

Lancaster Stake Preparedness Class

BREAKFASTS...STARTING THE DAY OUT RIGHT

Presented by Debbie Kent at peaceofpreparedness.com
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Last Month we learned how easy it is to make Bread: the Staff of Life and it is a great foundation for your family's food storage program. It is delicious and satisfying and for most of us, a comfort food. I have heard from many of you and the success you are having with the Artisan Bread recipes. Keep practicing and finding recipes that your family loves! This month we are concentrating on **Breakfasts**. Did you know that the week of March 2-6th was National School Breakfast Week? Breakfast is commonly credited with improving students' academic performance and adults' ability to be productive at work. It is the way to start the day out right.

Grains... are the bulk of your food storage

You should have your 90-Day Supply of open and eat kinds of foods; things that are shelf stable and water storage. In addition to this, the new guidelines for long-term storage for one person is: 300+ pounds of grain plus 60 pounds of beans. (providentliving.org) You could store all wheat for your grain, but you might get really bored of eating wheat every day. Also, the bigger variety of grains, the healthier you will be and the more variety you will be able to have in your meals. These can include: wheat, oats, corn, rice, pasta, barley, rye, quinoa, triticale, millet, etc.

In January's Classes, "Food Storage...Use it or Lose It" and "On the Path to Preparedness" we discussed in great detail the importance of thinking of your Food Storage in terms of **Meals**.

It was suggested that you come up with 7-14 meals for Breakfasts, Lunches, Dinners and even snacks, using the basics in your food storage: wheat, oats, rice, pasta, corn, and beans. In addition to these survival level basics, you might also have: milk, oil, sugars and spices. The choice is yours... just store the basics and eat steamed wheat and beans 3 meals a day, 7 days a week, 365 days a year or add just a few more ingredients you can turn plain grains into: pancakes, muffins, coffee cake, breakfast foods, main meals and more.

GOAL: Find 7-14 breakfasts recipes that your family really likes, write them down. Write all the ingredients and how much you need of each one and then multiply that by how many days in the year you plan to eat it. Then you will really know if you have a year supply of meals. This list becomes your shopping list.

REMEMBER... Use family favorites that use shelf stable foods or try some new recipes. Only keep recipes and supplies for foods your family will eat. Why store things to make rice pudding if no one in your family will eat it? If you want bread, do you have yeast, salt, oil, dough enhancer etc. to be able to make it and for how long?

Demonstrations and Samples

Steamed Wheat; Oatmeal Breakfast Bars; Blender Wheat Pancakes; Cinnamon Syrup; San Francisco Special; Quick Mix: Raspberry Muffins; Breakfast Bread. Recipes can be found below.

What else do you need besides Grains?

Tonight, we used from the **extended Basics**: Sugar; Salt; Milk; Oil, Baking Powder and Soda. In addition to these we **ALSO used**: Powdered and/or fresh Eggs; Spices; Dried/canned fruit; Dried/canned vegetables; Meats. Make a menu and find out what YOUR FAMILY needs to add.

Are you Watching what is happening in the world?

The scriptures are being fulfilled.

We have been warned to WATCH AND BE READY.

President George Q. Cannon, "The Lord works in the midst of this people by natural means, and the greatest events that have been spoken of by the holy Prophets will come along so naturally as the consequence of certain causes that *unless our eyes are enlightened by the Spirit of God and the spirit of revelation rests upon us*, we will fail to see that these are the events predicted by the holy Prophets ..."

- Nov. 2, 1879, Journal of Discourses 21:266-7 -

The Lord loves us so much that He sends us signs and warnings; both in the scriptures and from his Prophets. These events are not to frighten us but to warn us. So that we can be prepared and so that as we see these signs unfold around us we will NOT be frightened by them, or caught up in the latest conspiracy but instead see them as the earmarks they are that mark the path to one of the world's greatest events; that of the Second Coming of our Lord. You were chosen to be here during this time. Chosen because you are one the strong and noble ones.

So go forth, humbly and prayerfully, looking to God in all things and he will show you that which you should do. He has and continues to show us how to prepare. Are you listening? Are you following His counsel?

Next Month we will be focusing on **Many, Main Meals** in other words, learning some ways to use grains and beans and extended food storage in making delicious meals for lunch and dinner. We also will be learning what to do before, during and right after an **Earthquake** including: how to prepare yourselves and homes for earthquakes; what we can expect here in the Antelope Valley when an earthquake strikes; 72 hour kits; and more. Hope to see you there. Until then; inventory what you have; make a food storage menu; add to your storage in basic and to make meals and get out there and garden!!!