

# EVERY NEEDFUL THING

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The Resource for  
Emergency Preparedness  
and Food Storage  
Specialists, and their  
family, friends  
and neighbors

## Resolve to be ready in 2012

The new year often brings many resolutions. While most of them probably center on exercising more or eating better, you shouldn't overlook the resolution to become better prepared for the unexpected.

Across the globe, 2011 brought the unexpected

- blizzards struck a path from the American Midwest into the New England area
- a magnitude 9.0 earthquake hit Japan and triggered a massive tsunami that brought much death and destruction



- an EF5 tornado swept through Joplin, Missouri, destroying about 25% of the city
- a magnitude 5.8 earthquake that hit Virginia and was felt along the East Coast
- Debt crisis in major countries

And these were only a few of the things that were reported in the news in the past year.

Just like many things in life, if you look at the entire task, it can appear very daunting. But if you divide it up into various steps, it becomes more doable.

Here is a list of resolutions that you can set this year to help you become, and stay, more prepared.

### Check it Twice

Santa is said to check his list twice. That's good advice for everyone when it comes to emergency prep. Twice a year, you should check your 72-hour kit to make sure nothing has expired and that flashlights, radios, walkie-talkies, etc. are still working.

A good way to remember to do this is to check with you adjust for Daylight-Savings.

### Teach to Text

Almost every teen knows how to text. But do the adults in your family know how? In an emergency, phone lines can be tied up. But a text message has a better chance of making it through, when phone lines are tied up.

### Review Evacuation Plans

At least once a year, you should review your family's evacuation plan. Dedicate 30 minutes, when your entire family can be together, and discuss the routes, a meeting place, the Stop-Drop-Roll principle, and a list of emergency numbers.

There are numerous ways you can resolve to be more prepared, and these three will get you off to a good start. **E**

## From the Editor

Last week, I watched a newly-released movie that makes a great point about emergency preparedness. While I understand the film is a Hollywood production, the points made in the movie can be valid.

*Contagion* shows how one person became infected with a mutated virus, how quickly and easily it spread day by day, and touched on the amount of work it takes to try to identify not only the origins of the virus, but the vaccine for said virus.

The biggest recommendation from the CDC in the movie was to limit, or even eliminate, social contact. This meant that some families were self-quarantined in their homes for months.

If you were put in a similar situation, would you have the necessary resources to stay away from the grocery store, have access to drinkable water, or handle your family's medical needs?

We hope to never find ourselves in this type of situation, but it is possible, and preparation before the fact is key to making the best of a potential deadly situation. Throughout the year, we hope to provide you with helpful information on doing just that. **E**



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Do you have something you would like to share in an upcoming issue? Email it to us at [newsletter@sunoven.com](mailto:newsletter@sunoven.com)

## Gathering a one-year supply of food storage

There's no time like the present to start building up your food supply. Wouldn't it be awesome to have a one year supply of food built up? Well, here's a month-by-month breakdown you can use throughout the year, and by December 31, 2012 (that is if the world doesn't end on December 21 as some predict) you will have a one-year supply of food.

If you aren't in a position to collect all of the items this year, you can split the quantities in half to collect a six-month supply, and then work on it next year, too, and viola... you have a one-year supply.

If there are foods that you don't like, or if you have special dietary requirements, you can substitute out items on the list as needed. **E**



### JANUARY

- ☐ Canned meat or fish - 24 cans per person
- ☐ Unscented bleach - 1 gallon per person
- ☐ Garbage bags (30 gal) - heavy duty, 30 per person
- ☐ Laundry detergent - 20 lbs per person
- ☐ Can opener

### FEBRUARY

- ☐ Pasta and flour - 100 lbs (total) per person
- ☐ Hand grain mill
- ☐ Scissors, thread, needles, buttons and zippers

### MARCH

- ☐ Soup, stew or chili - 50 cans per person (15oz)
- ☐ Salt - 5 lbs per person
- ☐ Fat, oil or shortening - 20 lbs per person
- ☐ Aluminum foil, plastic wrap, storage bags, etc.

### APRIL

- ☐ Yeast - 2 lbs per person
- ☐ Baking soda - 2 lbs per person
- ☐ Vinegar - 1 gallon per person
- ☐ Evaporated milk - 10 cans per person
- ☐ Peanut butter - 10 lbs per person
- ☐ Spices, condiments and vanilla

### MAY

- ☐ Cereals, grains, rice, oatmeal, cornmeal, etc.  
- 100 lbs per person
- ☐ Paper towels - 24 rolls per person
- ☐ Flavored gelatin - 24 pkgs per person
- ☐ Doctor prescribed medications (AT LEAST one  
extra month supply)
- ☐ Garden seeds

### JUNE

- ☐ Adequate first aid kit

### JULY

- ☐ Sugar or honey - 50 lbs per person
- ☐ Powdered milk - 10 #10 cans (35 lbs total) per person
- ☐ Toothbrushes - 2 per person
- ☐ Toothpaste
- ☐ Mouthwash
- ☐ Infant needs - Formula, baby food, diapers, Tylenol, etc.

