

Emergency Prep Newsletter - Draper Utah Suncrest Stake

August 2022

August: Water Storage

Do you have Water Stored for Emergencies?

Water is vital to our survival, so it's important to store a MINIMUM of 1 gallon of water per person per day in preparation for an emergency. That's a ½ gallon for drinking and a ½ gallon for food preparation and sanitation. You will need more at high altitudes or in dry climates. People who are older or sick, children, nursing mothers, and those who are physically exerting themselves will also need more.



Store a MINIMUM 2 week supply (14 gallons or each person) for you and your family in clean, airtight containers. Look for the "HDPE" and "2" label on containers for safe, long term storage. Place containers on wood to protect and insulate from cement floor.

You don't need to do anything to municipal "tap" water before filling your containers. It is already treated and ready for your storage. Be sure to fill your containers full. This keeps their gaskets moist and maintains an airtight seal.

After filling, put your water storage in an area or areas of your house that are cool (50–70°F), dark, and dry. Check your containers yearly and replace the water as necessary. If there are no leaks or contamination, water can be stored for 5 years or longer without rotation.

DO NOT store water in glass or metal because of breaking and rust.
DO NOT store water in milk jugs. They break down and become brittle.
DO NOT store water in containers which held hazardous chemicals such as Gasoline or pesticides.

Additional tools you may need:

1. **Bung Wrench** - Water barrel openings have a type of cross on the cap. Because of this, in order to get water into or out of the water barrel you will need a bung wrench to open the cap.
2. **Water Barrel Syphon** - A hygienic way to remove water from your water barrel to cook, drink, or using it to clean.
3. **Water Barrel Dolly** – Water is HEAVY. It weighs approximately 8 pounds per gallon. In the case you need to move your water barrels, you may need a dolly.
4. **Water Filter** - It's a portable way to filter water. You can filter water from streams, lakes, ponds, or other water sources. This gives you the ability to have clean water wherever you go.



Stake Emergency Prep Calendar

Monthly Focus

Aug 23rd @ 6:30pm – **Emergency Prep Workshop "Water and Food Storage"**

Sept 2022 – **Get Trained**

Oct 2022 – **Communications**

Nov 2022 – **Food Storage Part 2**

Dec 2022 – **Family Emergency Plan**

Jan 2023 – **72 Hour Emergency Kit**

Feb 2023 – **DURING the Disaster**

Mar 2023 – **Earthquake Prep**

April 2023 – **Wildfire Prep**

May 2023 – **Get Trained**

June 2023 – **Food Storage Part 1**

July 2023 - **AFTER the Disaster**

Stake Presidency Message

Just as Wards and Stakes have their own emergency preparation plans, we also encourage members of our Stake to create and implement a family emergency plan. Blessings and peace-of-mind await you as you do.

Stake Emergency Preparedness Committee

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**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](#)



LINDON HOME STORAGE CENTER

1 August 2022 Edition—940 West Center, Lindon, Utah 801-785-0997

Church sites: churchofjesuschrist.org (search for food storage); Gospel Library/Topics/Gospel Topics/Food Storage; Providentliving.churchofjesuschrist.org; store.churchofjesuschrist.org

Lindon Home Storage Hours

Monday and Wednesday 10-2 pm
Tuesday and Thursday 10-6 pm
Saturday 9-1 pm

“We encourage members worldwide to prepare for adversity in life by having a basic supply of food and water and some money in savings. We ask that you be wise, and do not go to extremes. With careful planning, you can, over time, establish a home storage supply and a financial reserve.” (See [All Is Safely Gathered In.](#))

- ◆ You can come anytime during regular business hours to purchase food storage items.
- ◆ We have most products in stock. Please continue to call to see if we have the products you are wanting to purchase.
- ◆ The Lindon Home Storage Center will be closed the following date:
Monday, September 5
- ◆ Do you have questions about your food storage? We are here to help you!
- ◆ Try a new recipe this month using your food storage.

Instant Mashed Potato Flakes

Many miss the convenience of the Potato Pearls that were available at Home Storage Centers. You could boil water and add the potato pearls and within minutes you had mashed potatoes! Children also loved to eat the dry pearls as a snack. However, with just a few added ingredients and by following the directions on the #10 can you can create yummy mashed potatoes just as tasty.

Preparation instructions: Combine 3 cups boiling water, 1 teaspoon salt, 1/4 cup butter or margarine, and 1 cup milk in two-quart saucepan. Add 3 cups potato flakes. Stir by hand until potatoes are dissolved. Do not overmix or whip. Makes 9 servings.

