

Neighborhood Outreach Emergency Program

Hill Park Ward

Our goal is to help prepare together as churches, neighborhoods, and communities for times of emergencies.

- Approach your neighbors and invite them to participate in the Neighborhood Emergency Preparedness Program, designed to prepare in the event of an emergency. Keep a list of those who wish to participate. Ask for a name, phone number, and their address.
- Make a secondary visit to those who choose to participate and provide them with the Independence Stake Packet of Preparatory Information and Guidelines listed below.
 1. The monthly goal and recommendation toward a one-year supply of food storage and the list of Home Storage Center products, with their phone number included. The amount of water needed and commercially safe water storage containers.
 2. Cash on hand in small bills, equaling to \$1000 total for the entire year. The goal is to set aside \$20 a week for an entire year.
 3. Pages describing instructions and contents of a 72-hour or one week Go-Kit.

Outreach to Other Churches Within Ward Boundaries

Our objective is to reach out to our neighbors in Love and Mercy as we build and establish Zion. Our neighbors include all families in the Hill Park Ward, our physical neighbors, and other churches within our ward Boundaries.

The Lord taught, "Blessed are the merciful, for they shall receive mercy." We promise any who participate in the Neighborhood Emergency Outreach, that the Lord will look upon his or her neighborhood with mercy and shall have the added protection of the Lord in their neighborhood.

- Any members desiring to help or assist other churches within our ward boundaries, may obtain approval from Bishop Taylor (248) 445-2182, Brother Eric Gutierrez (720) 692-9388, Sister Renee Gutierrez (951) 287-1349.
- Preparatory Material will be provided to you and other members desiring to participate in the outreach effort to other churches. This effort should include a minimum of two people per visit to other churches in the outreach effort, at all times.

Monthly Goal Toward a "One Year" Supply of Food Storage for 2024

Order a Minimum of two #10 cans from the Home Storage Center, Per Month
(Average cost is \$16.00 per month or \$4.00 a week)

**Prices Subject to Change*

<i>January</i>		<i>February</i>		<i>March</i>	
Granulated Sugar \$8.95	_____	Pinto Beans \$9.05	_____	White Rice \$8.12	_____
White Flour \$6.40	_____	Regular Oats \$6.81	_____	Non-Fat Dry Milk \$7.47	_____
<i>April</i>		<i>May</i>		<i>June</i>	
Black Beans \$9.53	_____	Potato Flakes \$7.83	_____	Spaghetti Bites \$5.37	_____
Hard Red Wheat \$6.88	_____	Northern Beans \$8.36	_____	Apple Slices \$10.14	_____
<i>July</i>		<i>August</i>		<i>September</i>	
Macaroni \$5.51	_____	Quick Oats \$6.38	_____	Hard White Wheat \$6.82	_____
Carrots \$9.50	_____	Dry Onions \$8.95	_____	Granulated Sugar \$8.95	_____
<i>October</i>		<i>November</i>		<i>December</i>	
White Flour \$6.40	_____	Spaghetti Bites \$5.37	_____	Macaroni \$5.51	_____
Non-Fat Dry Milk \$7.47	_____	Potato Flakes \$7.83	_____	White Rice \$8.12	_____

If You Follow This Simple Plan You Will Have:

If you follow this simple plan you will have 2 #10 cans of each of the following: Granulated Sugar, White Flour, Potato Flakes, Spaghetti Bites and White Rice. You will also have 1 #10 can of each of the following: Northern Beans, Black Beans, Pinto Beans, Hard Red Wheat, Hard White Wheat, Quick Oats, Rolled Oats, Dehydrated Apple Slices, Dehydrated Carrots, And Dried Onions. You will also have 2 Bags of Non-Fat Dry Milk, which equates to 4 gallons of milk.

