Emergency Preparedness Workshop

Preparedness 101 & & 90 Day Food Supply

Gilbert Arizona Higley Stake November 20th, 2008 By: Jon Sherman

Why do we Prepare?

- Good Insurance Against the Unknown!
- Recommended by FEMA, Red Cross and other relief agencies.
- Counsel from our Church Leaders
- Wise Financial Investment (Commodities)
- Self-Reliance / Living Providently
- Not a slave to our Debtors
- Learn experience for "future" troubled times.
 (Gardening, Cooking, Water Treatment, Etc.)

Come, ye thankful people, come;
Raise the song of harvest home.

All is safely gathered in
Ere the winter storms begin.
God, our Maker, doth provide
For our wants to be supplied.
Come to God's own temple, come;
Raise the song of harvest home.

Hymns, no. 94

Visit www.providentliving.org for more information about home storage.

JESUS CHRIST
OF LATTER-DAY SAINTS

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ALL IS SAFELY GATHERED IN



FAMILY HOME STORAGE

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Dear Brothers and Sisters:

Our Heavenly Father created this beautiful earth, with all its abundance, for our benefit and use. His purpose is to provide for our needs as we walk in faith and obedience. He has lovingly commanded us to "prepare every needful thing" (see D&C 109:8) so that, should adversity come, we may care for ourselves and our neighbors and support bishops as they care for others.

We encourage Church members worldwide to prepare for adversity in life by having a basic supply of food and water and some money in savings.

We ask that you be wise as you store food and water and build your savings. Do not go to extremes; it is not prudent, for example, to go into debt to establish your food storage all at once. With careful planning, you can, over time, establish a home storage supply and a financial reserve.

We realize that some of you may not have financial resources or space for such storage. Some of you may be prohibited by law from storing large amounts of food. We encourage you to store as much as circumstances allow.

May the Lord bless you in your home storage efforts.

The First Presidency



THE BASICS OF FAMILY HOME STORAGE

THREE-MONTH SUPPLY



Build a small supply of food that is part of your normal, daily diet. One way to do this 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.

DRINKING WATER



Store drinking water for circumstances in which the water supply may be polluted or disrupted.

If water comes directly from a good, pretreated source then no additional purification is needed; otherwise, pretreat water before use. Store water in sturdy, leak-proof, breakage-resistant containers. Consider using plastic bottles commonly used for juices and soda.

Keep water containers away from heat sources and direct sunlight.

FINANCIAL RESERVE



Establish a financial reserve by saving a little money each week and gradually increasing it to a reasonable amount (see All Is Safely Gathered In: Family Finances guide).

LONGER-TERM SUPPLY



For longer-term needs, and where permitted, gradually build a supply of food that will last a long time and that you can use to stay alive, such as wheat, white rice, and beans.

These items can last 30 years or more when properly packaged and stored in a cool, dry place. A portion of these items may be rotated in your three-month supply.

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BUDGET WORKSHEET

	(month/year)	
INCOME	PLANNED	ACTUAL
Wages/Salaries (after taxes) Other income		
Total Income		
EXPENSES	PLANNED	ACTUAL
Tithes and offerings		
Savings		
Food		
Mortgage or rent		
Unlintes		
Transportation		
Debt payments		5
Insurance		
Medical	1	
Clothing		
School expenses		
Other		
27CO		
Total expenditures		
Total experiminoles		

Visit www.providentliving.org for more information about family finances.

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

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Budget for a specified period of time (such as weekly, kiweekly, mouthly).
 Review your budget regularly.



ALL IS SAFELY GATHERED IN



FAMILY FINANCES

Dear Brothers and Sisters:

Latter-day Saints have been counseled for many years to prepare for adversity by having a little money set aside. Doing so adds immeasurably to security and well-being. Every family has a responsibility to provide for its own needs to the extent possible.

We encourage you wherever you may live in the world to prepare for adversity by looking to the condition of your finances. We urge you to be modest in your expenditures; discipline yourselves in your purchases to avoid debt. Pay off debt as quickly as you can, and free yourselves from this bondage. Save a little money regularly to gradually build a financial reserve.

If you have paid your debts and have a financial reserve, even though it be small, you and your family will feel more secure and enjoy greater peace in your hearts.

May the Lord bless you in your family financial efforts.

The First Presidency



THE BASICS OF FAMILY FINANCES

PAY TITHES AND OFFERINGS



Successful family finances begin with the payment of an honest tithe and the giving of a generous fast offering. The Lord has promised to open the windows of heaven and pour out great blessings upon those who pay tithes and offerings faithfully (see Malachi 3:10).

AVOID DEBT



Spending less money than you make is essential to your financial security. Avoid debt, with the exception of buying a modest home or paying for education or other vital needs. Save money to purchase what you need. If you are in debt, pay it off as quickly as possible.

USE A BUDGET



Keep a record of your expenditures. Record and review monthly income and expenses. Determine how to reduce what you spend for nonessentials.

