

PREPAREDNESS - WHERE TO START?

Billie Nicholson



When you listen to the news from around the world, does it make you wonder when society will fall apart? You can sit and worry or you can look at the situation and understand that you are responsible for your own survival, if the social order as we now know it falls apart. So being self reliant means second guessing what might happen and devising a plan on how to handle it. We call it preparedness, but where do you

start? Sometimes the thought of getting prepared can be overwhelming. Procrastination leads to paralysis, so doing nothing is not an option. We're advised to make a 72 hour kit, have 90 days, then a whole year's worth of supplies - WHOA!!

Where do you start and what do you put together? Let's start here: take those empty 2-liter juice containers, wash them out and fill them with water. Or, buy a case of water from your grocer and put them in the closet. Now you've started on your water storage! We need 2 gallons per person per day.

Next, when you go to the market, instead of buying one can of corn, spaghetti sauce, or canned meat, buy three and tuck the extras away on a shelf set aside for food storage. If you do this each time your budget allows, you will see your food storage grow.

Do the same with non-perishables like toilet paper, alcohol and bandages, and soap. Gradually as you collect extras of the things you use every day, you can begin to look critically at what life would be like without services like running water and electricity. You will learn to prioritize what is important for you and you're off.

National
Preparedness
Month

Be Prepared!

"Tips and Tools for
Cooking with the Sun"

Online Interactive Class

Details on page 6

Ask Billie



Jennifer from WA Asks:

Does the sun have to always be shining to use a **SUN OVEN®**?

A. No. You can use a **SUN OVEN®** on overcast days, too. There needs to be enough sun to cast a shadow. Cooking times will need to be extended to assure that meals are thoroughly cooked. Dehydrating fruits and vegetables needs to be done out of the direct sun so they can dry and not bake.

What is your Most Burning Question about Food Storage or Emergency Preparedness? Send your questions to editor@sunoven.com



Billie Nicholson



Order Your **Sun Oven®** Today

[24 Mistakes You Want to Avoid with Food Storage](#)

Kendra Lynne as published in ThePrepperProject.com

First... The Beginner's Mistakes

If you've been prepping for some time now, you probably already know the most common mistakes everyone warns you to avoid with food storage. However, for those of you who are just getting started there are a few beginner's mistakes I'd like to help you avoid right off the bat. We've all done at least some of these things, and it has cost us precious food and money.

Mistake: Not rotating your food. An unorganized food pantry, cans crowded onto shelves, and foods crammed haphazardly into every nook and cranny of your home will lead to loss as stuff goes out of date and eventually needs to be thrown out.

Solution: Whether you're storing food in the freezer, store-bought boxed or canned goods, or home canned foods, be sure to organize them so that you have easy access to the oldest stuff first. A rotational shelf is a fantastic way to keep things in order by date. Keeping a written inventory of what you have and where it's located is also a good way to stay on top of your food storage.

Be especially sure to rotate through foods that will turn rancid over a short period of time. Oils, flour (not wheat berries), brown rice, nuts, seeds, etc, all of these will go rancid and [are toxic to the body](#) after they've sat for too long.

Mistake: Buying foods you wouldn't normally eat. When we first started prepping, my husband and I went to a local discount store and bought a whole pickup truckload of canned goods. Among those cans were dozens and dozens of evaporated milks. Do we use evaporated milk on a regular basis? No. But at the time it seemed like a good backup in case we couldn't get fresh milk.

Five years down the road do you know what I had to do? I tossed every single one of those cans of milk. Money down the drain. In the years since we bought our first run of emergency supplies, we've had several weeks of being snowed in where we had to rely on our food storage. But when it came to milk I found that we were 100% more likely to use powdered milk than canned.

Solution: Remember this... the most expensive food you buy is the food you throw away. Stick to buying foods you know you would eat on a regular basis. Especially if you have children, who would sometimes rather starve than eat something they don't like.

Mistake: Not using good labeling methods. When you're packaging your own food in jars, cans, and buckets, it can be easy to lose track of what you've put up unless you use good labeling practices. When I first started packing my own buckets, I had sticky labels on each bucket to tell me whether they were wheat, pasta, rice, or whatever. Over time though, those labels began to come off. Suddenly I found myself with stacks of buckets full of mystery foods.