Items To Consider to Add to Your Food Storage

Water, Salt/Pepper, Other Seasonings, Flavored Bouillions, Baking Soda, Baking Powder, Cooking Oils, Shortening, Canned Fruits, Canned Vegetables, Canned Meats, Penut Butter/Jam, Canned Milks, Honey, Dry Fruits, Pet Food/Supplies, Toiletries/Hygiene. **Do Not Forget Your Water Supply.**

*This Plan is not a full one year supply of food storage. It is just a start on obtaining your one year food storage supply for your family. Please calculate a one year food storage supply that is tailored to your family. You may adjust the quantity of items each month based on Family Size, Need, and Budget.

Home Storage Order Slip

Month: _____

Print First and Last Name: _____

Phone Number: _____

Please circle the amount of each item you would like to pay for. **(1 or 2)**

Name of Item 1 _____ Amount of #10 Cans 1 or 2

Name of Item 2 _____ Amount of #10 Cans 1 or 2

Total amount paid: \$ _____

Home Storage Order Slip

Month: _____

Print First and Last Name: _____

Phone Number: _____

Please circle the amount of each item you would like to pay for. **(1 or 2)**

Name of Item 1 _____ Amount of #10 Cans 1 or 2

Name of Item 2 _____ Amount of #10 Cans 1 or 2

Total amount paid: \$ _____

Home Storage Order Slip

Month: _____

Print First and Last Name: _____

Phone Number: _____

Please circle the amount of each item you would like to pay for. **(1 or 2)**

Name of Item 1 _____ Amount of #10 Cans 1 or 2

Name of Item 2 _____ Amount of #10 Cans 1 or 2

Total amount paid: \$ _____

Home Storage Center Order Form (U.S.)

www.providentliving.org

Prices effective January 1, 2023

Home Storage Center Products (U.S.)

Product	Storage Life (in years)*	Quantity	Weight	Price	Item Total
Packaged Items					
Apple Slices (#10 Can)	30		1.0 lb.	\$ 10.14	
Beans, Black (#10 Can)	30		5.5 lb.	\$ 9.53	
Beans, Pinto (#10 Can)	30		5.2 lb.	\$ 9.05	
Beans, Great Northern (#10 Can)	30		5.3 lb.	\$ 8.36	
Carrots (#10 Can)	10		2.1 lb.	\$ 9.50	
Cocoa, Hot (Pouch)**	2		32.5 oz.	\$ 6.65	
Flour, White (#10 Can)	10		4.0 lb.	\$ 6.40	
Macaroni (#10 Can)	30		3.0 lb.	\$ 5.51	
Milk, Nonfat Dry (Pouch)	20		27 oz.	\$ 7.47	
Oats, Quick (#10 Can)	30		2.4 lb.	\$ 6.38	
Oats, Regular (#10 Can)	30		2.8 lb.	\$ 6.81	
Onions, Dry (#10 Can)	30		2.1 lb.	\$ 8.95	
Pancake Mix (Pouch)**	2		4.0 lb.	\$ 6.20	
Potato Flakes (#10 Can)	30		1.8 lb.	\$ 7.83	
Rice, White (#10 Can)	30		5.4 lb.	\$ 8.12	
Spaghetti Bites (#10 Can)	30		2.7 lb.	\$ 5.37	
Sugar, Granulated (#10 Can)	30		5.6 lb.	\$ 8.95	
Wheat, Hard Red (#10 Can)	30		5.5 lb.	\$ 6.88	
Wheat, Hard White (#10 Can)	30		5.5 lb.	\$ 6.82	
Bulk Items					
Wheat, Hard Red (Bag)	30		25 lb.	\$ 18.81	
Wheat, Hard White (Bag)	30		25 lb.	\$ 18.49	
Other Items					
Box				\$ 1.00	
Plastic Lid				\$ 0.25	

Product Information

Totals

*When packaged properly and stored in a dry place below 75 degrees Fahrenheit (24 degrees Celsius).
Product availability varies by home storage center. Call for details.
Items are not for resale. Prices are subject to change without notice.

Total cost before tax: _____

Tax (if applicable): _____

Total cost after tax: _____

Return Policy

You may return defective prepackaged products in the original packaging with a valid receipt within 30 days for a full refund or exchange. Bulk items cannot be returned or exchanged. Refunds may be issued in the form of a check sent from the Global Services Department.