Use this information to establish a family budget. Plan what you will give as Church donations, how much you will save, and what you will spend for food, housing, utilities, transportation, clothing, insurance, and so on. Discipline yourself to live within your budget plan. (See the Budget Worksheet on the back page.)

BUILD A RESERVE



Gradually build a financial reserve, and use it for emergencies only. If you save a little money regularly, you will be surprised how much accumulates over time.

TEACH FAMILY MEMBERS



Teach family members the principles of financial management. Involve them in creating a budget and setting family financial goals. Teach the principles of hard work, frugality, and saving. Stress the importance of obtaining as much education as possible.

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Simplicity of the Church's Method

• The Church's method is simple, few details.

You fill in the gaps based on your needs.

What are My Family's Needs?



- 90 Day Food Supply
- 14+ Day Supply of Water
- Get Out of Debt.
- Live Within a Budget
- Build Financial Reserves
- l+Year of Long-Term Food Storage
- Become Self-Reliant
- Live Providently
- l+Year Supply of Fuel
- Learn to Garden
- Grow a Garden
- Supplement your diet with food from your Garden
- Put-up food from your garden.

- Learn canning methods
- Buy food from the Cannery
- Learn how to cook with food from the Cannery
- Learn how to Sprout grains
- Learn to Sew your own Clothes
- Keep Fire Extinguishers on-hand
- Learn Construction Basics
- Have a supply of basic construction supplies
- Have a supply of tools on-hand
- Have a supply of "Heirloom" Garden Seeds
- Have a second means of transportation (No Gas) [Bike]
- Have and read your own library of Preparedness and Simple living books.

- Build an Evacuation Bag (72-Hour Kit, Bug-Out Bag [B.O.B], Go Bag)
- Have 3 days supply of water in portable containers
- Learn to purify water, and have the necessary supplies
- Learn how to start a fire and have needed supplies
- Prepare a Sanitation kit
- Have a 1+ year supply of non-food essentials (Paper goods, Cleaning stuff, clothes, etc.)
- Have means of communication in an emergency
- Become a HAM Radio Operator
- Have flashlights in case of a power outage
- Backup Power / Generator

- Be able to Cook without Electricity.
- Gather your Important Documents
- Gather your Pictures and Genealogical Records
- Supplies to stay warm
- Clothes and Bedding for winter conditions
- Tents or other shelters
- Emergency Preparedness Training
- Family and Community Emergency Response Plan
- Established Evacuation Plan and Routes
- Evacuation Transportation
- Hunting and Fishing Supplies and Training
- Personal Defense Gear and Training

- Learn how to shut-off your Home's water, gas and electricity
- Replace batteries in your smoke alarms
- Have First Aid Kits
- Learn First Aid
- Become CPR and AED Certified
- Have some Cash in Small Bills in your home
- Have supplies on-hand in case of a Pandemic
- Learn how to Self-Quarantine during a Pandemic
- Gather Prescription and Over-The-Counter Medications.
- Prepare an Emergency Contacts List



Church's Method:

- 90 Day Food Supply
- Store Drinking Water
- Get out of Debt
- Build a Financial Reserve
- 1 Year or More Supply of Long Term Food

THREE-MONTH SUPPLY



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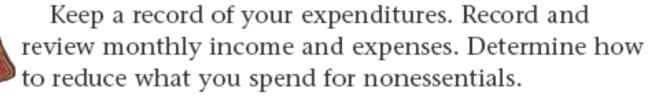
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- Focus on Stake Presidency's Top 3 Most Likely Events to Occur:
 - Sustained Power Outage
 - Terrorist Attack
 - Pandemic

• Event Likelihood Method:

- Make a list of possible events.
- Prioritize them.
- Prepare for the event that you feel is most likely to occur first.
- Once you are done, move to the next likely event.

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Possible Emergencies

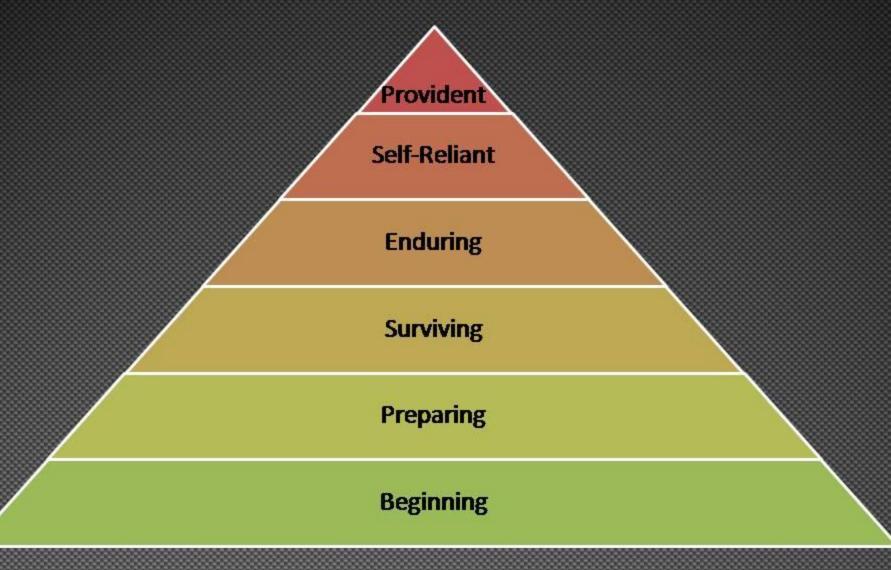
- Utility Outage (Power, Water, Gas)
- Financial Setback
- Loss of Employment
- Car Trouble or Accident
- Microburst or other storm
- Medical Emergency
- Missing Child
- House Fire
- Gas Shortage
- Transportation Disruption
- Shipping Strike
- Hazardous Materials Spill
- Gas Leak

