

SALT, SPICES & CONDIMENTS

February Food Storage Goal:

Obtain your family's 3 month supply of salt, spices and condiments

WHY STORE SALT, SPICES & CONDIMENTS

Salt, spices and condiments are important items to store in your food storage. These items will allow you to make a wide variety of meals, and will make meal planning and cooking easier. Appetite fatigue is a common problem when people are having to eat out of their food storage for a long period of time. People become bored from eating the same types of foods over and over. It is important to have different spices and seasonings to allow you to make different meals from your food storage.

SHELF LIFE OF SALT & SPICES

Salt will last forever, so don't worry about storing too much. Keep salt in a cool, dry place to help it last longer and to not clump. Purchase iodized salt if at all possible. A year supply of salt per person is approximately 8lbs. Most spices and seasonings will keep their potency for 2-3 years past the expiration. When spices are older, just double the amount in a recipe to give your dishes the desired flavor.



SPICES YOU CAN STORE IN YOUR FOOD STORAGE

BAKING BASICS:

- ___ Yeast (freeze)
- ___ Baking Soda
- ___ Baking Powder
- ___ Vanilla
- ___ Cocoa Powder
- ___ Cornstarch
- ___ Pectin

BASIC SPICES:

- ___ Salt
- ___ Garlic Salt
- ___ Garlic Powder
- ___ Black Pepper
- ___ Garlic Pepper
- ___ Lemon Pepper

SWEET SPICES:

- ___ Cinnamon
- ___ Nutmeg
- ___ Cloves
- ___ Pumpkin Spice
- ___ Allspice

ITALIAN SPICES:

- ___ Italian Seasoning
- ___ Thyme
- ___ Oregano
- ___ Basil
- ___ Parsley

MEXICAN SPICES:

- ___ Cumin
- ___ Taco Seasoning
- ___ Chili Powder
- ___ Cayenne Pepper
- ___ Red Pepper Flakes
- ___ Cilantro or Chives

ASIAN SPICES:

- ___ Ginger Powder
- ___ Sesame Oil
- ___ Sesame Seeds
- ___ Red Curry Powder
- ___ Yellow Curry
- ___ Dry Mustard

VINEGARS:

- ___ Apple Cider Vinegar
- ___ White Vinegar
- ___ Red Wine Vinegar
- ___ Rice Vinegar
- ___ Balsamic Vinegar

CONDIMENTS:

- ___ Soy Sauce
- ___ Lemon Juice
- ___ Worcestershire
- ___ Ketchup
- ___ Mustard
- ___ BBQ Sauce
- ___ Pickles
- ___ Salsa & Hot Sauces

POULTRY SPICES

- ___ Sage
- ___ Poultry Seasoning
- ___ Rosemary
- ___ Tarragon

MISC SPICES:

- ___ Paprika
- ___ Dill Weed
- ___ Poppyseeds
- ___ Celery Seed
- ___ Seasoning Salt
- ___ Cream of Tarter
- ___ Extracts

MEAL PLANNING TIPS: Learn to cook a large variety of different meals to make cooking fun and interesting. Below are a few ideas of recipes/meals you can make with seasonings and items from your food storage. Choose those meals, or types of meals, your family is used to eating and then store a generous amount of those seasonings in your food storage. Baking basics are an important part of your food storage—don't forget to store extras of these items in your storage. Yeast, baking powder and baking soda are important items to have stored to help your long term grains in your food storage turn into homemade recipes for your family.

MEXICAN MEALS:

- *Taco Soup
- *Tacos
- *Bean Burritos
- *Enchiladas
- *Salsas
- *Chilis & Stews



ITALIAN MEALS:

- *Spaghetti & Noodles
- *Alfredo Sauce
- *Lasagna/Manicotti/Ravioli
- *Cheese Bread
- *Soups

ASIAN MEALS:

- *Sweet & Sour w/ Rice
- *Teriyaki Sauce
- *Ginger or Sesame Noodles
- *Curry Dishes
- *Sweet & Sour Soups

VINEGARS & CONDIMENTS:

- *Homemade Salad Dressings
- *Homemade Barbecue Sauce
- *Dips & Sauces
- *Marinades

BAKING BASICS:

- *Cookies
- *Cakes
- *Pies
- *Yeast Breads (French bread, wheat bread, white bread, raisin bread, rolls, crescents, etc.)
- *Sweet Breads (banana bread, pumpkin bread, zucchini bread, chocolate bread)
- *Pancakes
- *Waffles
- *Muffins
- *Pie Crusts

