

## Three reasons why members don't have a 1-year Food Storage.

1. Don't see the need/ understand the doctrine or commandment.
2. The cost is too much.
3. Even if I could afford it, where would I store it?

Reality is, once you understand this commandment, excuses 2 & 3 are eliminated.

“But one YEAR of food is too daunting! Do you realize what three WEEKS of groceries looks like?!??” So is considering 1 year of tithing all at once. Just pay tithing THIS paycheck. The Lord will bless your obedience and open a way to do what He has commanded.

Food storage is a commandment we can keep PERFECTLY.

### WHAT WORKS:

Believe it or not, in a most basic food storage, water will be the most expensive part. No, really. Here is the BARE MINIMUM for an adult to survive 1 year:

300 pounds of Grains (Rice, Wheat, etc)	\$234.00
60 pounds of beans (Pinto, Black, Navy, etc.)	\$ 75.00
10 pounds honey or sugar	\$ 24.00
-and-	
1 gallon of Lard/Crisco/Oil	\$ 19.00
Prices as of 1 February 2021	\$352.00

However, water is usually \$1/gallon for container alone. At 1 gallon per day, just the container will be \$365. The average cost for domestic water coming out of your faucet in the USA is \$1.55 per 1000 gallons. So, 365 gallons is about 60 cents.

To reiterate: To get the most basic food and water storage, you will spend more to store water than the food!!!

The MOST BASIC food storage is designed to keep you ALIVE, not fat. However, before you dismiss the BASIC, minimally essential foods, remember that TENS of MILLIONS of people live on only this food TODAY— and their jobs, economy and food availability is operating normally! Truly MILLIONS of people live mostly on rice and beans as their MAIN staple. If you ate it for an entire year, you would be really thin and very, very, very bored. BUT THIS IS THE COMMANDMENT. >>AFTER<< we obtain this basic minimum, we can work on getting more desirable foods.

Imagine yourself on day 100 using your food storage and nothing else. “Man, these beans could use some garlic salt...”. Oohhh....Garlic salt!! Hmmm....not some ideas:

Now, consider that could be done to make the food more enjoyable.  
If you take the wheat, grind it and add yeast, oil, salt + oven = bread!  
spread honey or peanut butter on that bread  
Jelly or jams  
Pasta  
Spaghetti sauce  
Canned chicken, beef, pork and fish  
Spices  
Cake mix  
Canned soups

Considering the emotional well-being of children on their birthday in a disaster situation:  
A birthday cake, complete with frosting, can really make a difficult day much better.  
You'll need 2 fresh eggs and the oil listed on the box, but you'll have time to plan for those.

"One year!! That's just too daunting." Then consider 52 weeks:  
52 cans spaghetti sauce  
52 packages of dry pasta  
52 cans of fruit.  
This makes spaghetti once a week for a year.

Canned foods are the best and longest-proven storage method for a years-supply of food. However, stored food needs to be in a CONSISTENTLY cool -and- dry place, such as a basement. The USDA declares that canned food can last indefinitely (that's another word for forever) in such an environment:

**"If cans are in good condition (no dents, swelling, or rust) and have been stored in a cool, clean, dry place they are safe indefinitely"** - US Department of Agriculture.

Don't believe me? See for yourself: <https://ask.usda.gov/s/article/How-long-can-you-keep-canned-goods>

Select perfect cans when you know they'll be stored. Use any dented cans right away instead of storing hem (or dont buy them!)

**If you are hesitant about "expired" canned food,** Make this a teaching event! Take the can outside and examine it -- Perhaps even video the event!. Search for any failed seams, rust, dent or bulges. Then, (while outside in case the worst happens!) open the can. YOU WILL KNOW INSTANTLY. There is no "Uhm, Maybe?" on spoiled or not

spoiled canned food. It is EITHER: Disgusting, festering, nasty, stinky and gut-wrenching -OR- it is perfectly fine.