** May not be available in all locations.



Independence Stake Home Storage Center

Address:

4051 N Kimball Drive Kansas City, MO 64161

Telephone:

(816) 453-4269

Hours of Operation:

Sunday	Closed
Monday:	Closed
Tuesday	10:00 AM - 6:00 PM
Wednesday	10:00 AM - 6:00 PM
Thursday	Closed
Friday	Closed
Saturday	Closed

*Please call Ahead of time to confirm Hours of Operation.

AN APPROACH TO LONGER-TERM FOOD STORAGE

Department of Nutrition, Dietetics and Food Science, Brigham Young University

Revised September 2019

*The amounts of food listed below provide adequate calories and protein for an adult for one year. However, there are many other possibilities. **Adjust the kinds and amounts of food stored based on personal needs and preferences, and by experimenting with recipes.***

- Water is a critical storage item. A common recommendation is to store 14 gallons per person for a two-week supply and to rotate the water periodically. Because it is difficult to store large amounts, a means of water purification is needed.
- Shelf life: Long-term food items (most packaged in low oxygen) will generally have an acceptable taste for at least 30 years (except as noted) when stored at room temperature or below (but not freezing); however, some nutritional losses will occur. Foods stored at higher temperatures (e.g., in attics, garages) will have a much shorter shelf life.
- Short-term food items that must be rotated faster than used could be donated to a food bank before their expiration date.
- Bolded items are available at Home Storage Centers of The Church of Jesus Christ of Latter-day Saints and through the on-line store at store.churchofJesusChrist.org. (Approximate weights are calculated from weights listed under "Prepackaged Items" shown on the "Home Storage Center Order Form.")

<u>Long-term food items – at least 30 year shelf-life</u>	<u>per person amount per year</u>	<u># cases (6 cans per case)</u>	<u>approx. weight (lbs)</u>
<i>Grains (types are interchangeable based on individual preferences, e.g., 1 case of rice for 1 case of wheat)</i>			
Wheat	24 #10 cans	4	132
Rice, white	12 #10 cans	2	65
Oats, rolled	12 #10 cans	2	29
Pasta (Macaroni or Spaghetti)	6 #10 cans	1	21
Legumes (Beans , Split Peas, Lentils)	12 #10 cans	2	62
Milk, nonfat dry (15 year shelf-life)	12 #10 cans	2	49 (or 28 pouches)
Sugar (or other sweeteners—see below)	12 #10 cans	2	70
Apple Slices, dried	6 #10 cans	1	6
Potato Flakes	12 #10 cans	2	22
Carrots, dried (10 year shelf-life)	3 #10 cans	-	8
Onions, dried	1 #10 can	-	2
Salt, iodized	8 lbs		
Baking soda (for baking and to soften old beans)	1 lb		
Baking powder	4 lbs		
Vitamin C tablets (@ 90 mg)	365 tablets		

<u>Short-term food items</u>	<u>approx. unopened shelf-life (years)</u>	<u>per person amount per year</u>
<i>Fats and Oils (types are interchangeable based on individual preferences; storing a variety of fats/oils helps with rotation)</i>		
Cooking/Salad Oils (e.g., soy, olive)	1+	2 gallons
Shortening/Frying Oils	1+	3 cans @ 3 lbs
Butter/Margarine (stored in freezer)	1	6 lbs
Mayonnaise/Salad Dressings	1	3 quarts
Peanut Butter/other butters	1+	6 lbs
Fruit Drink Mix (or bottled multivitamins)	2	3 #10 cans (or 8 pouches)
Spices/Flavorings/Bouillon/Condiments	2+	-
Eggs, dried (for baking, not frying)	3+	2 #10 cans
Yeast	5+	2 lbs

Other sweeteners (e.g., honey, molasses, brown sugar, jams, jellies, syrups)

Storing other canned or dried fruits, vegetables, meats, etc. will increase variety and nutritional value

Nonfood items

Can opener

Grain grinder

Recipes – that use only stored ingredients

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.

