

FORT COLLINS STAKE HOME PRODUCTION / EMERGENCY PREPAREDNESS NEWSLETTER

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HOME PRODUCTION TIP FOR THE MONTH

With fall and winter approaching, it's time to start to think about blowing out your irrigation system. According to [CSU Extension](https://extension.colostate.edu/topic-areas/yard-garden/operating-and-maintaining-a-home-irrigation-system-7-239/), now is also a great time to evaluate your home's irrigation system. You can find more information about preparing your sprinkler system for winter at <https://extension.colostate.edu/topic-areas/yard-garden/operating-and-maintaining-a-home-irrigation-system-7-239/>.



FOOD STORAGE TIP OF THE MONTH - PASTA

Pasta is one of the most versatile foods available. A quick sauce, some cheese, meat and/or veggies and you have an entire meal for your family. Also, pasta is one of the more economical items to store. This month plan to store a months' worth of pasta for 1-4 people in your family. How much is enough pasta for 1 person for a month? According to [Crisis Preparedness](#), the average American consumer about 20 lbs. of pasta/year.

So, 1 months' worth of pasta for 1 person would be 1.67 lbs. of pasta (roughly 2 packages of pasta). Eight packages of pasta would be enough for a family of 4 for 1 month. Store different kinds of pasta to change up the meals. The [Bishop's Storehouse](#) sells Spaghetti Bites, and Macaroni in #10 cans, or by the case.



LONG TERM STORAGE TIP FOR THE MONTH – SOUP

As we finish up harvesting our gardens and prepping for the upcoming winter months, don't forget to can and store items to make soups. As the weather turns cold, one of our favorite things to eat is a pot of delicious homemade soup. Also, canned soup is typically on sale at this time of year. This month, the long-term storage tip is to stock up on your favorite cans of

soup. Include a couple cans of soup in your vehicle emergency kit. Also don't forget dehydrated soup mixtures are also a great way to store soup long term and don't occupy as much space as cans.

According to one of my favorite "go to" blogs, [Crisis Preparedness](#), there are a few things to keep on hand that are found in most soups – chicken/beef broth, garlic, and onions, veggies, pasta, potatoes, and beans. Many of these items can be found at the [Bishop's Storehouse](#), e.g. dehydrated onions, carrots, beans, potato flakes are all sold in #10 cans or by the case. Start stocking up on soups!



SANITATION TIP FOR THE MONTH – SANITATION IN EMERGENCIES

Keeping your family healthy and trying to avoid diseases during an emergency can be very difficult. One of the quickest ways people get ill during an emergency is poor hygiene, and sanitation. We typically don't want to discuss it, but we need to. The [CDC has a great website](https://www.cdc.gov/emergency-preparedness-response-recovery/sanitation/index.html) that discuss different sanitation procedures. The above picture shows one of the procedures to practice safe sanitation during emergency situations. Additionally, having the following on-hand is helpful for this type of sanitation:

1. 3M black bags (at least 3mm thick)
2. Kitty litter
3. Bucket latrines, or chemical latrines
4. Shovel
5. Wet wipes

If nothing else, make sure you have a shovel and adequate wet wipes. Remember to dispose of human waste at least 30 meters (~100 feet) away from water sources.