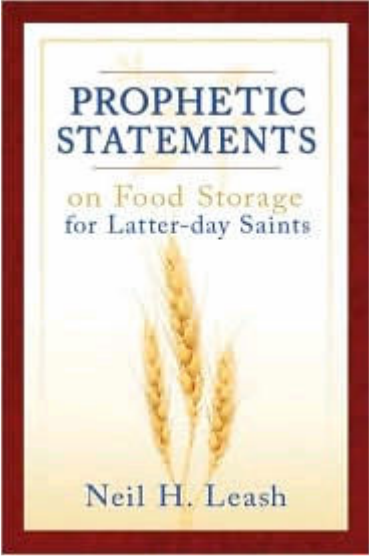
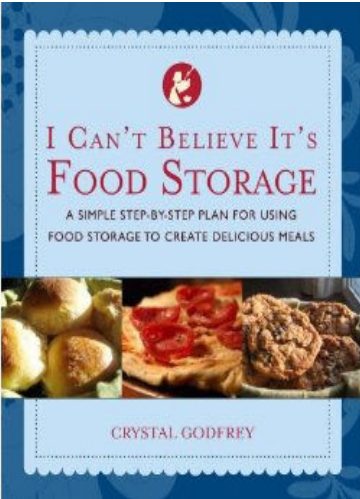
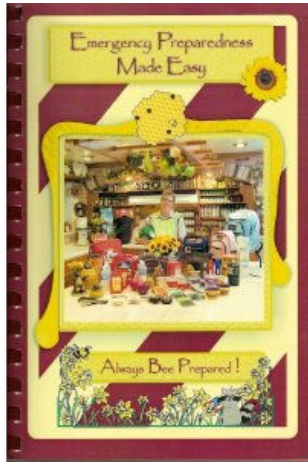


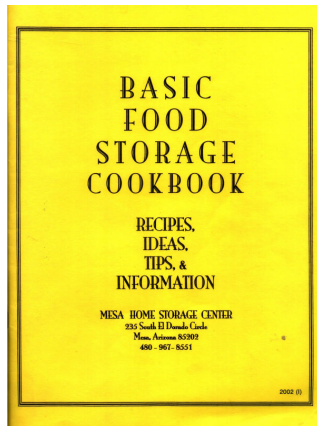
## Preparedness Resources

	<p><u>Prophetic Statement on Food Storage for Latter-day Saints</u></p> <p>The Author Neil H. Leash has drawn together messages of LDS General Authorities that were given to the Saints concerning the essential need for food storage in preparation for tribulations. Neil focuses on sudden events that radically changed mankind's actions and directions during the past century, and shows that similar events can be expected in the future. "The degree of our preparation will equal the extent of our obedience, which will determine the measure of our peace of mind," writes the author.</p> <p><i>Obtained via Amazon.com or Barnesandnoble.com</i></p>
	<p><u>I Can't Believe It's Food Storage</u></p> <p>In I Can't Believe It's Food Storage, author Crystal Godfrey explains how to transition common food-storage items (such as powdered milk, whole wheat, and dried beans) into your own recipes. Godfrey also provides over 100 kitchen-tested recipes for you to try. In addition, you'll learn how to put together a personalized three-month supply and how to involve your entire family in planning and preparing meals. And as for that vitally important long-term food supply, you'll learn what to store, and you'll be using it every day to make meals your family will love. All you have to do is follow the easy step-by-step program outlined in the book.</p> <p><i>Obtained via Amazon.com or www.honeyvillefarms.net</i></p>



Emergency Preparedness Made Easy  
Individual preparedness, planning and survival skills are essential measures in preparing for one's self and one's families needs. You're invited to learn some easy skills in basic areas of food and water storage, First Aid, survival, communications, 3-day kits, and finances. Remember, if ye are prepared, ye shall not fear.

*Obtained via Amazon.com or  
www.honeyvillefarms.net*



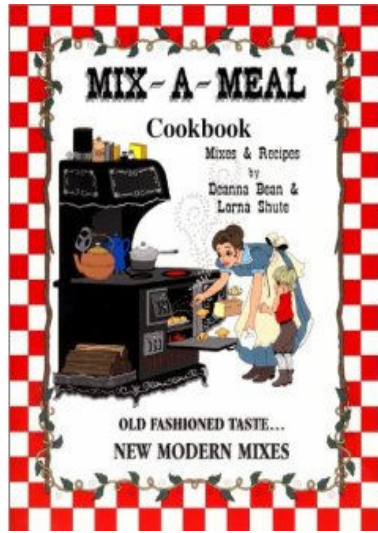
Basic Food Storage Cookbook  
Cookbook put out by the Church of Jesus Christ of Latter-Day Saints which gives recipes, ideas, tips and information about using your year's supply.