Several studies have tested 30-plus year old canned food and it looked, smelled and tasted fine. Laboratory studies find that the texture is a bit different and the nutritional content is slightly diminished, but it is safe for human consumption. Here is one case study which had 58 people taste-test and grade 30+ year-old food:

<https://scholarsarchive.byu.edu/cgi/viewcontent.cgi?referer=&httpsredir=1&article=1062&context=facpub>

This link above is for the Pinto Beans test, but separate researchers focused on different foods. Overall, dozens of foods were researched in this 2005 BYU project, all with donated 30+ year old, canned foods:

Some of the highlights of this BYU study:

1. The wheat kernels hardly declined after 30 years, still made a great loaf of bread.
2. The 30-year-old apple slices were so normal that people continued to return to the table to nibble on them.
3. White rice, pinto beans, macaroni, rolled oats and potato flakes were all deemed "acceptable" at 30 years.
4. Powdered milk was deemed "acceptable" at 20 years.

Research on the nutritional content, especially vitamin content, of 30+ year old foods:

[https://womensconference.ce.byu.edu/sites/womensconference.ce.byu.edu/files/52a\\_2.pdf](https://womensconference.ce.byu.edu/sites/womensconference.ce.byu.edu/files/52a_2.pdf)

Also, no matter the "Best Before" date, frozen foods NEVER expire and NEVER spoil. Here's the proof: <https://www.usda.gov/media/blog/2013/06/27/you-toss-food-wait-check-it-out>

Here's an article about finding, opening and EATING food storage from 1865. No, not 1965, I typed 1865: [https://en.wikipedia.org/wiki/Bertrand\\_\(steamboat\)](https://en.wikipedia.org/wiki/Bertrand_(steamboat)) They found and ate peaches, oysters, plum tomatoes, honey, and mixed vegetables. The research wasn't done by teenage daredevils, but scientists at the National Food Processors Association (NFPA), who declared "...no trace of microbial growth and the food was determined to be still safe to eat."

**Honey:** Honey NEVER spoils, except by contamination. Honey has been found in Egyptian catacombs in glass jars, determined to be at least 5,500 years old and was perfectly safe to eat.

**Oils:** Most oils can last 10+ years IF stored in a cool, dry, DARK place. Light and oxygen ruin oils. Some are better than others: Walnut and sesame oils spoil the soonest, Olive oil lasts the longest. Interesting facts: Rancid oils won't make you sick, but the taste is awful. If you cannot determine if the oil has gone bad by smell, pour a tablespoon into a pan and heat it. Rancid oil will give a foul odor when heated.

## **Other considerations to avoid agony:**

Toothpaste and brushes. You might LIKE to replace your toothbrush often, but you COULD make it due for 3 months. So buy a 4-pack and you're set for a year. Candy-hard candies last FOREVER. Only moist air ruins them. All hard candy from restaurants or Halloween goes in food storage. (some may think this is silly, but apparently the president Brigham Young always had peppermints in his pocket to share with those who needed some encouragement).

Ambisol for toothaches (too much candy?!). What if you chip a tooth or get a painful cavity?

(BARTER ECONOMY will begin within WEEEEKS of a long-term disaster. Dentists might trade dental work for carpentry or sewing work!)

An old-school, manual-crank can opener (or 2) for your food storage. You might not have electricity each day to open cans.

Infant formula. Even if you have no babies, what a delightful thing to share with someone in desperate need. Powdered infant formula usually has a "best before" date several years after purchase.

Feminine hygiene products.

Soaps—body, laundry and dishes.

Disinfectants.

Fluids with electrolytes such as PediaLite in case of diarrhea.

Basic medical supplies.

A walker, You know, it folds up and has the iconic tennis balls at the bottom!! \$20 at any garage sale. Store this in case of ANY lower-body injury. A real mobility saver even for getting out of bed or bathing.

## **WHAT DOES NOT WORK:**

Worst place for food storage is in your bank account. "Oh, I have some money, and I will buy it when things get rough."

