

Emergency Preparedness Newsletter

June 1213

Whole Wheat Bread

7 c. of whole wheat flour
2/3 c. vital wheat gluten
2½ T instant yeast
5 c. hot water (120-130 F)
1Tbsp. salt 2/3 c. oil 2/3 c. honey or sugar 2½ T bottled lemon juice
5 c. whole wheat flour
Mix together the first 3 ingredients in your mixer with a dough hook or in a large bowl if by hand. Add water all at once and mix for 1 minute; (longer if kneading) cover and let rest for 10 minutes. (This is called sponging) Add salt, oil, honey or sugar and lemon juice and beat for 1 minute; 5-8 if kneading. Add last flour, 1 cup at a time, beating or kneading between each cup. Beat for about 6-10 minutes until dough pulls away from sides of bowl. Knead for 10-12 minutes. This makes very soft dough. Separate dough into 6 pieces. Shape into loafs and place in bread pans. Let rise until double in size. Bake at 350 for 22-30 minutes or until browned. This dough makes really good pizza crust. You could make 4 loaves of bread and 2 pizza crusts and have pizza for dinner. It's yummy and kills two birds with one stone!

June Storage Corner

Basic Item: Oils, shortening, vegetable sprays (Pam)
Expanded #1: Powdered shortening, cheese, sour cream, cream cheese
Case lot: Check for deals on dairy items such as cheese and butter (June is national month) Also, many picnic supplies on sale, ketchup, mustard, pork and beans, etc. (good storage items)
Home canning: Canning salt, pectin, lids
Nonfood item: Vitamins
Tool item: Axe/hatchet, duct tape
Emergency item: 3 in one whistle, mirror, compass
First aid item: Insect repellent, sun screen
Items to add to kits: Sterile gauze pads (all sizes)

Drinking Water Guidelines

Water Storage Commercially bottled water in PETE (or PET) plastic containers may be purchased. Follow the container's "best if used by" dates as a rotation guideline. Avoid plastic containers that are not PETE plastic. If you choose to package water yourself, consider the following guidelines:

Containers Use only food-grade containers. Smaller containers made of PETE plastic or heavier plastic buckets or drums work well. Clean, sanitize, and thoroughly rinse all containers prior to use. A sanitizing solution can be prepared by adding 5 ml (1 teaspoon) of liquid household chlorine bleach (5 to 6% sodium hypochlorite) to 1 liter (one quart) of water. Only household bleach without thickeners, scents, or additives should be used. Do not use plastic milk jugs, because they do not seal well and tend to become brittle over time. Do not use containers previously used to store non-food products.

Water Pretreatment Water from a chlorinated municipal water supply does not need further treatment when stored in clean, food-grade containers. Non-chlorinated water should be treated with bleach. Add 8 drops of liquid household chlorine bleach (5 to 6% sodium hypochlorite) for every 4 liters (one gallon) of water. Only household bleach without thickeners, scents, or additives should be used.

Storage: Containers should be emptied and refilled regularly. Store water only where potential leakage would not damage your home or apartment. Protect stored water from light and heat. Some containers may also require protection from freezing. The taste of stored water can be improved by pouring it back and forth between two containers before use.

Water Purification: If your water supply is not known to be safe or has become polluted, it should be purified before use. Water purification is generally a two-step process.

Step 1: Clarify: Cloudy or dirty water must first be made clear. It should be passed through filter paper, fine cloth, or some other filter. It should be allowed to settle, and then the clear water on top can be carefully drawn. *Filtered or clear settled water should always be disinfected before use.*

Step 2: Disinfect: Boiling Method Bringing water to a rolling boil for 3 to 5 minutes will kill most water-borne microorganisms. However, prolonged boiling of small quantities of water may concentrate toxic contaminants if present. **Bleach Method:** Adding 8 drops of fresh liquid household chlorine bleach (5 to 6% sodium hypochlorite) to every 4 liters (one gallon) of water will kill most microorganisms. Only household bleach without thickeners, scents, or additives should be used. The use of bleach does not address toxic contamination.

Commercial Water Filters: Commercial water filters can effectively filter and purify water contaminated with microorganisms, toxic chemicals, and heavy metals. Their effectiveness depends on design, condition, and proper use.

I was browsing KSL Classifieds this week and looked through the Home and Garden sub-category of Food Storage. I found many items and products you might be interested in. Here are some of them: I found storage buckets, water storage barrels, canning jars and equipment, Heirloom seeds, shelving, wheat, wheat mills and grinders, 72 hour meal kits, freeze dried and dehydrated food storage items, produce, fresh meat, honey, MRE'S, dehydrators, solar panels, generators, sun ovens, and lots of other cool stuff!