



Stonewood Sentinel

Preparedness News and Info for the Orem Stonewood Area



Why a Three-Month Supply?

Why is a Three-Month Food Supply recommended for all Orem residents? There are several possible reasons.

Disruptions to the Supply Chain.

We can be affected by fuel shortages or natural disasters like earthquakes or severe weather, which can disrupt transportation to/within Orem and make it difficult to access groceries.

Economic Instability. Unexpected job loss or other financial hardships can make it difficult to purchase food, and having a food storage supply can provide a safety net.

Community Support. Having a three-month supply allows us to support ourselves and our families during emergencies, and it can also help reduce the burden on local community resources like food banks.

Shelter-in-place Scenarios.

Emergency scenarios that require staying in your home or apartment, such as pandemic quarantines, toxic chemical spills, and other lockdowns, require having weeks – or potentially months – of usable storage on hand.

Potential for Longer Emergencies.

A three-month supply is considered a good starting point for longer-term food storage, and can help transition from familiar, everyday foods to the more basic long-term storage foods.

Summary. In our area, a three-month food supply is recommended for emergency preparedness due to various potential disruptions to food availability, including disease, natural disasters, economic downturns, or other unforeseen events. This allows individuals and families to have a stable source of food and maintain their health during a crisis when grocery shopping may not be possible. – beready.utah.gov + ■



If the store shelves go empty, will your family go hungry?



Three-Month Food Supply is:

“A 3-month supply is a small supply of food that is part of your normal, daily diet. One way to build a 3-month food supply is to purchase a few extra items each week to build a one-week supply of food. Then you can gradually increase your supply until it is sufficient for three months. These items should be rotated regularly to avoid spoilage.”

– “*All is Safely Gathered In*” brochure

To effectively rotate your three-month supply, look at the BEST BY date stamp on each container; use the oldest containers first. Regularly incorporate these storage meals into your meal plan.

Three-month food storage planning worksheets with instructions are provided on Pages 2-5; it's one of many ways to plan your 3-month supply.

Part of an Emergency Supply

[The family storeroom is] “the most accessible reserve in times of need and the best suited to our individual needs. As you build and maintain your emergency supply, include the following items:

- Clothing and bedding
- Drinking water
- Financial reserves
- Important documents
- Longer-term supply of basic food items
- Medication and first aid supplies
- **Three-month supply of food that is part of your normal diet**
- Ways to communicate with family following a disaster”

– Churchofjesuschrist.org/study/manual/gospel-topics/emergency-preparedness ■

Worksheet Instructions

Overview. You choose one week of everyday meals, and use the recipes for those meals to create an ingredient list for each meal. Your ultimate goal: over time, add to your shopping list to purchase 12 of each meal, until you complete your 3-month supply.

Exceptions. Not every recipe ingredient is something that you can keep in your pantry or storeroom for at least three months. For example, fresh produce may not last that long, even with refrigeration. If you use perishable ingredients in a recipe, you could alternatively choose freeze dried, canned or dehydrated forms of it, purchase 12 times the week's amount of ingredients, reserving it for later use in your Three-Month supply.

Basic Plan. For each meal, each day for a week, write the meal's ingredients: the Ingredient name, the Amount used per meal, and "Amt x12" (multiply the Amount by 12). Estimate salt, sugar and spices separately to simplify.

Variety. If you want more variety in your 3-month food supply, reprint each page of the worksheet, so that you plan 14 days of unique meals. You'll need to multiply Amount by 6, not 12.

Updating. You may maintain the worksheets by writing in pencil, then erase to make updates.

Weekly. On Lunch and Dinner sheets, there is also a "Shopping List" column on the far left side. Gradually build up your 3-month supply: 1) calculate "To Buy" by subtracting "On-hand" from "Amt x12"; 2) without going into debt, add some "To Buy" items to your Shopping List; 3) to keep your supply fresh, regularly eat these stored meals, but remember to update each ingredients' "On-hand" amount used for that meal.

Questions? Refer to the quick Tutorial, located after these worksheets.