Next worst place is in the grocery store. An average store replenishes everything every 3 days. Bread/milk/ eggs last average 10 hours. Odd things like soy sauce or corn syrup about a week. Average is 3 days. Under NORMAL CONDITIONS. Now add a natural or man-made disaster!

Next worst place is a garage or a furnace room. The fluctuating temperature changes quickly ruin the stability of the canned food.

#### Foods to NOT bother storing:

**Brown Rice.** This becomes almost the opposite of white (or polished rice, where the brown is polished off) Brown rice will spoil in under 6 months! White rice can last forever.

Peanut Butter has protein, but only lasts about 1 or 2 years. "Natural" peanut butters, with their original oils, spoil even sooner.

Canned food is the best long-term solution, but some cans are better than others: The ones with easy-open "pull-tabs" won't last forever and are easily compromised when stacking, moving etc. The edges of the lid which allows for easy opening are paper-thin. Traditional cans are much better.

### **But I don't have a basement or even an extra room for all this!**

You can find space under a bed (directly on the floor) or as part of the bed. Here's how: The box of 6 cans you get from Church's Home Storage Center: 19" x 12.5" x 8" tall. The needed grains and beans (from page one) will fit in 14 boxes.

A twin bed is 38 x 75"

3 boxes wide, 4 boxes long = 37.5" x 76" This is one-inch longer than the mattress, but most bed frames are at least 1" longer than the mattress.

This means 12 of the needed 14 boxes can be put UNDER the bed OR instead of a "box spring," which is now called a "bed foundation." They are called this because they no longer HAVE any springs, it's a solid, rigid box. Replace this useless box with food storage.

A QUEEN bed is 60"x 80"

Three boxes by six boxes is 57 x 73". This would be 18 boxes.

If you make obedience to this commandment a priority, you WILL find the space. For example, no one is commanded to have a closet filled with Christmas ornaments.

## **""YEARS SUPPLY OF CLOTHING""**

We are also commanded to ensure we have a years supply of clothing. This ought to be the easiest category to be self-sufficient in. Most of our clothing lasts far longer than a year (we just get bored of it). However, please consider:

1. Large hats for sun/rain exposure.

2. Disposable plastic rain coats (or large trash bags with holes for head and arms. Hey, this isnt a fashion show!
3. Suspenders and belts - you might lose significant weight or get clothing from another person.
4. Extra sets of shoelaces.

## “”YEARS SUPPLY OF FUEL””

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("Are they crazy? We easily use hundred of gallons of fuel a year! The Fire Department will cite us if we store that much! We'd be called domestic terrorists if it ever caught fire!")

A "years supply" of fuel does NOT mean 6 gallons of gasoline per day for your usual commute. If times are this bad, you won't be driving downtown to the office 5 days a week.

Four things you need fuel for:

1. Cooking food.
2. Heat at least 1 room during winter
3. Vehicle fuel to move to a safer place—not daily, but once!
4. Fuel to operate water pumps or other agricultural machinery (tractors) to plant and harvest food. Most of us are not farmers/ranchers and this doesn't apply.

Can you heat (or in AZ or TX: cool!) ONE room independently? Most furnaces depend on electricity AND natural gas. What if one is gone?

We love our “SMART” homes: Is your Techie Thermostat connected to Siri/Alexa?? Now you need gas, electricity AND the internet for heat! Not very “SMART,” is it? Keep the basic, traditional thermostat with emergency stuff just in case.

## Information and Communication

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Food, clothing and fuel has been the mantra for generations. May I add a category? INFORMATION. Analog books. Previous generations didn't have to STORE this because all they HAD was printed, hard-copy information. Consider this: what would you do if in this “cancel culture,” the App Store, or Google Play or whatever, DELETED LDS Tools or Gospel Library off ALL your devices? What about an analog book on medical stuff such as wound care? How about your contact lists, addresses, etc? Important phone numbers need to be in print.

