, canning or making jam.
14. Find out your children's or grandchildren's school emergency plan.



PROJECT NOAH-SEPTEMBER WEEK #37

Purchase Items

1. 1 box of Cornmeal
2. 6 cans Evaporated Milk

Activity (FHE or Saturday)

Try to have your family prepared to handle severe heat if there is no power available for air conditioning (see back). Make sure you have sunscreen that is recent and of high SPF. Sunscreen becomes less effective if it is several years old. Newer bottles sometimes have expiration dates. Try filling old soda or water bottles with water and put them in your freezer.

Food Storage and Dieting

Don't be afraid to use your stored wheat if members of your family are dieting. The starch in bread provides bulk which absorbs water on contact, filling the stomach cavity. This can satisfy hunger long after the meal is over. It's often the calorie rich items spread on bread that can ruin a diet, such as butter, jam and jelly. Use these high-calorie foods sparingly and you'll be able to keep your diet under control and enjoy bread too.

TIPS

Weather.com has some great information to help our families prepare for severe weather. Just go to the Home & Family section of the website, then go to WEATHER READY. They have an emergency plan from FEMA with a suggested supply kit and information about our area's risks. Here is some information regarding Severe Heat:

Extreme heat is more than an issue of discomfort. It forces the body into overdrive as it tries to stay cool through perspiration and evaporation. Because heat-related deaths are preventable, people need to be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness or death. The elderly, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather.

The most common human response to extreme heat is dehydration. Exposed to direct sunlight and temperatures in excess of 90 degrees Fahrenheit, a human can lose as much as half a gallon of water every 10 minutes, and this dehydration can seriously interfere with one internal thermostat.

Severe Sunburn – So much more than a dermatologic issue, sunburn reduces the skin's ability to release excess heat, making the body more susceptible to heat-related illness.

Heat Cramps – Muscle pains (usually in abdomen or legs) and spasms caused by heavy exertion, which triggers heavy perspiration.

Heat Exhaustion – A mild form of shock marked by heavy sweating, weakness, cold, clammy skin, a weak pulse, fainting and vomiting. This usually occurs when people have been exercising or working heavily. Blood flow to the skin increases in to cool the body causing blood flow to vital organs to decrease.

Heat Stroke – A truly life-threatening condition in which the body's internal thermostat has ceased to work. The ability to sweat stops, and the body's temperature can rise so high that brain damage and death may occur in 10-15 minutes unless medical help is immediate. (CDC)



PROJECT NOAH-SEPTEMBER WEEK #38

Purchase Items

1. 6 cans Refried Beans
2. 1 pointed Shovel (a folding one is more portable)
3. 6 cans Mild Green Chiles
4. Add 20 \$1 bills to fireproof safe

Activity (FHE or Saturday)

Take an inventory of your tools and compare it to the suggested list on the back. Sometimes tools “disappear” and what you used to have isn’t what you currently have. Decide what your family might need to purchase to be prepared. Consider writing your name or initials on your tools with permanent marker, nail polish or spray paint to help keep them from “disappearing.”

Notable Quotes

President Gordon B. Hinckley said, “The best place to have some food set aside is within our homes, together with a little money in savings. The best welfare program is our own welfare program.”

President Spencer W. Kimball said, “We encourage you to grow all the food that you feasibly can on your own property. Berry bushes, grapevines, fruit trees-plant them if your climate is right for growth. Grow vegetables and eat them from your own yard.”

NOTE

Every week for the next few months, the 2nd weekly purchase item will be from this list of Tools & Supplies that can help prepare your family for emergencies. Most of these things also could be useful for everyday projects too. Some of these items might be expensive and need to be saved up for and purchased later. Maybe they can be put on a Birthday/Christmas wish list, or you could drop hints to relatives who don’t know what you might need or want. Also, check DI, yard sales, E-Bay or Craig’s list for used or discounted items. Here is the suggested tool list:

Pointed shovel
Crowbar
Compass
Pliers
Hammer
Screwdriver
Assorted nails & wood screws
Tape, duct & plumbers or strap iron
Patch kit & can of seal-in-air for tires
Wrench
Signal flare
Plastic storage containers
Heavy cotton or hemp rope
Non-electric can opener
Utility knife
Mess kits
Matches in a waterproof container
Plastic sheeting or tarps
Needles & thread



PROJECT NOAH-SEPTEMBER WEEK #39

Purchase Items

1. 6 cans ready-to-eat Soup
2. 1 crowbar

Activity (FHE or Saturday)

Read or review the September, 2007 Ensign articles on pgs. 36 and 40 on financial management and the special insert stapled in the middle. You can find back articles of the Ensign online at lds.org or in the church library. The insert is an expanded version of the “All is Safely Gathered In” pamphlet on Family Finances with extra quotes from the First Presidency. This follows the August, 2007 Ensign articles and insert about Family Home Storage.

