

Lansing Preparedness

Are You Ready?



Visit www.lansingzion.com

The purpose of this site is to provide citizens with documentation, to prepare for possible emergencies and introduce them to the emergency preparedness resources that are available.

The Lansing Stake Ham Radio Group

Become part of the Church ham Radio network in the Lansing Stake.

For more information logon to

www.lansingzion.com or email Neal Barncard at nbimlds@gmail.com

The Seven Major Mistakes in Food Storage

- 1.) **VARIETY** - Most people don't have enough variety in their storage. 95% only store the 4 basic items: *wheat, milk, honey, and salt*. Statistics show most of us won't survive on such a diet for several reasons. a.) **Many people are allergic to wheat** b.) **Wheat is too harsh for young children.** c.) **We get tired of eating the same foods.**
- 2.) **EXTENDED STAPLES** - Few people get beyond storing the four basic items, but it is extremely important that you do so. *Never put all your eggs in one basket.* Store **dehydrated and/or freeze-dried foods** as well as home canned and store bought canned goods. Make sure you add cooking oil, shortening, baking powder, soda, yeast and powdered eggs. You can't cook even the most basic recipes without these items.
- 3.) **VITAMINS** - **Vitamins are important,** *A good quality multi-vitamin and vitamin C* are the most vital.
- 4.) **QUICK AND EASY AND PSYCHOLOGICAL FOODS** - Quick and easy foods help you through times when you are psychologically or physically unable to prepare your basic storage items. **No cook foods such as freeze-dried** are wonderful since they require little preparation. Psychological Foods are the goodies - Jello, pudding, candy, etc.
- 5.) **BALANCE** - Time and time again families buy all of their wheat, then buy all of another item, and so on. Don't do that. It's important to **keep well-balanced as you build your storage.** Buy several items, rather than a large quantity of one item.
- 6.) **CONTAINERS** - **Always store your bulk foods in food storage containers.** Tons of food thrown away because they were left in sacks, where they became highly susceptible to moisture, insects and rodents. If you are using plastic buckets make sure they are lined with a food grade plastic liner available from companies that carry packaging supplies. **Never use trash can liners** as these are treated with pesticides. A better container is the #10 tin can which most preparedness companies use when they package their foods.
- 7.) **USE YOUR STORAGE** - One of the biggest problems, people storing food and not know what to do with it. It's vital that you and your family become familiar with the things you are storing. You need to know how to prepare these foods.

How Can We Become Self-Reliant? <https://www.lds.org/topics/pef-self-reliance/groups?lang=eng>

Do One Thing See January Preparedness items at <http://do1thing.com/things/feb>