Medical books on first Aid. Printed local maps. Lists of local poisonous AND edible

berries and grasses. Children's books to soothe and distract.

Telephones and emergencies: 20 years ago, everyone was told to stay off the telephone after a major disaster, so that 911 and other emergency personnel can use the telephone lines. This is only partially true now! A cellular repeater tower can handle THOUSANDS of text messages per SECOND. So, after a major disaster, do NOT call people to say you are ok, but DO text them. Ask others to only reply by text in the immediate future.

## HOW WE DO IT

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Food storage is the biggest concern, so I will just say that our clothing, fuel and information storage is just what you'd expect: We all regularly have plenty of clothing, including our snow gear. We also keep on hand many hats, gloves, belts, suspenders and extra shoelaces to ensure clothing will last at least a year. As for fuel, we have large propane tanks for heaters and cooking appliances. Unlike gasoline or diesel, PROPANE LASTS FOREVER. And for our information, I'm a lover of printed media, especially for must-have information.

Our Food Storage:

We have water in several large, 500-gallon tanks outside our house (in an otherwise useless corner without much sun). This might surprise you, but the water you drank today is at LEAST 6,000 years old. Water never spoils, it can only become contaminated. Stored water does NOT have to be drained and refilled annually. If clean water is stored in a sealed, dark tank made for water storage, it lasts forever. Before you use it, you'll want to pour the water back and forth between two clean jugs, briskly. "Old" water only tastes strange because it needs to be oxygenated.

We are fortunate to have a large room in our basement dedicated to food storage, first aid storage and soaps, cleaners, paper goods, etc.

Considering the weight of the stored food and the chance for earthquakes, we have very strong steel shelves. We load these shelves with the heaviest item at the bottom. We store nothing on the floor itself, since a burst pipe or other small flood could ruin our preparations.

Bottom shelf (4" above the floor) is our long-term wheat and beans. This shelf is too low to easily see—out of sight/mind. This bottom row also includes oils and honey and therefore, this row, alone, fulfills the required "minimum" 1-year of basic foods,

Above this, we have foods we are more accustomed to:

2' up is heavy canned goods, lowest is acidic foods, in case they bulge and leak.

4' up shelf is pastas and other foods that take volume but not too heavy.

6' up (overhead) is toilet paper and other things I wouldn't mind hitting me in the head during an earthquake.

Rather than formulate calories and technical details with carbohydrates, proteins, fats and sugars, we simply created a basic meal which can be made with stored food and we plan to eat that meal once per week for 52 weeks:

1. Tuna casserole
2. Spaghetti with meat
3. Chicken salad sandwiches
4. Chili or stew
5. Beef stroganoff
6. Shepherds Pie
7. Soup.

More variety have be created because of a sub-category of soup types and different spices or sauces for pasta dishes.

Storing breakfast for a year is mostly boring: Oatmeal. But variety can be created with honey, maple syrup and an assortment of dehydrated fruits. We recently added dehydrated egg powder, dehydrated onions and bell peppers and dehydrated cheeses and even dehydrated spinach-- which will make some yummie omlettes.

Water itself can become boring to drink. We have a large amount of the Walmart brand (generic) Crystal Light. It's no calorie, but to have flavors like Orange Early Rise, Strawberry Lemonade and Fruit Punch is better than water.

We keep the cardboard tray boxes between layers of cans so they have a broad base for stacking and to anticipate earthquakes. Besides, it keeps the edges of cans from getting dented. If we ever have to move our food to a safer place (such as during a long-term evacuation), we would rather move hundreds of cardboard trays of food than thousands of individual cans!

To those in a HOT or HUMID climate: If you even wonder HOW you get roaches or other bugs in a sealed room, even in a new house, surprise: WITHOUT EXCEPTION, every food packager and food distribution warehouse has bugs. Bugs LOVE to lay eggs in corrugated cardboard!!! To solve this, make sure the cardboard trays have no metal staples (most are glued), put one or as many fit in your microwave and cook on high for 20 seconds. Longer doesn't help (hey can't be "dead-er), but you could damage the microwave running it without food to absorb the energy.