Newspapers for Fuel Tip

You can make a substitute for firewood from newspapers. Use 6 sections (5 double sheets in each section) for each log. With double sheets folded to paper size, fold each separate section in half once, then once again. Stack the sections, alternating cut sides with folded ones, with the bottom section extending out about 4 inches. Roll very tightly, securing in the center of the roll with a piece of wire. Four (4) logs last approximately 1 hour.

SEPTEMBER SUMMARY

Purchase Items:

- 1 large box/bag of Pancake Mix
- 1 large bottle of Maple or Berry Syrup
- 3 lbs. Brown Sugar
- 1 large bag Chocolate Chips
- 1 box of Cornmeal
- 6 cans Evaporated Milk
- 6 cans Refried Beans & Mild Green Chilies
- 1 pointed Shovel
- 6 cans ready-to-eat Soup
- 1 Crowbar

Activities:

Check with your children’s school to see if they have a disaster plan. Discuss the plan as a family and copy, laminate & distribute as needed. Look for end-of-summer bargains in camping and outdoor products that you might need to be prepared. Make sure your family is prepared for a severe heat weather emergency by having plenty of water, sunscreen, hats and ice stored. Decide what tools might be necessary in an emergency. Take an inventory of your tools and see if any are missing and need to be replaced. Mark your tools distinctively to avoid losing them. Read or review the September, 2007 Ensign articles on pgs. 36 and 40 on financial management and the special insert stapled in the middle.



PROJECT NOAH-OCTOBER WEEKS # 40-41

Purchase Items

1. 4 cans Green Beans or Peas
2. 1 large bottle Dish Soap
3. Pliers, Screwdriver & Wrench

Activity (FHE or Saturday)

Start a new tradition of rotating the food in your 72 hour kits on General Conference Weekend. If you have had the food in them for quite a while, you can replace it this weekend and just be a week late. Then make a mental note to replace it next October. You can snack on it while you watch and replace it with fresh food. Write it down if you already have a calendar for next year.

Website/Holiday Tips

As you begin thinking about Christmas and the holidays, keep emergency preparedness in mind. Do family members have emergency kits at the office and cars? Do your children at school have a kit in their lockers? Have you not had time to attend the cannery and would like to just purchase the food storage items your year supply is lacking? Take a look at the following websites and consider emergency items as gifts or stocking stuffers.

<http://www.dailybreadus.com>

<http://beprepared.com>

<http://www.quakekare.co>

RECIPES

SWEETENED CONDENSED MILK

(This is one way to rotate dried milk and is a lot cheaper than buying it at the store)

In a small bowl combine 1 cup plus 2 Tablespoons nonfat dry milk and 1/2 cup warm water. Add 3/4 cup sugar, and stir until dissolved. If necessary, set bowl in hot water to hasten dissolving. Although not as thick as regular sweetened condensed milk, this works well as a substitute.

TORTILLAS

1 cup corn meal	1 cup white flour
(Ground corn may be substituted for above two ingredients.)	
1/2 cup water	1/2 tsp salt

Mix ingredients together and knead well. Add small amount of water, if necessary. Let stand for 1 minute. Knead and pat or slap into the shape of a thin pancake. Add more water or flour as needed. Cook on top of the stove in ungreased heavy iron or Teflon-coated skillet, turning so as to cook through but not to burn.



PROJECT NOAH-OCTOBER WEEK # 42

Purchase Items

1. 3 large cans of Peaches
2. Plastic Sheeting or Tarps

Activity (FHE or Saturday)

Try developing an inventory system to maintain a record of items removed from and added to your storage. Post a sheet of paper and tack a pencil hanging from a string on a wall or door nearby. Record each time an item is used or bought. When the sheet is filled, it can be used as a shopping list. Or, use a card file with each type of food listed on a separate card. Also, you can use the “Perpetual Inventory” lists on pgs. 20-27 of the “Essentials of Home Production and Storage” manual.