Step 3: 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.

Step 4: 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.

Emergency Preparedness Fund Tracking Log

The stake encourages for every family to have cash on hand in various small bills. The stake recommends that every family have at least \$1000 set aside for emergency preparedness. This goal can be accomplished by setting aside \$20 every week for an entire year. Below is a weekly check off to help you stay on track as you build your emergency preparedness fund.

**Please check and write how much you saved for each particular week.*

Weekly Amount Saved		Weekly Amount Saved	
Week 1	\$ _____	Week 27	\$ _____
Week 2	\$ _____	Week 28	\$ _____
Week 3	\$ _____	Week 29	\$ _____
Week 4	\$ _____	Week 30	\$ _____
Week 5	\$ _____	Week 31	\$ _____
Week 6	\$ _____	Week 32	\$ _____
Week 7	\$ _____	Week 33	\$ _____
Week 8	\$ _____	Week 34	\$ _____
Week 9	\$ _____	Week 35	\$ _____
Week 10	\$ _____	Week 36	\$ _____
Week 11	\$ _____	Week 37	\$ _____
Week 12	\$ _____	Week 38	\$ _____
Week 13	\$ _____	Week 39	\$ _____
Week 14	\$ _____	Week 40	\$ _____
Week 15	\$ _____	Week 41	\$ _____
Week 16	\$ _____	Week 42	\$ _____
Week 17	\$ _____	Week 43	\$ _____
Week 18	\$ _____	Week 44	\$ _____
Week 19	\$ _____	Week 45	\$ _____
Week 20	\$ _____	Week 46	\$ _____
Week 21	\$ _____	Week 47	\$ _____
Week 22	\$ _____	Week 48	\$ _____
Week 23	\$ _____	Week 49	\$ _____
Week 24	\$ _____	Week 50	\$ _____
Week 25	\$ _____	Week 51	\$ _____
Week 26	\$ _____	Week 52	\$ _____
Total Amount Saved in 2024:			

Basic 72-Hour or Go Kit Supplies

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Make sure your emergency kit is stocked with the items on the checklist below. Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets or seniors. A basic emergency supply kit could include the following recommended items:

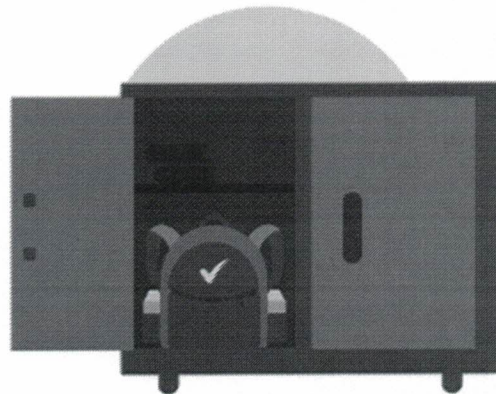
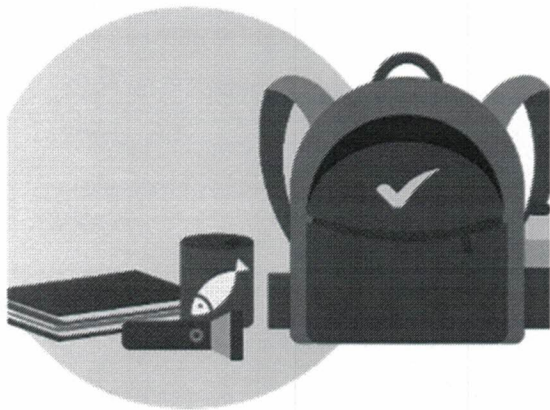
- Water (one gallon per person per day for several days, for drinking and sanitation)
- Food (at least a several-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery

Additional Emergency Supplies You may add

- Soap, hand sanitizer and disinfecting wipes to disinfect surfaces
- Prescription medications.
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes

- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.



Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's needs change.

Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

- **Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- **Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
- **Car:** In case you are stranded, keep a kit of emergency supplies in your car.