## Final Thoughts to Consider:

Be careful who you discuss (and especially SHOW) your food storage with. Do these words sound familiar: “Sadly, some who you thought were your friends will betray you. And some things will simply seem unfair.” Recall who said that? It was said by President Nelson in the October 2020 conference in his address URGING us to prepare and to never stop preparing places of safety and security! You cannot revoke knowledge. If and when we rely on our food storage, life will be even MORE difficult if 900 in your city know you have it. Never underestimate what desperate, starving people will do for food. I have seen it. I have been to nations with employment rates worse than the US Great Depression. The food shortages, malnutrition AND associated CRIME have been terrifying.

When discussing food storage with others, have a prayer in your heart. Listen carefully to the promptings of the Holy Ghost, so YOU can discern if they are:

1. A fellow Saint also awake to this -OR-
2. A person who is WEAK or just doesn't understand food storage (whom YOU can teach, edify & strengthen!) -OR-
3. A person who is REBELLIOUS about food storage. (See Micahs lecture “Weakness vs Rebellion.”)

## Aaron’s Temporal Salvation Quotes:

In all quotes, Italics and underlines are mine.

“Let’s do these things because they are right, because they are satisfying, and because we are obedient to the counsels of the Lord. ... It is true that difficult times will come—for the Lord has foretold them. ... But if we live wisely and providently, we will be as safe as in the palm of His hand”. —President Spencer W. Kimball

“Perhaps if we think not in terms of a year’s supply of what we ordinarily would use, and think more in terms of what it would take to keep us alive in case we didn’t have anything else to eat, that last would be very easy to put in storage for a year...just enough to keep us alive if we didn’t have anything else to eat. We wouldn’t get fat on it, but would live; and if you think in terms of that kind of annual storage rather than a whole year’s supply of everything that you are accustomed to eat which, in most cases, is utterly impossible for the average family, I think we will come nearer to what President Clark. advised us way back in 1937.” —President Harold B. Lee, 1966

“We need to make both temporal and spiritual preparation for the events prophesied at the time of the Second Coming. And the preparation most likely to be neglected is the one less visible and more difficult—the spiritual. A 72-hour kit of temporal supplies may prove valuable for earthly challenges, but, as the foolish virgins learned to their sorrow, a 24-hour kit of spiritual preparation is of greater and more enduring value. **We are living in the prophesied time “when peace shall be taken from the earth” (D&C**

**1:35), when “all things shall be in commotion” and “men’s hearts shall fail them” (D&C 88:91).** There are many temporal causes of commotion, including wars and natural disasters, but an even greater cause of current “commotion” is spiritual.” — President Dallin H. Oaks.

“Noah heeded God’s command to build an ark...that they might be saved from the flood waters. Yet there was no evidence of rain and flood. His actions were considered irrational. The sun was shining and life moved forward as usual. **But time ran out.** The floods came, the disobedient were drowned. When God speaks and we obey, we will always be right.” —President Thomas S. Monson.

“The kingdom of heaven and the kingdom of God on the earth will be combined together at Christ’s coming – and that time is not far distant. How I wish we could get the vision of this work...and realize the nearness of that great event. I am sure it would have a sobering effect upon us if we realized what is before us.”

—President Gordon B. Hinckley

“The best place to have some food set aside is within our homes, together with a little money in savings. The best welfare program is our own welfare program. Five or six cans of wheat in the home are better than a bushel in the welfare granary. ... We can begin with a one week’s food supply and gradually build it to a month, and then to three months. I am speaking now of food to cover basic needs.”

—President Gordon B. Hinckley

“The prophets have taught us multiple times that although the Lord never forsakes us, usually he does not do for us what we can reasonably do for ourselves.”