Wheat Precaution

Natural whole wheat flour has practically no food value after being stored for 30 days at room temperature. Keep flour in the refrigerator or in some other cool, dry place. Grind enough wheat for use in one week’s time. When buying whole wheat flour from the store, buy it only if it has been refrigerated, and be sure to keep it in the fridge until used.

QUOTE

“Today is the Time”

When President James E. Faust informed my wife and me that we would be transferred to Lima, Peru, we had no clue that on August 15, 2007, only a few days after our arrival, we would witness a devastating earthquake. More than 52,000 houses were destroyed by its sheer strength. Worse yet, it left more than 500 dead. Nine of them were members of the Church.

The possibility of an earthquake was always there. When or how it would hit no one knew. When it came, it was devastating. But under the direction of the priesthood, the moment’s challenge was faced. In many cases, when members were unable, the Lord made up the difference. Some members tell of seeing men in white helping to save their lives. Others heard guiding voices. Years of church service were a preparatory school to becoming organized and helping one another.

The same happens in our lives. We don’t know when or how earthquakes will hit us. They likely won’t be literal shakings of the earth, as happened in Peru, but rather quakes of temptations, sin or trials, such as unemployment or serious sickness. Today is the time to prepare for when that type of quake comes. Today is the time to prepare-not during the crisis.

Elder Walter F. Gonzalez
Of the Presidency of the Seventy



PROJECT NOAH-OCTOBER WEEK # 43

Purchase Items

1. 10 lbs. of flour
2. Hammer

Activity (FHE or Saturday)

Add something small and lightweight to your 72 hour or car emergency kits that can feed your spirit in a time of emergency. You can order a pocket-sized Book of Mormon from the Church Distribution Center. It has a soft cover and is \$4.00 (It would fit conveniently in a purse, backpack or briefcase too.) Download Conference Talks, rip out old Church Magazine articles, or copy favorite hymns. You may want to include consecrated oil too.

Meeting Location Tip

Pick a place to meet after a disaster. Designate two meeting places. Choose one right outside your home, in case of a sudden household emergency, such as a fire. The second place you choose needs to be outside your neighborhood, in the event that it is not safe to stay near or return to your home.

EMERGENCIES

I. Types of emergencies

- A. Natural
 1. Flood
 2. Tornado
 3. Winter storm
 4. Earthquake
 5. Wind storm
 6. Severe heat
- B. Man-Made
 1. Fire
 2. Civil disturbance
 3. Nuclear emergency
 4. Disease/epidemic
 5. Strikes/shortages/outages

II, Emergency Phases

- A. Preparedness-This is the time of preparation prior to any emergency. This is the time to store food and water along with other essential items. Evacuation kits and plans should be made.
- B. Warning-When a potential for an emergency exists this is the warning phase. We can be warned by media, city warning systems or by the Spirit. Some emergencies do not have a warning phase.
- C. Immediate Action-This is when the emergency happens; you need to be in the safest possible location and wait it out.
- D. Follow Up-This can be a critical time. Some steps must be quickly taken to prevent further damage to home and family, depending on the emergency.
- E. Evacuation- Any emergency can create a condition where the home is not the safest place to be. Then a decision must be made where to go and what to take.



PROJECT NOAH-NOVEMBER WEEKS # 44-45

Purchase Items

1. 6 cans Beef or Chicken Chunks
2. 1 large box Stuffing Mix
3. Mess kits-1 per family member
4. Compass & Signal Flare

Activity (FHE or Saturday)

Have your family conduct an expiration date scavenger hunt and see who can find the oldest item. Check your refrigerator, pantry and medicine cabinet. (See back for more info on product shelf life) Throw away items past their prime and put replacements on your shopping list. Old medicine can be ineffective, old baking ingredients might ruin a recipe and old food might taste rancid or even cause illness.

Smoke Detector Tip

According to the American Red Cross, house fires account for 40% of disasters in the US and cooking is the most common cause. Red Cross recommends having at least one smoke detector per level in your home and to make sure you check them every 6 months. 30% of detectors in the US don't work! If you have trouble remembering to check them, then do it each fall/spring when the time changes.