*Obtained via Mesa Home Storage  
235 S. El Dorado Circle, Mesa, AZ 85202  
480-967-8551 (No longer available!)  
Contact me for a copy-  
johnjen@reynoldsnet.org)*



Cookin' with Home Storage  
The Authors Peggy Layton and Vicki Tate have spent many years lecturing on preparedness and have helped many families with their food storage programs. Peggy and Vicky are dedicated to bringing you tried and tested recipes.

*Obtained via Amazon.com or  
Beprepared.com (Emergency Essentials)*



### Mix-A Meal Cookbook

With Mix-A-Meal Cookbook you will enjoy the convenience of EASY just-add-water meals (like the commercial mixes you buy at the grocery store) and save time and money at the same time! You will be able to reduce the preservative content in your foods or adjust the mixes as necessary to fit special dietary needs. Because the mixes are shelf stable, they are ideal for traveling, camping trips or unexpected company. Tasty homemade Mix-A-Meal gifts are always a hit for Christmas, Valentines, birthdays, weddings, and more! One of a kind information!

*Obtained via Amazon.com or  
www.honeyvillefarms.net*



### **Dinner Is In The Jar**

Quick and Easy Dinner Mixes in  
Mason Jars or Mylar Bags

*Kathy Clark*

### Dinner Is in the Jar

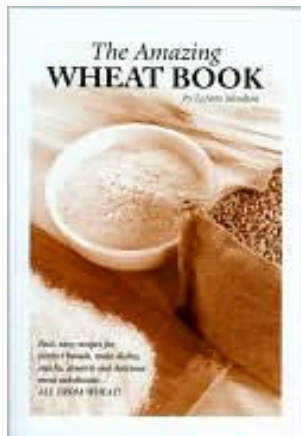
Dinner Is In The Jar is filled with meal mix recipes that can be easily stored in mason jars or mylar bags. Dinner Is In The Jar has a dinner mix jar recipe for every day of the month, including comfort meals such as Chicken Pot Pie, Biscuits and Gravy, Enchiladas, Pizza, Spaghetti and Meatballs in Mushroom Parmesan Tomato Sauce, Italian Cheese, Sausage Calzone and many more. Dinner Is In The Jar also features planning charts making it easy to prepare a 90 day supply of dinner mix jar recipes, step by step photographs of how to create Mylar bags for the mixes and where to easily get the ingredients.

*Obtained via Amazon.com or  
www.foodwisestorage.com*



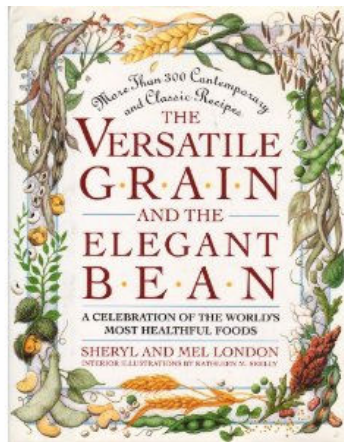
The Classic “Wheat for Man” Cookbook  
More than 300 Delicious and Healthful Ways to Use Stoneground Whole Wheat Flour. The author’s knowledge of amazing nutritional values of wheat makes this book a prize addition to your kitchen library!

*Obtained via BarnesandNoble.com*



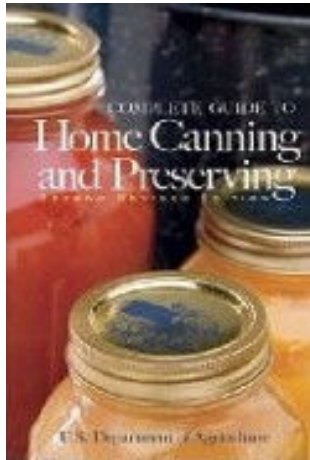
The Amazing Wheat Book  
Fast, easy recipes for perfect breads, main dishes, snacks, desserts, and delicious, meat substitutes...ALL FROM WHEAT!

