

Emergency Prep Newsletter - Draper Utah Suncrest Stake

May 2021

May: Food Storage Part 2

Here are **19 main survival pantry staples** and some meals you can make with them (see link below for recipes and additional storage information):

- 1. Canned Beans** - Beans are an easy and tasty source of protein, fiber, and carbohydrates. You can mix them with rice or another grain, add them to a soup or stew, or eat them as-is on crackers or chips.
- 2. Canned Tomatoes** - Canned tomatoes are high in antioxidants and work well in many sauces and soups. Stock both diced tomatoes and whole plum tomatoes.
- 3. Dried Pasta** - You can't have pasta sauce without pasta! Dried pasta is inexpensive, stores well, and comes in many shapes and sizes
- 4. Rice** - There are many good reasons rice is a pantry favorite. It's cheap, shelf-stable, and you can use rice in so many different ways. You can try different varieties of rice too.
- 5. Nut Butter** - Peanut butter or other nut or seed butters contain protein and healthy fats. You can use it to make a peanut butter and jelly sandwich or just spread it as is on crackers.
- 6. Canned Soup** - You can eat canned soup as it comes, or you can combine it with other pantry ingredients to make a more complete meal. You also might want to stock shelf-stable cartons of beef, chick, or vegetable broth for soups and stews.
- 7. Canned Tuna and Salmon** - Most people use canned tuna for tuna fish sandwiches or tuna salad, but you can build many other nutritious meals around canned tuna or salmon.
- 8. Oats** - Oats are perfect for breakfast, but they also can serve as the main ingredient of cookies, bread, pancakes, and protein/energy bars. Learn about the differences between instant, steel-cut, and rolled oats.
- 9. Canned and Dried Meats** - You can find canned ham, bacon, sausage, beef, and chicken in your supermarket and online. You might want to check out canned roast beef to use in tacos or burritos or soups and stews. Dried meats are also an excellent addition to your survival pantry.
- 10. Canned and Dried Vegetables** - Stock up on cans of the veggies your family enjoys. Corn, peas, carrots, and potatoes can be added to soups, stews, and salads for taste and nutrition.
- 11. Canned and Dried Fruits** - Everyone loves the taste of fresh fruit, but canned and dried fruit are the next best thing.
- 12. Crackers** - We've suggested crackers as the base for a few of your staples already.
- 13. Shelf-Stable Milk** - You can choose from dairy-based and plant-based shelf-stable kinds of milk.
- 14. Nuts** - Nuts are high in protein, healthy fats, fiber, and B vitamins, and they offer quick and portable energy. Our top picks for the survival pantry are almonds, walnuts, and pistachios.
- 15. Honey** - Honey or another natural sweetener is an important pantry staple. Use it to flavor and add a bit of nutrition to your beverages and your baked goods. Honey can crystalize in long-term storage, but it is still safe to use.
- 16. Olive Oil** - You can use olive oil for so many purposes around the home. Store olive oil in a cool, dark location and keep the bottle tightly capped.
- 17. Flour** - Flour is in many of the foods we make, and if you handle it right, it stores well.
- 18. Potato Flakes**
- 19. Cornmeal, Baking Soda, Baking Powder, Condiments, and Spices**

www.urbansurvivalsite.com/long-lasting-foods-that-can-make-hundreds-of-meals/



Stake Emergency Prep Calendar

Monthly Focus

May 2021 – Food Storage II

June 2021 – Fire Prep

July 2021 – After the Disaster

August 2021 – Water Storage

September 2021 – Get Trained

October 2021 – Emergency Prep Fair

Nov 2021 – Food Storage I

Dec 2021 – Family Emergency Plan

Jan 2022 – 72 Hour Emergency Kit

Feb 2022 – Communications

March 2022 – Sanitation

April 2022 – Earthquake Prep

Stake Emergency Preparedness Committee

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Helpful Websites - Emergency Prep

www.ready.gov

www.redcross.org (American Red Cross)

www.fema.gov (Federal Emergency Management Agency)

www.dem.utah.gov (Utah Division of Emergency Management)

www.emergency.cdc.gov (Center of Disease Control and Prevention)