



JULY Provident Living Ideas

Sugars • Canning • Shelter Activities



Our July prep focus is sugars, canning supplies, and emergency shelter activities.

It's recommended we store 60 lbs. of sugars per person. Yes, wow! Any combination of honey, white sugar, brown sugar, powdered sugar, jams, jellies, pancake or maple syrup, molasses, agave, etc. will work. See example. ↘

Most recipes need less honey than white sugar...sometimes half. A combination of both is best. **Most dry sugars and honey have an indefinite shelf life.** Cool!

If you're a canner, perhaps buy sugar with your canning supplies this month. Costco and Sam's Club always have great prices on sugar, and the Home Storage Center has white sugar & honey too. Walmart has canning supplies.

With wisdom and careful planning you can gather the types of sugar that work for your family.

Just a spoonful
of sugar helps the medicine
go down.
~Mary Poppins

Group Prep Order

Order due TUES July 19th.

LDS HOME STORAGE CENTER

- Honey 15.5 oz. \$4.00 bottle
- White Sugar 5.8 lb. \$4.75 can
- Berry Drink Mix \$3.25 pouch **SALE**
- Non-fat Dry Milk \$4.00 can **SALE**
- Macaroni \$2.25 can **SALE**
- Oats, Regular \$2.75 can **SALE**



JULY Gathering

35 lbs. sugar (6 LDS #10 cans)
 7.75 lbs. honey (8 LDS bottles)
 8 lbs. brown sugar
 2 lb. powdered sugar
 4 lbs. jams/jellies
 4 lbs. pancake or maple syrup
 60.75 lbs. TOTAL

72-HOUR KIT

family photo, patriarchal
 blessing copy,
 motivational quotes,
 notebook & pen, cards,
 small toys for kids

HOME STORAGE

canning jars, canning lids
 & pectin

EQUIPMENT

canner set; food saver & glass jar sealer

EMERGENCY WATER

14 gallons per person

EMERGENCY SAVINGS

save money weekly

More JULY Ideas

GRANULATED SUGAR

"Moisture makes granulated sugar hard and lumpy. Once this happens, there is no way to adequately restore it. Always store granulated sugar in a covered container in a cool, dry area." *chsugar.com*



BROWN SUGAR

- Store it in a cool area, in a covered container.
- Even though the shelf life of brown sugar is indefinite, it's **best to use it within two years** of purchase for maximum flavor.
- Don't store brown sugar in the refrigerator.
- Use a terra cotta disk, slice of bread, slice of an apple or marshmallow to keep it soft.



HONEY

- Constant temperature is best.
- Store between 50 to 70 degrees.
- Honey will crystallize if colder than 50.
- Beware of extreme temps in fruit rooms.
- Keep away from oven or stove.
- Best to rotate (use) it, as it will eventually darken and have a strong flavor.

EMERGENCY SHELTER ACTIVITIES

Long hours of worry in an emergency shelter need to be productive, or that worry will become overwhelming. Most of us believe we would never experience hanging out in an emergency shelter, but more people *have* experienced this than we realize, including refugees.

Here are a few activity items to put in your 72-hour kit and in your car:

- Family photo
- Patriarchal blessing, copy
- Motivational quotes
- Church magazines
- Scriptures
- Book
- Coloring books, crayons & markers
- Notebook and pen (journal your experience)
- Small games such as Sudoku or crossword puzzles
- Card games
- A child's stuffed animal or special blankie
- Earplugs and an eye-shade



Most shelters do not allow pets meaning you will be separated from them, so have a plan for them. Because of theft, it is best to keep your valuables in your car. Also, **if you have a special diet, you will need to bring your own food.**

More information can be found here:
www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter