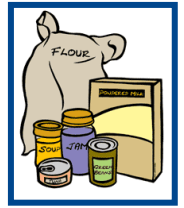




My Preparedness Calling



Congrats on a great calling!

Here are some tips and ideas to help you get started - or continue on!

THE ABC's of Your Calling



- A.** Use the **Church pamphlets** (<http://providentliving.org/>). What better guidelines can we follow than our prophets? Get a copy of both and hand them out to everyone! Read and follow.
- B.** Preparedness is broken into **2 Categories: 1- Home 2- Food**
While the Food Storage is obvious, we also need Home Preparedness - how can we eat if we freeze to death, bleed to death, or can't heat & cook the food we do have!
- C.** **Make it simple.** Everyone's life is full and sometimes overwhelming. The Goal is to make Food & Home Preparedness do-able for everyone! Simple steps that add up over time. No extremes, no over the top, just the great basics!
- D.** **PLAN!** Organize 1 year at a time. This will make it easy on you - plan once, and then move forward. Also the sisters will be able to see the plan, work at their own pace, and go back if they have missed something, or even jump ahead if they are eager! Plan 6 months of Food Storage topics and 6 months of Home Preparedness topics.
- E.** **GET EXCITED!** Let everyone see your excitement! It's contagious. Remember: Most of us aren't experts - don't apologize, make excuses or feel inadequate, just follow your 12 month plan and have fun learning along the way! Spread the "Spirit of Preparedness"!



GOOD Ideas



Start with a **"KICK OFF CLASS"**. Get everyone excited and help them catch the vision and see how easy it is to get prepared! (make preparedness binders and get started)



MONTHLY FOCUS - take it one topic at a time. Every month focus on one part of preparedness, like wheat, or milk, or first aid. Then give out a basic handout, and tell the simplest ways to start getting prepared! Suggest one or two steps to simply take!



- 👍 **HANDOUTS** - Give everyone something to read and take home, for if they are too busy now, when they do have time they will have the information they need.
- 👍 **DISPLAY TABLE** - Set up a table for everyone to see what the monthly Focus is. Use a tablecloth and a poster and then bring your supplies from home and get them excited! If you are using the 12 month plan, then set up every first Sunday of the month. Display 1st week in RS & 2nd in Primary.
- 👍 **ANNOUNCEMENTS** - Take 1-2 min. every month to tell your sisters about the new focus, give them a tip or two, and a basic step or two to take - and mostly, get them excited! Try making an announcement in RS and Primary.
- 👍 **CLASSES** - Pick 2-4 main topics and teach or find teachers for a class on the topics during the year. Keep them 40-50 min. (remember preparedness is simple, you don't need long lectures) and serve refreshments!
- 👍 **MONTHLY e-MAILS** - The first of every month e-mail everyone with the new focus of the month and then attach all the handouts. This way they can have a digital copy plus they can share it with their friends and family. (Be sure to use the "Blind Copy" (BC) when you send large e-mails so everyone does not see everyone else's e-mail address!)
- 👍 **E-MAIL PREPAREDNESS LIST** - Gather all the sister's e-mails and enter them into your computer. Now you can e-mail handouts, great sales you find and fun ideas & tips. (Just be sure to blind copy-don't let all the e-mail addresses show) Tip - don't send out too many e-mails or you will overwhelm the sisters, just 1-3 a month - remember simple.



- 👍 **COOKING with FOOD STORAGE** - The second year you can focus on cooking with what you store. Give out cooking challenges, like making homemade mayonnaise, homemade tootsie rolls, etc. Women love new recipes & cooking tips.
- 👍 **COOKING CLASSES** - Ask different women to teach cooking classes using the basic food groups. How to cook with dry beans, How to use dry milk, etc. Have lots of tasters and recipes! This also needs to be simple and fun! Be sure the teacher understands simple.

