

Emergency Prep Newsletter - Draper Utah Suncrest Stake

Nov 2023

November: 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 2023 – Food Storage Part 1

Dec 2023 – Family Emergency Plan

Jan 2024 – 72 Hour Emergency Kit

Feb 2024 – DURING the Disaster

Mar 2024 – Sanitation

Apr 2024 – Block Captains

May 2024 – Get Trained

June 2024 – Wildfire Prep

July 2024 – Earthquake Prep

Aug 2024 – Food Storage Part 2

Sept 2024 – Water Storage

Oct 2024 - Communications

Stake Presidency Message:

Our Stake is moving forward in being more prepared for natural disasters – focusing on the communications with our members and community. We urge you to prepare your family and neighbors to have a communications plan.

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](#)