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## FOOD STORAGE: CANNED CHEESE AND MORTGAGE RATES

**W**hen I got married, I began to diligently store food. My husband and I wanted to accumulate a large supply, but we couldn't afford to buy it all at once, so we decided we would buy something extra every week. We looked for special offers on the things we bought regularly, especially canned foods.

I loved looking in my cupboard to see my little pile of canned and dried foodstuffs gradually growing bigger. Once we made the mistake of buying canned cheese, which was revolting,

but my husband steeled himself and ate a can each week until it was gone. After we had a decent amount of food storage, we began to eat from it, resolving to replace each item eaten with two more items.

Soon our cupboard became quite full, so we bought storage items for our dog and cats. We also began to store herbs and spices, vacuum-packed wheat, water and soft drinks, and anything we used daily that wasn't food, like soap, deodorant, and detergent.

Then we bought a house, and just

before we signed on the dotted line, mortgage rates increased drastically. We had to live on our food storage for almost a year to avoid losing our home.

Food storage is just a part of general housekeeping now. We use it and are blessed by it every day. I am so grateful that we listened to the inspired counsel from the Lord's prophets because it means that now I can look around in gratitude at my warm and cozy home. ■

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# ON THE PATH TO GREATER SELF-RELIANCE

*Are you becoming more self-reliant each day?*

**R**ate yourself on these statements to get an idea of where you are on the journey to self-reliance.

This evaluation is not a comprehensive list of guidelines. As you and your family prayerfully study this topic and counsel together, the Spirit can prompt you to know how to improve.

After completing the self-evaluation, consider setting some goals in the areas where you had lower scores.

## Preparedness

- \_\_\_ 1. I have cash set aside to use in case of an emergency.
- \_\_\_ 2. I keep my home stocked with emergency supplies (such as blankets, candles, flashlights).
- \_\_\_ 3. I keep important documents in a secure place, and my family and I know where to access them.
- \_\_\_ 4. I regularly buy and store extra food and water.
- \_\_\_ 5. I use the food storage I have and replace it with new food so it doesn't expire.

## Physical Health

- \_\_\_ 1. I make an effort to exercise regularly.
- \_\_\_ 2. I eat healthy foods and drink enough water every day.
- \_\_\_ 3. I live the Word of Wisdom and encourage others to do so as well.
- \_\_\_ 4. I avoid becoming addicted to harmful substances.
- \_\_\_ 5. I get adequate sleep and avoid oversleeping.

## Finances

- \_\_\_ 1. I seek ways to save money by reducing unnecessary expenses.
- \_\_\_ 2. I regularly put money aside in a savings or investment account.
- \_\_\_ 3. I avoid going into unnecessary debt.
- \_\_\_ 4. I pay an honest tithe and donate a generous fast offering.
- \_\_\_ 5. I take care of my possessions so they last longer.

## Education

- \_\_\_ 1. I seek formal and informal opportunities to learn.
- \_\_\_ 2. When seeking to gain more education, I look for resources such as scholarships or the Perpetual Education Fund.
- \_\_\_ 3. I welcome exposure to views and opinions that are different from mine.
- \_\_\_ 4. I seek the Spirit to help me discern truth and retain what I learn.
- \_\_\_ 5. I include daily gospel study as part of my education.

## Employment

- \_\_\_ 1. I make efforts to improve my work skills and productivity through seminars and work-sponsored classes.
- \_\_\_ 2. I work well with others, and they trust me.
- \_\_\_ 3. Before job searching, I seek feedback on my résumé and my interviewing skills.
- \_\_\_ 4. I am prayerful and positive while searching for work.
- \_\_\_ 5. I look for opportunities to make new contacts with potential to lead to employment.

## Response Key

**1**=Never, **2**=Sometimes, **3**=Often, **4**=Almost Always, **5**=Always