SHELF LIFE

CANS—Canned foods are actually one of the safest and longest lasting food items you can store. The heat-sealing process kills off all harmful bacteria while preserving the food's nutritional value. Cans will have optimal flavor for 2-3 years but are still edible past that point. The only time that canned foods should be avoided is if the can has been compromised and is leaking or bulging.

GRAINS--No matter how carefully packaged, grains will eventually start to develop weevils. Give yourself 6 months after the recommended date of cereals. Pastas will start to develop a funny taste, but don't pose a health threat or attract bugs. Packaged mixes with baking soda, baking powder or yeast lose their stamina and might end up flat.

CONDIMENTS--The "best if used by" guideline is for quality-not safety. Ketchup, BBQ sauce and mustard are good for years. Salad dressings will be different because oil does go rancid and are best used within 3 months after opening and refrigerating. (Oil should be used 4-6 months after opening-it will have a distinctive odor when bad) Mayonnaise can pose a health risk. Only store it unopened for 2 months past the expiration date, and then use 4-8 weeks after opening. If opened before the expiration date, try to finish it in 3-4 months.

DRIED—This form of food storage is good when you have your own produce to store-the key is removing moisture. Dried fruits & veggies rarely become dangerous, but will start to deteriorate in 6-12 months. Every year the vitamin content will lessen-just throw away if moldy. Church cannery dehydrated products have a more predictable and longer shelf-life than home-dried.

FROZEN—An alternative to wet or dry packing is to freeze goods at a temperature of 0 degrees F. It literally stops the aging process. Even dry items like flour, cornmeal, spices and yeast can be stored in the freezer and gain months on their shelf life. You can also freeze butter up to a year and cheese 6 to 8 months. You can even freeze eggs. Just break them, put in a sealed container with a small amount of salt and store up to 1 year. *Source: LDS Living Magazine - Jan/Feb 2006*

Emergency Wallet Cards



PROJECT NOAH-NOVEMBER WEEKS # 46-47

Purchase Items

1. 4 large cans or bottles Applesauce
2. 2 large boxes Granola Bars
3. Duct & Plumber's Tape or Strap Iron
4. Needles & Thread

Activity (FHE or Saturday)

Prepare an emergency card (see back) on cardstock for each family member to carry with them in their purse, wallet, briefcase or backpack. Make extra copies for your vehicles also. Reduce in size if needed and laminate for extra durability.

House Fire Tip

Steps to safety for house fires:

- 1) Close Doors: Most deaths are from smoke inhalation, not burns.
- 2) Stay Low & Crawl
- 3) Check door knobs with the back of your hand, not your palm. Extreme heat in your palm will create a nerve reaction that will actually make your hand close over the door knob, resulting in burns.

Make multiple copies of this card to keep in emergency supply kits, emergency carry-with-you kits, car, work, wallet and purse (behind drivers license or primary identification card) wheelchair pack, etc.

Put these items on the front:

1. Name
2. Street Address
3. City, State, Zip
4. Phone (Home, Work)
5. Fax No
6. Birth date
7. Blood Type
8. Social Security No.
9. Health Insurance Carrier and Individual and Group #
10. Physicians

Put these items on the back:

11. Emergency Contacts
12. Conditions, Disability
13. Medications
14. Assistance Needed
15. Allergies
16. Immunization Dates
17. Communication/Equipment/Other Needs



PROJECT NOAH-DECEMBER WEEK # 48

Purchase Items

1. 4 large cans of whole or diced Tomatoes
2. Assorted Nails & Wood Screws

Activity (FHE or Saturday)

If you need contacts or glasses, purchase an extra pair of prescription glasses or keep an old pair to put in your 72 hour kit so you are not without them.

Fire Extinguisher Tip

If a fire breaks out and you need to use an extinguisher, all you need to remember is **PASS**.

Pull

Aim (at the base of the fire)

Squeeze

Sweep (at the base of the fire)

If the fire is still growing after 30-60 seconds, get out immediately and call 911.

RECIPE

If you are out of Cool-Whip or whipped cream for holiday desserts or ice-cream sundaes, try breaking out your powdered milk from food storage!

WHIPPED TOPPING

½ cup ice-cold water

½ cup instant milk powder

2 T lemon juice

1/3 cup sugar

Place a medium bowl and beaters in the freezer 15 minutes. In the cold bowl, combine water and milk powder. Beat with cold beaters until stiff peaks form. Gradually add lemon juice. Fold in sugar. Use immediately. Makes about 1 & ½ cups.