The Home Storage Centers sell Instant Mashed Potato Flakes in #10 cans. They have a 30 year shelf life when stored in a cool dry place.

We are often asked why the Church discontinued the potato pearls. In our investigation we have found that the potato pearls didn't have a long shelf life. Because the potato pearls contained butter, the fat would cause the product to have a shorter shelf life. Anytime you add fat the product will not work for long-term storage because the fat will cause the product to go rancid when stored for long periods of time. (Hence, this is also a reason why the refried beans are no longer available. They too contain a small amount of fat.)

In addition to making mashed potatoes, try some of the delicious recipes on the next page. You can also create a crispy coating for fish or chicken using instant mashed potatoes. Dip a piece of chicken or fish into an egg wash or milk, then press it firmly into a dish full of instant potato flakes. Sauté in oil for a deliciously crispy experience!

Use instant potatoes as thickening in stews, soups and sauces instead of flour or cornstarch.

“I believe if we are provident and wise in the management of our personal and family affairs and are faithful, God will sustain us through our trials.”

(Elder James E. Faust, April 1986, *The Responsibility of Welfare Rests with Me and My Family*)



RECIPES

Hamburger Pie

1 pound ground beef
1 medium onion, chopped
1 (16 oz) can green beans, or mixed vegetables drained
salt and pepper to taste
1 can tomato soup
½ cup grated cheddar cheese
2 cups mashed potatoes



Brown onion and meat. Add salt, pepper, beans, and tomato soup. Pour into shallow greased casserole. Spoon mounds of potatoes over meat mixture. Top with grated cheddar cheese and bake at 350 degrees for 30 minutes.

Cinnamon Rolls

2 cups scalded milk
Add: ½ cup sugar and 2 teaspoons salt. Mix well.
Add: 1 cup mashed potatoes and ½ cup shortening. Mix well.
Add: 3 ½ cups flour, 2 tablespoons yeast dissolved in ½ cup warm water and 2 beaten eggs.
Add: 3 ½ cups flour (7 total). Mix for 10 minutes. Rise until double in size.

Roll out ½-inch thick. Brush with butter. Sprinkle with brown sugar and cinnamon. Roll up and cut with dental floss. Place on greased cookie sheet. Rise until quite light. Bake 375 degrees for 15 minutes. Frost when cool if desired.

Ham Casserole

3 cups mashed potatoes
1 beaten egg
2 tablespoons snipped chives
paprika
2 cups leftover vegetables
3 tablespoons butter
3 tablespoons flour
½ teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon nutmeg
1 ½ cups milk
½ cup shredded Swiss cheese
1 tablespoon parmesan cheese
2 cups cubed cooked ham
1 tablespoon butter or margarine, melted

Make mashed potatoes according to directions. Stir in beaten egg and chives into potatoes; season with a little salt. Spread potato mixture on bottom and sides of a 2-quart greased casserole to form a shell; sprinkle top edges with paprika.

In saucepan melt 3 tablespoons margarine or butter; blend in flour, salt, pepper, and nutmeg. Add milk all at once. Cook and stir until thickened and bubbly. Add Swiss and parmesan cheeses; stir until melted. Stir in cubed ham and cooked vegetables.

Spoon sauce mixture into potato-lined casserole, being sure mixture is below edge of potato shell. Brush exposed surface of potatoes with melted butter.

Bake uncovered at 375 degrees until mixture is heated through and potatoes are lightly browned, 30-35 minutes. Makes 6-8 servings.

Try something new—

Homemade Gnocchi made Easy (<https://www.foxyfolksy.com/homemade-gnocchi/>)

1 cup instant mashed potato flakes
1 cup hot water (or half cup water, half cup milk)
1 cup flour
1 egg
1/2 teaspoon salt
flour - for dusting



In a large bowl, combine flour, mashed potato flakes and salt. Make a well in the middle and add the hot water and mix well using a fork. Add the egg and slowly mix them all together using your hands until a dough forms. Do not knead the dough to avoid gluten from forming or your gnocchi will be chewy. Turn the dough into a generously floured surface and cut into 3-4 parts. Roll each to make long thin logs/ropes as thick as your thumb or about half inch in diameter. Cut each rope in about half inch pieces. Sprinkle the pieces with more flour to avoid them from sticking together. To form the gnocchi, roll each piece down the tines of a fork to create grooves. This will help them absorb more flavor as the sauce clings on the grooves.

To cook, bring a large pot of water with salt to a boil. Add the gnocchi and let them cook. They are done once they start to float on the surface. Remove the cooked gnocchi using a strainer and remove excess water. Serve immediately with your favorite sauce.