FUN Ideas

- 😊 **MONTHLY DRAWING JAR** - Each month have a drawing. If the sisters have purchased any food storage during the month they can put their name in the jar. At the end of the month draw out a name and give them a small prize that represents the focus of the month.
- 😊 **PREPAREDNESS BINDERS** - Make Preparedness organizer binders so the sisters have a place to put all the great information they get!
(see plentyofpicnics.blogspot.com for how to make one)
- 😊 **Mid Month HANDOUTS** - Have a little fun with the holidays
 - ▶▶ February - "I Love how I Feel when I'm Prepared" tape on a chocolate heart
 - ▶▶ March - LUCKY DRAWING JAR - if you purchase food storage this month you are entered into a lucky drawing
 - ▶▶ July - Sparkler with a note, "I sparkle, not fear, when I'm prepared!"
 - ▶▶ October - Mini skeletons - "Milk makes a body strong; don't forget to store dry milk!" Hang up a large skeleton by your poster and display table



TEACHING the BASICS



This is a general outline for teaching a food storage basics class or a 12 month plan kick off Class. Keep the class to 40 min. Serve Great Refreshments, and you could put together Organization Binders at the end!

I. 4 SIMPLE STEPS TO HOME STORAGE (This handout follows the church pamphlet guidelines)

#1 3 MONTH Supply



- Point out the place to begin is with a FAT Pantry. This means a 1 week supply. Do you have food in your cupboard to last 1 week? When you are shopping and an item is on sale, purchase at least 2 - 3!
- Next start building to a 3 month supply
- Explain that a 3 month supply deals with items that do not have a long shelf life. These are the items you eat regularly and purchase from the grocery store. These items will need to be rotated regularly and are easy to get to.

#2 WATER - *water is more essential than food in sustaining life*



- The church suggests that we store a 2 week supply for each person. 7 gallons for drinking and 7 gallons for food prep. and cleaning.
- Use a variety of containers, small and large - you may need to transport some of it
- Keep water containers away from heat and direct sunlight
- Don't store containers that are too large to rotate the water inside and don't store them in difficult to reach places - this also makes it hard to change the water.

#3 FINANCIAL Reserve -



- Pay Tithes and Fast offerings
- Save a little money each week, gradually increase your savings amount
- Live within your budget
- Avoid and remove yourself from debt
- Have cash on hand in case of an emergency! Have small bills and change, if there is a disaster you may need a hotel, gas etc.

#4 Longer-Term Supply



- Work up to this in 3 month increments
 - These are the basic items that can last 20 - 30 years
 - Foods that you can use to stay alive - wheat, rice, beans, sugar etc.
 - A portion of these items can be rotated into your 3 mon. supply
- o **Websites** - There are many great websites and blogs on the internet. For any question you have go on line!

STAPLE TOGETHER HANDOUTS

(found at plentyofpicnics.blogspot.com)

- Cover Sheet - My Preparedness Plan!
- 4 Simple Steps to Home Storage
- 12 Month Preparedness Plan
- Food Storage Inventory - PURSE COPY
- Food Storage Calculator

Copy on colored paper

II. 12 MONTH PLAN (handout)

#1 Pick 6 topics in the Basic Foods and 6 topics in Home Preparedness

- Budget for Preparedness** - Commit a **monthly dollar amount**. Set this amount and spend it every month on your preparedness plan!
- Goal** - Decide where you are - 2 week supply, or 3 mon., 6 mon., 9 mon., or 12 month? **Purchase food in 3 month increments**. This way it is more doable, less overwhelming, and the food will not expire on the same date!
- When** - Decide to work on your Preparedness Plan the FIRST WEEK of every month, and then you can put it out of your mind. This is a great way to not feel overwhelmed but be able to chip away month by month.



III. Food Storage INVENTORY - PURSE COPY (handout)

- Count** and find out how much you have in your home
- Be sure and **carry this inventory in your purse**, when you are at the store it will be easy to figure out how much to buy when an item goes on sale!
- Notice the 2 columns. **total have** = how much you counted, **total need** = this is how much you need to reach your next goal of 3 mon, 6 mon, 9 mon, or 12. Write in the amount from the food storage calculator.



IV. Food Storage CALCULATOR & expiration Dates (handout)

- Fill it out for your family, this should only take **15 min.** and you'll know what you need! See expiration dates
- There are many on-line, but this form is simple and easy to use.



V. Wrap Up & quick review - remind the sisters it's simple, you'll be there helping them and they can do this!

- Recap by saying: 1-inventory, 2-fill out the calculator, 3-set a budget amount & goal of how much to store! THAT'S IT!
- The bottom line is that God has asked us to do this and He will help us! If we are prepared, we shall not fear!



My Preparedness Plan!



A Simple Plan -
Anyone Can!

I Can do it! One month at a time!