



~ **Emergency Preparedness: Cooking with Food Storage** ~

When most women read that title, they think... YIKES!

I recently attended an excellent event about Holistic Living, and really enjoyed the interesting the variety of classes and Expo floor. I learned so much. One of the best parts of the expo was tasting samples from the various booths. I was especially impressed with the delicious soups and food from author and educator Leslie Probert. For over 16 years she has been teaching parents how to help feed their families from their food storage at preparedness conferences and expos. I also like the Cooking with Food Storage series of books by Peggy Layton, another preparedness teacher, which I know personally.

Seriously, friends, it might we well to look over their books or **any other “cooking in different circumstances” books and prepare for alternative ways to feed our families when times require it.** You’ll be glad to have their experience, tips and techniques with this less-used area of food preparation. (You can do this, and I will help you!)

☺ Elayne Pearson