

Emergency Prep Newsletter - Draper Utah Suncrest Stake

October 2021

October: Food Storage Part 1

If you're in the "beginner" stage of food storage, it can all be overwhelming.

- Where do I start?
- What kinds of foods are best?
- How do plan to cook the food if the power is out?
- How much do I need?

Here are some **Simple Steps** to get you started as a family

Method 1: Step-by-Step Plan to Fill Your Pantry:

Follow this Step-by-Step Plan to fill your pantry using only your grocery budget. It's easy to follow and doesn't require a large output of dollars.

Method 2: Fool-Proof Method to get started:

This method will help you acquire at least a 3-month supply of easy-to-prepare food. The food you choose to stock up on should be what you're used to eating on a regular basis and what your family likes.

1. Decide on several recipes that are easy for you to fix and that you and your family are willing to eat.
2. Choose 2 breakfast meals, 2 lunch meals, and 2 dinner meals. Keep them simple.
3. Then, stock up on all the ingredients it takes to make each of them seven times.

Now write down what ingredients you need for each meal. For example:

- **Breakfast 1: Oatmeal** - oats, milk (dry or evaporated), sugar, cinnamon, salt.
- **Breakfast 2: Pancakes** - pancake mix, or flour, baking powder, jam or syrup.
- **Lunch 1: Soup and canned fruit** - soup (canned or dry mix), canned fruit.
- **Lunch 2: Chicken Salad and crackers** – canned chicken, pickles, mayonnaise, crackers.
- **Dinner 1: Spaghetti** - pasta, spaghetti sauce (or ingredients to make sauce, or just canned spaghetti), hamburger (if you have a freezer), canned corn as side dish.
- **Dinner 2: Pizza** - packaged pizza mix (or flour, baking powder, etc.), can of pizza sauce, pepperoni, can of mushrooms, pineapple, or whatever you like on pizza.

Once you have all the ingredients, you will have a food storage plan for two weeks!

For further details and information you can go to:

<https://www.family-survival-planning.com/food-storage-for-beginners.html>



Stake Emergency Prep Calendar

Monthly Focus

Nov 2021 – **Food Storage II**

Dec 2021 – **Family Emergency Plan**

Jan 2022 – **72 Hour Emergency Kit**

Feb 2022 – **Communications**

March 2022 – **Sanitation**

April 2022 – **Earthquake Prep**

May 2022 – **Wildfire Prep**

June 2022 – **DURING the Disaster**

July 2022 – **AFTER the Disaster**

August 2022 – **Water Storage**

September 2022 – **Get Trained**

Stake Presidency Message:

We feel strongly that everyone in our Suncrest community needs to be prepared for emergencies. Currently, conserving water during this drought and preparing your family and home against wildfires should be a priority.

Stake Emergency Preparedness Committee

Eliof Cheung: eliof@cheungmail.org

Eric Hansen: ehansen9@gmail.com

Ben Buck: buck.ben728@gmail.com

**Helpful Websites -
Emergency Prep**

[Be Ready Utah](#)

[FEMA.gov](#)

[DPS – Emergency Management | Emergency Management \(utah.gov\)](#)

[Emergency Preparedness and Response | CDC](#)

[SunCrest Emergency Communications | Facebook](#)