—Bishop Keith B. McMullin

“As long as I can remember, we have been taught to prepare for the future and to obtain a year’s supply of necessities. I would guess that the years of plenty have almost universally caused us to set aside this counsel. I believe the time to disregard this counsel is over. With events in the world today, it must be considered with all seriousness.” —Elder L. Tom Perry.

“I bear my humble witness to you that the great God of heaven will open doors and means in a way we never would have supposed, to help all those who truly want a years supply...All we have to do is to decide, commit to it, and then keep the commitment. Miracles will take place...”. — Elder Vaughn J. Featherstone.

The presiding elders in Missouri issued the following counsel in July of 1833:

“For the disciples to suppose that they can come to this land without ought to eat, or to drink, or to wear, or anything to purchase these necessaries with, is a vain thought. For them to suppose that the Lord will open the windows of heaven, and rain down angel’s food for them by the way, when their whole journey lies through a fertile country, stored with the blessings of life from His own hand for them to subsist upon, is also vain. For them to suppose that their clothes and shoes will not wear out upon the journey, when

the whole of it lies through a country where there are thousands of sheep from which wool in abundance can be procured to make them garments, and cattle upon a thousand hills, to afford leather for shoes, is just as vain. ...

“... Do not conclude from these remarks, brethren, that we doubt in the least, that the Lord will provide for His Saints in these last days; or think that we would extend our hands to steady the ark; for this is not the case. We know that the Saints have the unchangeable word of God that they shall be provided for; yet we know, if any are imprudent, or lavish, or negligent, or indolent, in taking that proper care, and making that proper use of what the Lord has made them stewards over, they are not counted wise; for a strict account of every one’s stewardship is required, not only in time, but will be in eternity. Neither do we apprehend that we shall be considered putting out our hands to steady the ark of God by giving advice to our brethren upon important points relative to their coming to Zion, when the experience of almost two years’ gathering, has taught us to revere that sacred word from heaven, ‘Let not your flight be in haste, but let all things be prepared before you.’” (History of the Church, 1:382–83.)

“Lay up your stores, and take your silks and fine things and exchange them for grain and such things as you need and the time will come when we will be obliged to depend upon our own resources; *for the time is not far distant when the curtain will be dropped between us and the United States.* When that time comes, brethren and sisters, you will wish you had commenced sooner...” —Heber C Kimball, Discourses, Volume 5, p10.

“We can rest assured that if we have done all in our power to prepare for whatever lies ahead, He will then help us with whatever else we need. ... We do not say that all of the Saints will be spared and saved from the coming day of desolation. But we do say there is no promise of safety and no promise of security except for those who love the Lord and who are seeking to do all that he commands.” —Bruce R. McConkie

“Many more people could ride out the storm-tossed waves in their economic lives if they had their year’s supply of food ... and were debt-free. Today we find that many have followed this counsel in reverse: they have at least a year’s supply of debt and are food-free.” —President Thomas S. Monson.

“Recent surveys of Church members have shown **a serious erosion** in the number of families who have a year’s supply of life’s necessities. Most members plan to do it. Too few have begun. . . . It is our sacred duty to care for our families, including our extended families.” —President Thomas S. Monson

“A great many have taken this counsel, and they are prepared...Who is deserving of praise? The persons who take care of themselves, or the ones who always trust in the great mercies of the Lord to take care of them? It is just as consistent to expect that the Lord will supply us with fruit when we do not plant the trees; or that, when we do not plow and sow and are saved the labor of harvesting, we should cry to the Lord to save us from want, as to ask Him to save us from **the consequences of our own folly, disobedience and waste**...” —Journal of Discourses, Volume 12, p244

“I have become very anxious over the amount of counseling that we seem to need in the Church, and the network of counseling services that we keep building up—without once emphasizing the principle of self-reliance as it is understood in the welfare program. There are too many in the Church who seem to be totally dependent, emotionally and spiritually, upon others. They subsist on some kind of emotional welfare. They are unwilling to sustain themselves. They become so dependent that they endlessly need to be shored up, lifted up, endlessly need encouragement, and they contribute little of their own.