Solution: Use a sharpie marker to write the contents and date of packaging directly on any buckets or cans you are packaging yourself. If you are sealing food in mylar bags within buckets (which I highly recommend), write the contents and date on the mylar bag as well. That way if the marker

Continued on pg. 3

24 Mistakes You Want to Avoid with Food Storage

Kendra Lynne as published in ThePrepperProject.com (continued. from pg. 2)

gets rubbed off of the outside of the bucket, you can open the bucket and read what it says on the bag inside. Write contents and date on the lids of home canned goods as well, so you can rotate your foods by date.

Mistake: Not storing a good variety of foods. When most people start thinking about food storage, they almost automatically gravitate toward stockpiling the basics: wheat, beans, rice, powdered milk, oats, pasta, sugar, and salt. This is all well and good as a foundation, but don't stop there! There's only so much you can do with such a limited selection, and your body really needs fruits and vegetables on a regular basis in order to stay healthy and strong.

Solution: It's essential that you store a variety of foods, not only to curb food fatigue (where you get so tired of what you're eating you'd rather just not eat), but also to ensure a good balance of nutrients. *Fruits and vegetables are a must.* Don't forget to store flavorings such as herbs and spices, bouillon, freeze dried cheese, and onions to add interest to otherwise bland meals.

Mistake: Not Storing food in proper containers. It can be tempting when you buy boxes or bags of food from the grocery store to just stick them in the pantry as they are. However, for long term storage this practice can be a very bad idea for several reasons. Rodents can chew through boxes and bags; moisture can get into them as well. Any grain products (wheat, flour, crackers, cereals, pasta, baking mixes), instant milk, beans, even dog and cat food all have tiny bug eggs in them which can hatch out moths or weevils and infest your pantry.

Solution: When you buy bags or boxes of food for long term storage you must transfer these items to airtight containers in order to keep them safely stored.

In order to avoid an infestation and ruined food, place dried goods in the freezer for a minimum of three days to kill the eggs; then store the foods in a moisture and rodent proof container. Alternatively, you can transfer dried foods to an airtight container, such as a glass jar or food grade bucket with O2 absorbers to suck the oxygen out of the container, effectively killing the bug eggs and preventing them from ever hatching.

Mistake: Storing food in the wrong location. Where you store your food will greatly affect how quickly it spoils and how long it lasts. Storing foods in a leaky basement, where there is high humidity or moisture, or anywhere unprotected from extreme cold and heat will lead to loss. Moisture will cause cans to rust, extreme heat will deplete food of vital nutrients and cause it to spoil more quickly, extreme cold can freeze your stored food causing cans and jars to expand and explode.

Solution: Find a cool, dry location out of direct sunlight and protected from extreme temperatures for your food storage. Underneath beds, in closets, behind furniture, underneath staircases, or in a dry basement are great places to consider. Attics are not an ideal place to store foods.

There is lots more info including some videos to share from this article. Please continue reading at ThePrepperProject.com

Sun Spiced Chicken with Onions and Apples from Our Solar Chef



This mild spice mixture is ideal for anyone who does not like things spicy hot.

(adapted for the Sun Oven from Weight Watcher's **One Pot Cookbook**)

Ingredients

- 1/2 teaspoon mustard seeds
- 1/2 teaspoon cumin seeds
- 1/8 teaspoon whole black peppercorns
- 2 cloves garlic, minced
- 1 tablespoon minced peeled fresh ginger
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 8 chicken thighs
- 2 granny smith apples, cored and cut into 3/4 inch wedges
- 1 onion, thinly sliced

Preparation

Set Sun Oven out to preheat. Spray a baking pan with cooking spray.