PROJECT NOAH-DECEMBER WEEK # 49

Purchase Items

1. 1 gallon of Water per person
2. Patch kit & can of Seal-in-air for tires

Activity (FHE or Saturday)

Take advantage of the Family Home Storage unit of your local bishop's storehouse.

Earthquake Website Tips:

The US Geological Service publishes weekly maps showing all earthquakes in the world and/or North America. If you are interested, log onto <http://usgs.gov>. For instance, in the last week alone, there have been 872 earthquakes in North America. On a more local note, you can log onto <http://abag.ca.gov> and check out any earthquake activity in your neighborhood. This is the Association of Bay Area Governments and provides local earthquake information to residents.

When an Earthquake Strikes.....

As we all know, being in an earthquake can be frightening.

However, the more prepared we are, the less scared and more confident we will be in our ability to take care of ourselves and our families before and after the quake.

The first thing to do is to **“Drop, Cover & Hold”**.

If you are Inside

*If there is nothing to get under, get to an inside wall and drop, cover & hold next to it. Inside walls are often more stable.

*Stay away from windows. Windows often implode during earthquakes and related injuries are very common.

What about the Triangle of Life?

In recent years, a theory has come out that it is better to drop, cover & hold next to a piece of furniture than to get under it. That way, if a large piece of debris falls on you, it will create a triangle around you instead of collapsing the furniture you are under. **THIS THEORY IS FAULTY.** Due to stringent regulations in US building codes, pancake collapses rarely happen in the United States. Most earthquake injuries are caused from falling objects, not pancake collapses. The US Government & American Red Cross do not recommend this approach unless you are overseas in less developed countries.

What about Standing in Doorways?

For many years, experts have suggested that individuals should stand in doorways during earthquakes. This suggestion now, however, comes with a warning. In 1955, US Building Codes changed and did not require the additional construction previously required that made doorways so strong. If your home is older than 1955, doorways are still safe places to stand if you have nothing available to get under. However, if your home was built after 1955, the doorways are no stronger than any other place in your home and standing next to an interior wall or getting under something is recommended.



PROJECT NOAH-DECEMBER WEEK # 50

Purchase Items

1. 2 lbs of Shelled Walnuts, Almonds or Pecans (freeze for longer shelf life)
2. Matches in a waterproof container
3. Add 20 \$1 bills to the glove box of your car.

Activity (FHE or Saturday)

Try to have a reserve of emergency cash in your home in different denominations, but with plenty of small bills. When disasters strike or when the power is out, ATMs, debit & credit cards don't work and most goods and services are on a cash-only basis. Also, keep money in your car for tolls and enough for a tank of gas.

Tips on Preparing Your Home for an Earthquake

*Install latches on your cabinets.

*Check to see if your home has been secured to your foundation. You may find this in your home inspection report. If not, you will see big metal latches if you get into the crawl space under your home. If latches are not visible, you may want to contact a structural engineer to assess your risk. Apartments and condos do not have this issue. In some past earthquakes, major damage resulted when older homes slid off their foundations.

*If you park in a carport do not keep your emergency supplies in your car. Carports often collapse during earthquakes. Instead, keep your supplies on the porch/backyard/patio. If you can keep them out of direct sunlight, the shelf life will be much longer.

CHRISTMAS GIFT IDEA

If you are looking for an easy gift idea that also helps to rotate your food storage-how about a Cookies in a Jar mix? Use leftover Mason jars or buy new ones at Wal-Mart. Many friends and relatives probably have A LOT of canning jars and lids they might be happy to give you. Tie with ribbon or cut a circle of holiday fabric under the ring (try inexpensive remnants) for decoration. Copy the instructions below and attach to jar.

Cookies in a Jar Project

Jar Ingredients:

1 cup flour
1 tsp baking soda
1/2 tsp salt
3/4 cup packed brown sugar
1 tsp ground cinnamon
1/2 cup white sugar
2 cups oats
* raisins

Filling the Jar: Layer the ingredients in a quart size canning jar in the order listed. You can use a small funnel and it will work pretty well for most of the ingredients. Use enough raisins to fill the jar to the top. If you do not want to use raisins, you can use baking chips; our favorite is butterscotch. Pack down all ingredients, especially the brown sugar.