Three-Month Supply Planning Worksheet – from *One-Week meal choices*

Goal Date: Last Inventoried Date:

Breakfasts

Day	Ingredient	Amount	Amt x12	On-hand	To Buy
Sun

Mon

Tue

Wed

Thu

Fri

Sat

If the number of ingredients exceeds the line count, duplicate this page as needed

[illegible]

Goal Date: Last Inventoried Date:

Day	Ingredient	Amount	Amt x12	On-hand	To Buy
Sun					
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					

If the number of ingredients exceeds the line count, duplicate this page as needed

Shopping List: add to supply

Three-Month Supply Planning Worksheet – *from One-Week meal choices*

Goal Date: _____ Last Inventoried Date: _____

Dinners

[illegible]

Day	Ingredient	Amount	Amt x12	On-hand	To Buy
Sun					
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					

If the number of ingredients exceeds the line count, duplicate this page as needed

A Tutorial on How to Use the Three-Month Food Supply Worksheets

Suppose I wanted to start filling in the Three-Month Worksheets from Pages 2-4 of this newsletter. Where do I start? Let's try Sunday breakfast, and we'll do one of my favorite meals, waffles! The recipe for a double-batch of waffles, to feed the extended family, is as follows:

1. 3 ½ Cups of Water
2. 4 Large Eggs – note that eggs may not last for 3 months, so I will substitute ½ cup of Applesauce
3. 1 Cup of Olive Oil
4. 4 Cups of Flour – I freshly grind the flour from long-term wheat. That's why it's measured by volume.
5. ½ Cup of Powdered Milk
6. 8 teaspoons of Baking Powder (which is 1/6 of a cup)
7. 1 teaspoon of Salt
8. 1 Tablespoon of Sugar
9. OPTIONAL: ½ teaspoon of Cinnamon

Here's how I would fill in the first three columns of my Sunday Breakfast section of the Worksheet. On the left side, notice that I wrote the name of the meal, "Waffles", for quick reference. Also note that Item 1, Water, is not a "food" storage item, and items 7 through 9 are like spices, which I track separately. This results in five Ingredients in the Worksheet, following the "Basic Plan" and "Exceptions" parts of the Instructions on Page 2:

Breakfasts

Day	Ingredient	Amount	Amt x12	On-hand	To Buy
Sun	Applesauce	½ Cup	6 Cups		
Waffles	Olive Oil	1 Cup	3 Qt.		
	Wheat flour	4 Cups	3 Gal.		
	Powdered Milk	½ Cup	6 Cups		
	Baking Powder	1/6 C.	2 Cups		
Mon					

After taking inventory of which of these supplies I already have "On-hand", I calculate what my "To Buy" requirements are – notice that "To Buy" equals the "Amt x12" value, minus the inventoried "On-hand" value, if I don't already have enough on hand. If I already have enough on hand, I triumphantly write "None!" to buy.

Breakfasts

Day	Ingredient	Amount	Amt x12	On-hand	To Buy
Sun	Applesauce	½ Cup	6 Cups	12 Cup	None !
Waffles	Olive Oil	1 Cup	3 Qt.	1 Qt.	2 Qt.
	Wheat flour	4 Cups	3 Gal.	5 Gal.	None !
	Powdered Milk	½ Cup	6 Cups	5 Gal.	None !
	Baking Powder	1/6 C.	2 Cups	½ Cup	1½ C.
Mon					

So this week, being on a tight budget, I decide to only buy the 2 quarts of Olive Oil. Since Baking Powder is relatively expensive, I decide, for now, to do some research to see if there's a cost-effective substitute for Baking Powder for this recipe. So, here's the Saturday Breakfast's contribution to this week's Shopping List (on Page 3).

Shopping List: add to supply

Ingredient	Amount
olive oil	2 Qt.

Follow this pattern for all of your selected meals, for every day of the week. Soon you will have your 3-Month Supply of emergency storage food. By rotating it into some of your everyday meals, it will stay fresh and nutritious.