

FORT COLLINS STAKE HOME PRODUCTION / EMERGENCY PREPAREDNESS NEWSLETTER

MAY 2023



HOME PRODUCTION TIP FOR THE MONTH

When I was a teenager, I was too lazy to put the potato peels in the trash and put them down the disposal (despite being told not to because it would clog the sink). Well guess what, the potato peels clogged the sink. My mechanical dad (being the exceptional father that he was) could have cleared the drain, but instead he made me learn a life lesson – how to tear apart and clear the sink drain. I had to climb under the sink, take apart the plumbing connections, clear them (gross!), and then put it back together. Uggg – life lessons. This month, teach your family members how to do one basic home repair. They will be better off for it!

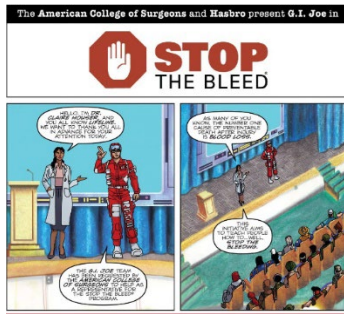
To unclog a sink/toilet/tub, have Baking Soda, Vinegar, a plunger, and a drain weasle/snake in your storage. Pour an ample amount of baking soda down the drain, then add white vinegar in small amounts at different increments until the baking soda is gone. Together they create a carbon dioxide gas (bubbly reaction) that loosens fats, oils, and other yuckiness (if that's a word) in drain lines. Plunge or snake the drain to clear the debris. Run water down the drain until it no longer backs up. Cleared drain lines are magical and a way to keep plumbing bills at bay. OR Bottom line – don't put potato skins (and other nastiness) down drain lines. But if you do, you'll know how to clear it! Life Lessons 😊



FOOD STORAGE TIP OF THE MONTH

Add Extra Yeast and Leavenings to Your Pantry. Look at the article by Patricia Spigarelli Aston [Add Extra Yeast and Leavenings to Your Pantry | Crisis Preparedness](#). During COVID it was difficult to find yeast packs, but they are back in supply now. So, while they are easy to find, this month's challenge is to stock up on yeast. If you purchase the large airtight packs from Sam's Club (or wherever you get yeast), you can store them in your freezer for at least 10 years. How do we know this? Well, during COVID we dug out the yeast from our freezer to make bread. The yeast we used was purchased in 2008 (so over 10

years old). We decided to give it a try and see if it would work. Guess what? It did! Matt made delicious bread and cinnamon rolls using the 10+ year old yeast! Purchase yeast now and put it in the freezer until you're ready to use it! And don't forget to label the year on it!



MEDICAL TIP FOR THE MONTH

STOP THE BLEED – ABC's

Alert Authorities (aka 911 call) and put on gloves (if you have them).

Bleeding Site (Identify the bleeding site and remove clothes or debris).

Compressions (Use clean gauze, cloths, clothes, or whatever is available to place on the bleeding site. Then place your hands in a crisscross direction to apply pressure to compress the site until the bleeding stops or medical staff arrive). If bleeding is from the arms or legs, use a tourniquet to stop the bleed. A good tourniquet to have in your medical

emergency bag is an Israeli Tourniquet Bandage. You can find them online at several internet sites. We purchased ours from <https://mymedic.com>. Kotex are also excellent blood absorbers and can be used to stop bleeding sites. Our friend, who was a WY Deputy Sherriff for years, stored Kotex in his medical emergency kit for accidents involving bleeding. For more information on how to stop the bleed, visit Stopthebleed.org or <https://www.redcross.org/about-us/news-and-events/news/2022/stop-the-bleed-its-time-to-train.html>



LONG TERM STORAGE TIP FOR THE MONTH

Time to store SALT. Salt (sodium/chloride) has been used since ancient times to preserve food, as a cleansing agent, and to aid the body in maintaining regulatory balances, e.g., from nerve impulses and muscle functions to proper homeostasis balance. Without salt, our bodies would dehydrate rapidly and lead to muscle cramps, nausea, vomiting and

dizziness. The Crisis Preparedness website <https://www.crisispreparedness.com/storing-salt-in-your-food-storage/?v=7516fd43adaa> tells us that one person needs 5 lbs. of table salt per year. So, what type of salt do we store? A Harvard School of Public Health article, <https://www.hsph.harvard.edu/nutritionsource/salt-and-sodium/>, tells us how much sodium is in a teaspoon of different types of salt. Determine what you want to store. Do you prefer a more refined salt, or a coarse salt? We store both table salt and Hawaiian Salt (aka Sea Salt). Another benefit of most table salts is that they have iodine which is needed for thyroid regulation. If you have high blood pressure and need salt alternatives with iodine, seaweed, (kelp, nori) shellfish, dairy foods contain iodine. Determine what is best for you and store those items. Table salt is an inexpensive item to store. Purchase an extra container and give it as a gift to those you minister to help them start or increase their long term storage!