INSTRUCTIONS:

Oatmeal Plus Cookies

3/4 cup butter or margarine, softened □ **1 egg, slightly beaten** □ **1 teaspoon vanilla**

Preheat oven to 350 degrees. Empty jar of cookie mix into large mixing bowl; thoroughly blend. Add the butter or margarine, the egg, and the vanilla. Mix until completely blended. Shape into 1 inch balls. Place on a cookie sheet 2 inches apart. Bake for 11 to 13 minutes until edges are lightly browned. Cool 5 minutes on baking sheet.



PROJECT NOAH WEEK #51-TOTAL PURCHASE SUMMARY

If you bought the purchase items every week for the past 50 weeks, here is what you would have:

1 fine point Sharpie
5 gallons of Water per person(plus 3 more in 72 hour kit)
Peanut butter
8 cans of Tuna or Meat
6 lbs. of Shortening
8 cans of Tomato Soup/Sauce
2 gallons of Bleach
Batteries for flashlights, radios & smoke alarms
20 lbs. of sugar or 5 lbs. of honey
Large box of Band-aids
6 lbs. of salt
Fruit tree or berry canes
Fire-proof box
6 lbs. of yeast
5 cans Cream of Mushroom Soup
1 bottle of Multi-Vitamins
7 boxes Macaroni & Cheese/Macaroni
10 lbs. Powdered Milk
Large package of Toilet Paper
8 cans of a Vegetable
A hand-operated Can Opener
8 cans of Pineapple or Mandarins
Large box/bag of Rice
Jam or Jelly
Feminine Hygiene Products
2 lbs. of Beef Jerky
2 bars of Soap per person
6 cans of Chili or Beans
Large plastic bottle of cooking oil
Diapers/Formula/Contact solutions/RXs
Large box/bag of Dried Fruit
Large box of Matches
Charcoal/Sterno/Wood/Propane
Spices & Herbs
Bouillon Cubes
4 lbs. Spaghetti
4 bottles/cans Spaghetti Sauce
3 boxes Baking Soda
20 lbs. of Flour (total)
1 can of Baking Powder
6 lbs. dried Beans, Lentils or Split Peas
1 large bottle of Tylenol or Motrin
8 cans of a favorite Vegetable

Shampoo, Toothbrushes & Toothpaste
3 large cans Fruit Cocktail
Backpack, Duffel Bag or Wheelie Suitcase*
1 large container powdered Tang or Lemonade
Battery-powered or hand-crank Radio & extra Batteries*
8 cans Beef Stew, Raviolis or other meal in a can
Light-weight Flashlight & extra Batteries*
Pick an item YOU would like to store
1 Whistle and Dust Masks for everyone*
White Wheat from Cannery
Moist towelettes, garbage bags & ties for sanitation*
2 large boxes Instant Potatoes
2 large boxes Regular Oatmeal
Basic First Aid Kit*
5 Bottles 100% Fruit Juice
Plastic Sheeting & Duct Tape for shelter (or tent)*
Vegetable Seeds
Water, 1 gallon per person per day for AT LEAST 3 days*
2 large boxes Saltine, Ritz or Graham Crackers
At least a 3 day supply of non-perishable food & can opener*
Large can/bag Nuts or Trail Mix
Local maps (road & topographic)*
5 boxes Dried Cereal
Wrench or pliers to shut off utilities*
5 cans Cream of Chicken Soup
2 lbs. Margarine or Butter (date & freeze)
1 large box/bag Pancake Mix
1 large bottle Maple/Berry Syrup
3 lbs. Brown Sugar
1 large bag Chocolate Chips
1box of Cornmeal
6 cans of Evaporated Milk
6 cans of Refried Beans & Green Chilies
6 cans ready-to-eat Soup
1 Crowbar
4 cans Green Beans or Peas
1 large bottle Dish Soap
Pliers, Screwdriver & Wrench
3 large cans Peaches
Hammer
6 cans Beef or Chicken chunks
1 large box Stuffing mix
1 Mess kit per family member
Compass & Flare signal
4 large cans or bottles Applesauce
2 large boxes Granola bars
Duct & Plumber's tape or Strap Iron
Needles & thread
4 large cans whole or diced Tomatoes
Assorted Nails & Wood screws
Patch kit & can of Seal-in-air for tires
2 lbs of shelled Walnuts, Almonds or Pecans
Matches in waterproof container
*72 hour kit items
Tool items