Use a spice mill* to grind the mustard seeds, cumin seeds, and peppercorns into a large bowl. Stir in the garlic, ginger, oil, and salt. Use 1 tablespoon of the spice mixture to rub under the skin of each thigh. Arrange the thighs, skin side up, in the prepared pan. Add the apples and onion to the remaining mixture in the bowl; stir to coat. Scatter the apple onion mixture around the chicken. Cover the pan with a second baking pan and transfer to the Sun Oven. Cook until the juices run clear, 1 1/2 to 2 hours. Remove skin before serving. Serve over rice or couscous.

Makes 4 to 6 servings.

*If you don't have a spice mill place the seeds and peppercorns in a large zip-lock plastic bag. Press out the air to seal the bag and use a meat mallet to crush the mixture.

Long Term Storage for Pasta

Billie Nicholson

Often considered the ultimate comfort food (right after chocolate) dried pasta also can last a long time if properly stored. Pasta usually is purchased from a grocer in plastic bags or cardboard boxes. The boxes are marked with a “Best if Used By” date and can last for up to three years in it’s original package. Sometimes pasta is contaminated with weevil eggs which will hatch during a warm summer. We thought we were storing our pasta carefully inside the original box and sealed in a zipping bag. Surprise! If the weevils hatch, they’re not satisfied to stay in the package and just eat the pasta. Oh, no, they chew through the cardboard box and even through the plastic bag!



DailyMail.co.uk

We discovered a contaminated box and into the trash it went. Concerned that the weevils would make their way into other stored packages we began the search for bugs and for a way to help us keep our stored pasta safe. We learned:

1. Dried pasta stores best long term if it is packed in containers along with an oxygen absorber and vacuum sealed.
2. A dried bay laurel leaf added to pasta, grains or flour will keep the critters away.
3. Mylar bags can work to preserve pasta, but sometimes the sharp edges cut the plastic and the seal is lost. Instead we use wide-mouth glass jars and attach the sealing top from our Food Saver to pull a vacuum.
4. If you need to seal jars, but have no electricity to pull the vacuum, use a new brake bleeder. These are available at Harbor Freight. The hose connects to the ones from the Food Saver and with a little hand exercise, you can pull 25 psi and seal the lids. Carefully remove the sealing top and add a jar ring. Store in a cool, dry place.



National Preparedness Month

Be Prepared! *Tips & Tools for Cooking with the Sun*

A free interactive online class

Who Should Participate? Anyone who wants to learn more about how to harness the power of the sun to cook, dehydrate, purify water and be better prepared for emergencies.

Date: Monday August 31, 2015

Time: 7 pm CDT (Replays on Demand through September 12)

Duration: 60 minutes plus live Q&A

Overview: Paul Munsen, of SUN OVENS International, will cover everything you need to know about using a SUN OVEN. He will show how practical and easy it is to cook in a SUN OVEN and discuss the many economic, health and environmental benefits of cooking with the sun.

Learn how to never have to worry about burning dinner again. Discover how to use a SUN OVEN to naturally dehydrate fruits and vegetables. Find out how to reduce your utility bills while helping families in developing countries around the world.

Title: **Be Prepared!** *Tips & Tools for Cooking with the Sun*

Time: Monday, August 31st at 7 pm Central Time

Listening Method: Web Simulcast

Space is limited reservations on first come first served basis

To Reserve: [CLICK HERE](#)

Water - You Can't Last Long Without It



Wikipedia

In its purest form, it's odorless, nearly colorless and tasteless. It's in your body, the [food](#) you eat and the beverages you drink. You use it to clean yourself, your clothes, your dishes, your [car](#) and everything else around you. You can travel on it or jump in it to cool off on hot summer days. Many of the products that you use every day contain it or were manufactured using it. All forms of life need it, and if they don't get enough of it, they die. Political disputes have centered around it. In some places, it's treasured and incredibly difficult to get. In others, it's incredibly easy to get and then squandered. What substance tops the list of necessities for our existence? **Water.**¹

Our bodies are about 60 percent water [source: [Mayo Clinic](#)]. Water regulates our body temperature, moves nutrients through our [cells](#), keeps our mucous membranes moist and flushes waste from our bodies. Our [lungs](#) are 90 percent water, our [brains](#) are 70 percent water and our [blood](#) is more than 80 percent water. Simply put, we can't function without it.

