

**Self-Reliant Sisters** is the Castle Ridge Ward enrichment group dedicated to food storage and emergency preparedness. We meet from September to May and take a break during the summer. 2009-2010 meetings will be held every first Thursday, in the evenings from 6:45pm to 8:00pm. No Nursery will be provided. Each meeting will begin with a spiritual thought and will end with a Taster's Table; each sister will be spiritually and physically FED!

## 2009-2010 Schedule

DATE	TIME	PLACE/HOST	THEME	NOTES
September 3	6:45pm	Lisa	Back to Basics	<b>Cannery 101:</b> We'll learn all about the Canner, compare prices, find out how long each item lasts and see the Cannery items firsthand. Essential water storage and where to store your items will be taught. Taste foods made from Cannery items!
October 1	6:45pm	Becky	Pantry Essentials	<b>Cannery Spotlight: Storage Containers.</b> Come and view all the different types of storage options for the Cannery and other food storage items. Learn how to start and use your 3 months supply of food. We'll be reviewing the book "I Dare You to Eat It" and also talking about smart shopping.
November 5	6:45pm	Jenny	What's in the Pot?	<b>Cannery Spotlight: Beans, Carrots &amp; Onions.</b> Learn about the different types of beans and how to prepare them. We'll have hearty soups to try. Perfect for winter!
December 3	6:45pm	Mollie	Sweet and Simple Things	<b>Cannery Spotlight: Sugar, Hot Cocoa &amp; Fruit Drink Mix.</b> Get simple gift ideas, inexpensive homemade items, and treats from food storage.
January 7	6:45pm	Angie	Give us this Day our Daily Bread	<b>Cannery Spotlight: Wheat.</b> Your most versatile food storage item. Learn all about wheat, wheat flour, wheat berries, and gluten. Sample great breads and other things made with wheat.
February 4	6:45pm	Laura	What's for Breakfast?	<b>Cannery Spotlight: Oats, Milk &amp; Apples.</b> Come ready for breakfast! Granola, smoothies and other great breakfast items will be at our tasters table. Learn about oats and how to use them every day.
March 4	6:45pm	Rachelle	"Pasta"bilities	<b>Cannery Spotlight: Rice, Potatoes &amp; Pasta.</b> Try different kinds of rice and learn to create a variety of quick and easy pasta dishes.
April 1	6:45pm	Rebecca	Going Green	Start your own herb garden and make your own sprouts! Learn about recycling, energy saving techniques, composting and going green.
May 6	6:45pm	Carla	Rave Reviews	Come ready to share! Show us your 72 hour kits and pictures of your food & water storage (even if you've just started). Share your favorite food storage recipes! Prizes will be awarded for all those who have completed the monthly challenges and have become Self-Reliant Certified!!

Learn more at [www.selfreliantsisters.blogspot.com](http://www.selfreliantsisters.blogspot.com)