PROJECT NOAH WEEK #52-TOTAL ACTIVITY SUMMARY

If you did the activity every week for the past 50 weeks, here is what you would have achieved:

Write down or Excel spreadsheet inventory of all food storage.
Look in brown “Essentials of Food Production” booklet or at lds.org Provident Living Section for Interactive Food Calculator and determine needed food amounts.
Calculate what is needed for your family to have a year’s supply.
Look at costs of the food needed and make a plan with a budget to reach your goal.
Check batteries in flashlights, smoke detectors & radios. Replace as needed.
Show your family the emergency shut-offs for water, gas and electricity. Post directions and tools nearby.
Make copies of important papers and store in a fire-proof box.
Video or photograph contents of home or garage and store elsewhere.
Have a fire drill and organize an escape plan.
Place a pair of shoes and a flashlight by each bed.
Identify a garden spot and prepare soil or use grow boxes or pots.
Buy seeds or starter plants and try something!
Evaluate emergency sleeping needs. Consider tents and sleeping bags. Make them accessible to grab and go.
Check on garden. Thin, weed and support plants.
Evaluate finances and set a goal to be debt free. Make a monthly plan. Consider using tax refund to pay off debts or buy food storage.
Try cooking a meal with just food storage items-outside if possible.
Think about signing up your family for a First-aid or CPR class.
Assemble 72 hour food kits (see Week 19 newsletter for sample menu).
Make a family emergency communication plan to make contact & reunite. Set up neighborhood, city & regional meeting/message places if cell or home phones are down. Designate an out-of-state contact person.
Calculate how much water is needed for each person to have 1 gallon of water per day for 2 weeks and buy accordingly.
Start or refresh a 72 hour kit. If starting, buy a backpack, duffel bag or wheelie suitcase for a portable kit.
Make an emergency phone database by copying Ward/Stake directories for cars, work, or daytimers. Program in numbers of family, local leaders, and Home/Visiting Teaching contacts. Also add non-emergency numbers of local agencies to your cell phone.
Spread the word about preparedness to Home/ Visiting Teaching contacts, neighbors, co-workers, etc.
Evaluate the first 6 months of your preparedness efforts. Write down what you still need to achieve and how to achieve it. Read your copy of “The Essentials of Home Storage & Production” for ideas and info.
Plan several evacuation routes from your home. Keep local maps in your car with routes marked. Keep your car in good condition and with a full tank of gas. Store extra water and oil, jumper cables and snow chains.
Try out a new recipe featuring an item in your storage that you don’t usually use.

Visit lds.org and go to the Family Home Storage section. Prepare or update an inventory of your new food storage items. Rotate and replace your supply.

Read the August 2007 Ensign article & pull-out on preparedness. Look at the “Random Sampler” topics. Look back on old copies of Project Noah and catch-up.

Buy some late harvest fruits and preserve by dehydrating, freezing, canning or making jam.

Find out your children’s or grandchildren’s school emergency plan.

Look for end-of-summer bargains in camping & outdoor products for preparedness.

Prepare for extreme heat by having plenty of water, sunscreen, hats & ice.

Decide necessary tools for emergencies, inventory & mark your tools, then buy those needed.

Read articles in the September 2007 Ensign on pages 36 and 40.

Rotate the food in your 72 hour kits every General Conference Weekend-snack on old food.

Develop an inventory system to record items added to and removed from your storage. Try the 3x5 card file system or post a piece of paper & pencil to write items taken out, then transfer to your grocery list.

Add something small to your 72 hour or car kit to feed your spirit, such as a pocket-sized Book of Mormon, an old Ensign, etc. Include consecrated oil as well.

Conduct an expiration date scavenger hunt in the refrigerator, pantry & medicine cabinet. Toss old items and add to shopping list.

Prepare an emergency contact card for each family member to carry (see back of Weeks #46-47)

Purchase an extra pair of prescription glasses or keep an old pair for a 72 hour or car kit.

Visit your Bishop’s Storehouse’s Family Home Storage Center

Keep a reserve of cash in your home with plenty of small bills for situations where ATMs and credit cards can’t be used.

**This completes our year of Project Noah. We hope it has
been helpful to you and your family.**

**“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
Ensign, November 1980**