- Satellite malfunction preventing Debit/Credit Card Transactions
- Plane Crash in Neighborhood
- Mass Migration (From North AZ Forest Fires or CA Earthquakes)
- Earthquake
- Volcano
- Water Contamination
- Pandemic (Bird Flu?)
- Terrorist Attack
- Palo Verde Nuclear Plant Meltdown
- Flash Flood (Dam Failure)
- Tornado
- Forest/Brush Fire
- War

Preparedness Made Simple!

- Simple Checklist Format.
- Step-by-Step Approach.
- Follows the Guidelines of the Church.
- Includes other Practical Preparedness
 Measures.
- Additional Information to educate you on each step along the way.
- As you follow the steps, it is easy to see your progress.

6 Levels Of Preparedness Made Simple!



Preparedness Made Simple!

- Each of the 6 Levels have 7 Phases with 5 Steps each.
- •Beginning Level:
 - 90 Day Food Supply
 - 14 Day Water Supply
 - 72-Hour Kits
 - Start on Debt Reduction

Preparedness Made Simple!

- •Preparing Level:
 - 72-Hour Kits (Continued)
 - Debt Reduction (Continued)
 - Cash Reserve
 - Cooking

Preparedness Made Simple!

- Surviving Level:
 - 1 Year Food Supply
 - Canning
 - Gardening

Preparedness Made Simple!

- Surviving Level:
 - 1 Year Food Supply
 - Canning
 - Gardening



- First Priority (According to First Presidency)
- Food you Normally Eat.
- Food that needs No Refrigeration.
- Food that can be eaten with little or No Cooking.
- Rotation!
 - Shorter Shelf-Lives call for frequent rotation

- What about using your Long Term Food Storage for your "90 Day" needs?
 - Long Term Food Stores (Whole Wheat, Rice, Beans, etc.)
 - Use a lot of Water
 - Use a lot of Heat
 - Take a lot of Time



Buying Your 90 Day Food Supply

- Don't Go into Debt to buy your food Storage.
- Buy a few extra cans each time you go to the store
- Consider keeping your Food Storage Separate from other foods. (Inventory Control)
- Buy foods when they are on sale:
 - www.sistersavings.net

- Plan Out your Meals for 1 Week
 - Buy enough food to repeat all meals 13 times.

	Sunday	Monday	Tuesday
Breakfast	Oatmeal	Pop Tarts	Cold Cereal
Lunch	Canned Ravioli	Soup	Sloppy Joes
Dinner	Hawaiian Haystacks	Spaghetti	Corned Beef & Cabbage
Dessert/Snack	S'mores	Pudding	Rice Krispies Treats

90 Day Food Supply (Breakfast)

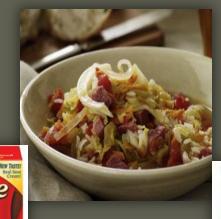


90 Day Food Supply (Lunch)



90 Day Food Supply (Dinner)













90 Day Food Supply (Dessert)













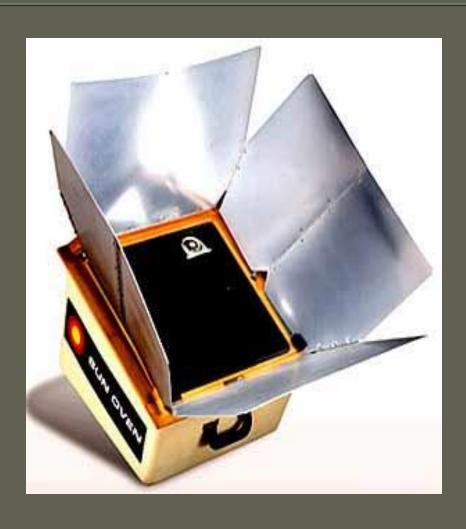
- Canned Food is great!
 - The cooking time/fuel and water are done for you.



Cooking your 90 Day Food Supply



Solar Oven



Rocket Stove





Rocket Stove



Apple Box Oven





Volcano Stove



Alcohol Stoves (80z. Soda Can)





Alcohol Stoves (Paint Can)





Wonder Box



Wonder Box



BBQ







Food Boxes
Presented by Sandy Leonard



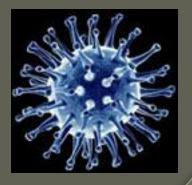
Next Month



PANDEMICS



Thursday
December 18th, 2008



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