### AUGUST

- ☐ Fruits/vegetables - 100 quarts per person
- ☐ Jams or jellies - 24 pints per person
- ☐ Feminine hygiene products
- ☐ School supplies
- ☐ Pet supplies

### SEPTEMBER

- ☐ Powdered milk - 10 #10 cans (35 lbs total) per person
- ☐ Dried tomatoes - 25 lbs per person (substitute canned)
- ☐ Fruit/Tomato juice - 50 quarts per person

### OCTOBER

- ☐ Soup, stew or chili - 50 cans per person (15oz)
- ☐ Cheese - 10 lbs (dried or bottled) per person
- ☐ Dish soap

### NOVEMBER

- ☐ Wheat - 100 lbs per person
- ☐ Juice mix w/Vitamin C - 1 #10 can per person
- ☐ Hand/shower soap
- ☐ Light bulbs

### DECEMBER

- ☐ Dried beans - 40 lbs per person
- ☐ Candles and matches
- ☐ Batteries (AAA, AA, C, and D)

## January's Solar Cooking Recipe: Maple Bran Muffins

With the holidays behind us it's time to get back to healthier eating. The maple syrup makes these bran muffins better than most. Keep them in the freezer for a quick portable breakfast or midmorning snack.

### INGREDIENTS

- 1 1/2 cups whole  
bran cereal (not flakes)
- 1/2 cup raisins
- 1/4 cup canola oil
- 1/2 cup boiling water
- 1 cup buttermilk
- 1/4 cup pure maple syrup
- 1 large egg at room temperature
- 1 1/2 cups whole-wheat pastry flour
- 1 1/4 teaspoons baking soda
- 1/4 teaspoons salt
- 1/2 cup chopped walnuts

### PREPARATION

Set Global Sun Oven out to preheat. Line muffin tins with paper liners.

Toss together the cereal, raisins, and oil in large bowl until moistened. Pour the boiling water over the mixture and toss to moisten evenly. Let cool slightly. Add the buttermilk, maple syrup, and egg to



the cereal mixture; stir until mixed well. Whisk together the flour, baking soda, and salt in a small bowl. Add the flour mixture and the walnuts to the cereal mixture and stir just until moistened. Cover the bowl with plastic wrap; let stand 15 minutes.

Fill the muffin cups evenly with the batter. Use a rack to separate the two pans and cross stack them. Bake in Sun

Oven until a toothpick inserted into the center comes out clean, about 30 minutes.

Store in an airtight container for up to one day or freeze for up to a month. Frozen muffins are best when allowed to thaw at room temperature.

Makes 12 muffins. **B**

## Donate blood: Save a life

January is National Blood Donor month. It serves as a great reminder that people throughout the world are in need of blood, so take the opportunity to donate blood in your community.

Donating blood is a simple thing to do, but it can make a big difference in the lives of others. The donation process from the time you arrive until the time you leave takes about an hour. The donation itself is only about 8-10 minutes on average.

For more information on donating blood, or to find a blood drive near you, visit [www.redcrossblood.org](http://www.redcrossblood.org).

**Find a blood drive near you.**

Make a donation appointment today.

Search by  
Zip Code



Enter a  
Sponsor Code



**PERSON TO PERSON QT MOVIE REVISED**  
by BOLARC



YouTube



0:43 / 5:03



360p





## What to store in your fire-proof box

If your house was destroyed, would you still have the important financial and medical records needed to rebuild your life after the disaster?

Without your records, and in a state of emergency, can you prove you own your house and the land underneath it? Can you prove you have health insurance? Can you prove that you are who you say you are?

Documents should be stored in a watertight and/or fire resistant container and in a place that can be easily accessed.

The following is a list of documents or copies of documents that you should have readily available:

- Birth/Death/Marriage Certificates
- Passports/driver license
- Citizenship & Adoption Papers
- Divorce Decrees
- Wills
- Deeds and Titles to Automobiles
- Household Inventory



- Veteran's Papers
- Bonds and Stock Certificates
- Important Contracts
- Insurance papers
- Immunization records
- Family pictures
- Emergency contact list/phone numbers
- Genealogical records
- Religious documents

Consider renting a safe deposit box at a bank. Store the original versions of records that would be difficult to replace. Also, consider using a bank that is some distance from your home to lessen the chance that both your house and the bank would be affected by the same disaster. **E**

Additional information can be found at <http://publications.usa.gov/epublications/keeprecords/keeprecords.htm>

## Schedule a Sun Cooking Essentials seminar in your area

Do you want to become a solar cooking expert? Do you want to show your friends and neighbors how neat, and efficient solar cooking is? Here's your chance.

Sun Ovens International, Inc., is scheduling Sun Cooking Essentials seminars in:

- Texas (February)
- Southern California (March)
- Colorado (May)
- Utah ongoing
- Arizona ongoing

The SunCooking Essentials Seminar is devoted to sharing fundamental Sun Cooking techniques to help you warm up to the idea

of cooking with the sun to save money now and be prepared for any emergency.

You'll be surprised by the improved taste of sun cooked foods and the many lifestyle advantages of cooking with the sun. See how easy it is to activate the sun's power to **bake, boil, and steam foods.**

Discover how practical and easy it is to cook in a SUN OVEN and discuss the many economic, health, and environmental benefits of cooking with the sun.

Take the first step in discovering how to use the sun to naturally dehydrate fruits and vegetables,

enhance winter sprouting, and heat water for drinking or personal hygiene.

This class will expand your information arsenal to know the most energy-efficient way to rehydrate your freeze-dried preparedness foods.

Find out how to reduce your utility bills and the amount of fuel you need to store for emergency preparedness. You can do all this while helping families in deforested developing countries around the world.

**If you would like more information on how to arrange a seminar for your group, email [info@sunoven.com](mailto:info@sunoven.com)**