*Obtained via Amazon.com, Barnesandnoble.com and Beprepared.com (Emergency Essentials)*



The Versatile Grain and the Elegant Bean  
For each grain, they provide a history and description of the various forms available (e.g., pearled barley, barley flour, etc.) along with a cooking chart; the information on beans includes "aliases," traditional uses, and availability, in addition to cooking charts. There are 300 recipes of all sorts--substantial dishes but some much more delicate ones, typical hearty peasant fare but other more subtly flavored contemporary creations. A useful reference source as well as a practical cookbook.

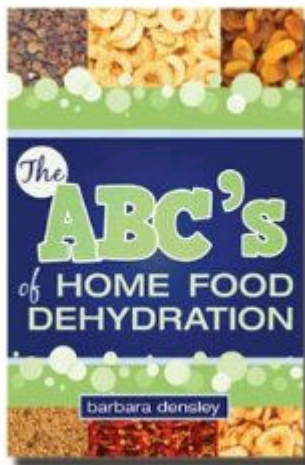
*Obtained via Amazon.com but limited availability!*



Complete Guide to Home Canning and Preserving (Second Revised Addition)

Practical, easy-to-follow guide contains virtually everything consumers need to know about home canning: how to select, prepare, and can fruits, vegetables, poultry, red meats and seafood; how to preserve fruit spreads, fermented foods and pickled vegetables; how to prepare foods for special diets, and much more.

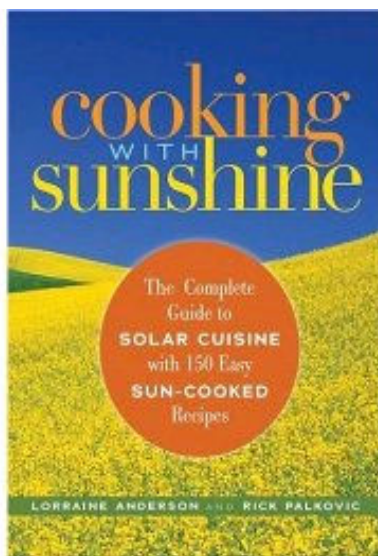
*Obtained via Amazon.com*



The ABC's of Home Food Dehydration

This handy reference volume covers every facet of home food dehydration and provides directions for making dozens of thrifty, healthy, do-it-yourself meals and convenience foods. From pretreatments to preparation, careful instructions on how to dehydrate fruits, vegetables, herbs, and meats are outlined in careful detail.

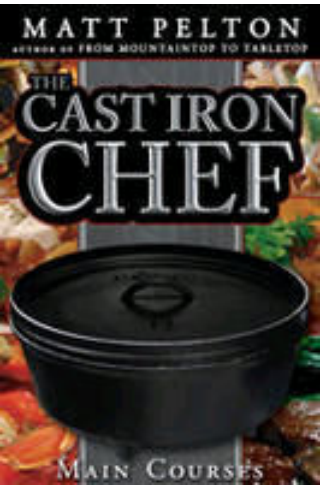
*Obtained via Amazon.com*



Cooking with Sunshine

Solar cooking experts Lorraine Anderson and Rick Palkovic provide everything you need to get cooking, including:

- Clear explanations of how solar cooking works and its benefits over traditional methods
- Instructions for building your own solar cooker using inexpensive, easy-to-find materials—and information on where to buy a ready-made solar cooker
- A selection of fun and super-easy recipes to get you started
- A wide variety of recipes for main dishes, accompaniments, and desserts for both vegetarian and omnivorous diets

	<ul style="list-style-type: none"> <li>• Creative menu ideas for special diets, tastes, and occasions. . . and much more!</li> </ul> <p><i>Obtained via Amazon.com</i></p>
	<p><u>Dutch Oven Cookin'</u></p> <p>This book will take you from novice to gourmet Dutch oven cook. Dick shares within the covers of this book, over twenty years of hard work and experience that have made him a champion cook. For those starting out there are detailed instructions about the care and use of your Dutch ovens. "The Simple Side" will walk you through some wonderful recipes that are very easy yet have big flavor. For those looking for more complex recipes, there is a full chapter from the "Old Deseret Cook-off" that gives you the actual recipes used in this well known cook off.</p> <p><i>Obtained via Amazon.com</i></p>
	<p><u>The Cast Iron Chef</u></p> <p>In this handy book, chef Matt Pelton outlines the ins and outs of Dutch oven cooking, from seasoning your oven to choosing your heat source, and shows you tips and tricks on how to adapt recipes and cook Dutch oven food in the comfort of your own kitchen. Whether you're firing up the coals or using your kitchen stove, Dutch oven cooking is more versatile than ever before!</p> <p><i>Obtained via Deseretbook.com</i></p>