When you don't get enough water, or lose too much water, you become **dehydrated**. Signs of mild dehydration include confusion, dry mouth, excessive thirst, dizziness, lightheadedness and weakness. If people don't get fluids at this point, they can experience severe dehydration, which can cause convulsions, rapid breathing, a weak pulse, loose skin and sunken eyes. Ultimately, dehydration can lead to [heart failure](#) and death.²

In the United States, water is regulated by the Safe Drinking Water Act and distributed by local water treatment companies. They often deliver water and take away sanitary waste through an underground water/sewer system to homes in a community or city. Homes outside the delivery area need to provide their own water source from a well or spring and dispose of waste water into a septic tank. These systems generally rely on electricity to pump and move the water. In the event of an emergency disrupting the electricity, available water will be limited to what you have on hand.

Commercially bottled water for drinking (stored in PETE - food grade plastic containers) can be purchased as long as supplies last. To avoid the panic, storing water in larger containers will allow you to have some available for uses other than just drinking.

Empty Bottles from water, soda, juice, etc., can be used to store extra water. Be sure to wash them carefully with dish soap, sanitize with a bleach solution (one tsp bleach mixed with 1 qt. of water), rinse well and fill with tap water. If you are using municipal water, no bleach is required because it is already chlorinated. Well water should have 2 drops of standard unscented household bleach added per quart. Rotate the water once each year.

[Aqua-tainers](#) holding 5-7 gallons are available in camping supply stores. These are made out of blue food grade plastic and come with a spigot for easy access. 7 gallons of water weighs about 56 pounds. The jugs are stackable, so you can store several in a small area.

Larger storage containers for people with extremely limited storage space include the [waterBOB](#). This plastic container fits into your bathtub and holds 100 gallons of water. Using this will give you water storage without having to wonder when was the last time you cleaned the tub.

[Water Barrels](#) hold 55 gallons of water. Store these off direct contact with concrete. You will need a drinking water hose, bung wrench and siphon to start the water flow.³

[References](#)

Cooking Without Fire

Fire and fuel for cooking are critical needs during an emergency situation. If you are in a location where you cannot get fuel for fire, what are your alternatives? Why not use the sun!

There are four components needed for solar cooking:

1. A fire proof container to hold your cooking vessel
2. Reflective material to capture the sun's energy and direct it
3. A black cooking vessel
4. A stabilizing base



Armed with this concept, Milwaukee retired restaurateur, Tom Burns designed his first solar oven in 1986 and the **SUN OVEN®** was born. Tom, a world traveling Rotarian, recognized the ever growing need for cooking fuel in developing countries and introduced his Sun Oven to the world to help reduce the ever-growing problem of deforestation. He took this centuries old idea and engineered it using cutting edge technologies to produce the world's most efficient and effective solar cooking devices.

For the past 28 years, **SUN OVENS®** have been proudly made in the USA using virtually all American made components. We believe in free enterprise and seek to take a private sector approach to helping solve problems, many of which have often been left to governments. Millions of families around the world are benefiting every day from **SUN OVEN®** products. We strive to assist entrepreneurs to make and market **SUN OVENS®** in the country in which they will be used. In addition, we assist in implementing projects to help organizations to gain self-sufficiency through the sale of bakery goods sun-baked in the **VILLAGER SUN OVEN®**.

The reason we are so passionate about our work in Third World nations is that it saves lives:

- 2.4 billion people still depend on wood, charcoal or dung for cooking fuel.
- Women who cook with wood or charcoal inhale the equivalent of smoking 3 packs of cigarettes each day.
- Each year, on the continent of Africa alone, over one million children under the age of 5 die from respiratory related disease. The leading cause of respiratory infections is the indoor air pollution of cooking fires.
- Up to 85% of the smoke can be eliminated with the use of **SUN OVENS®**.

When you buy a **SUN OVEN®** you are helping us with this work. We think it is the ultimate win-win situation when we can help more people in the U.S. discover the joys of cooking with the sun as they help us expand the use of **SUN OVENS®** around the world.

THANK YOU FOR YOUR SUPPORT.