“I have been concerned that we may be on the verge of doing to ourselves emotionally (and therefore spiritually) what we have been working so hard for generations to avoid materially. If we lose our emotional and spiritual self-reliance, we can be weakened quite as much, perhaps even more, than when we become dependent materially. On one hand, we counsel bishops to avoid abuses in the Church welfare program. On the other hand, **we seem to dole out counsel and advice without the slightest thought** that the member should solve the problem himself or turn to his family. Only when those resources are inadequate should he turn to the Church.

“If we are not careful we can lose the power of individual revelation. The Lord said to Oliver Cowdery, and it has meaning for all of us:

“Behold, you have not understood; you have supposed that I would give it unto you, when you took no thought save it was to ask me.

“But, behold, I say unto you, that you must study it out in your mind; then you must ask me if it be right, and if it is right I will cause that your bosom shall burn within you; therefore, you shall feel that it is right.

“But if it be not right you shall have no such feelings, but you shall have a stupor of thought that shall cause you to forget the thing which is wrong.” D&C 9: 7–9

“Has it occurred to you that many problems can be solved by reading the scriptures? We should all personally be familiar with the revelations. **As part of your emotional self-reliance, read the scriptures.** —Elder Boyd K. Packer.

“Maintain a year’s supply. The Lord has urged that his people save for the rainy days, prepare for the difficult times, and put away for emergencies, a year’s supply or more of bare necessities so that when comes the flood, the earthquake, the famine, the hurricane, the storms of life, our families can be sustained through the dark days. How many of us have complied with this? We strive with the Lord, finding many excuses: We do not have room for storage. The food spoils. We do not have the funds to do it. We do not like these common foods. It is not needed — there will always be someone to help in trouble. The government will come to the rescue. And some intend to obey but procrastinate.” —Teachings of Spencer W. Kimball.

“We encourage families to have on hand this year’s supply; **we say it over and over and over and repeat over and over** the scripture of the Lord where he says, “Why call ye me, Lord, Lord and do not the things which I say?” How empty it is as they put their spirituality, so-called, into action and call him by his important names, but fail to do the things which he says.” —Spencer W. Kimball

“Will you be slack, brethren, and let the evil come upon us, when we forewarn you of the future events that are coming;... We are telling of what the prophets have said-of what the Lord has said to Joseph. Wake up now, wake up, O Israel, and lay up your grain and your stores. I tell you that there is trouble coming upon the world...” —Heber C. Kimball (Journal of Discourses, vol. 4, p. 336-9) Too often we bask in our comfortable complacency and rationalize that the ravages of war, economic disaster, famine, and earthquake cannot happen here. Those who believe this are either not acquainted with the revelations of the Lord, or they do not believe them. Those who smugly think these calamities will not happen, that they will somehow be set aside because of the righteousness of the Saints, are deceived and will rue the day they harbored such a delusion. The Lord has warned and forewarned us against a day of great tribulation and given us counsel through His servants, on how we can be prepared for these difficult times. Have we heeded His counsel?

“Plan to build up your food supply just as you would a savings account... We urge you to do this prayerfully and do it now.” —Ezra Taft Benson, General Conference, October 1980.

“We continue to encourage members to store sufficient food, clothing, and, where possible, fuel for at least one year. We have not laid down an exact formula for what should be stored. However, we suggest that members concentrate on essential foods that sustain life, such as grains, legumes, cooking oil, powdered milk, salt, sugar or honey, and water. **Most families can achieve and maintain this basic level of preparedness.** The decision to do more than this rests with the individual. We encourage you to follow this counsel with the assurance that a people prepared through obedience to the commandments of God need not fear.” June 25, 1988 letter from the First Presidency