

*(Please visit blog to view recorded class that correlates with these notes:  
www.HealthyPreparedness.blogspot.com.)*

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## Transforming Your Food Storage into a **Nutritional Powerhouse (Class Handout)**

By Claudia Orgill

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*“Let food be thy medicine and medicine be thy food.”*

— Hippocrates

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### Variety of Grains

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- Amaranth
- Quinoa
- Oats
- Spelt
- Rye
- Kamut
- Millet
- Buckwheat
- Sorghum
- Brown Rice / Wild Rice
- Barley

Cook any of these in soups; **or** for grains such as Rye, wheat, spelt or kamut: Soak overnight and top with milk - eating as a soft cereal; **or** soak and sprout to eat as a snack or cereal; **or** Grind into flours for baked / pan fried breads / bread-like foods.

Grains can be purchased from Azure Standard, Alpine Food Storage, Emergency Essentials or other reputable places. Affordable Kamut and a few other grains can be purchased from Greg Hall (801 369-4868).

*(Recipes available in **Turn Your Food Storage Into a Nutritional Powerhouse** eBook. EBook comes free with pre-order of the book **Beyond Wheat and Weeds**. Offer ends August 30<sup>th</sup>. Purchase book from [BeyondWheatandWeeds.com](http://BeyondWheatandWeeds.com))*

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### Sprouting

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**Sprouted Foods are an indoor garden and powerhouse of nutrition waiting to be unlocked.**

A Yale University study of grains, seeds and beans showed that sprouting substantially increases all B-vitamins from 20 percent to 600 percent – even up to 2000%! Vitamin E content increases 300 percent in sprouted wheat after four days of sprouting.

Sprouts are a complete food - they contain “complete proteins” and all other essential dietary nutrients, along with enzymes to help assimilate them.

**{{What to do with all that wheat?! Sprout it!}}**

*(See handout for instructions on which grains can be sprouted and how to sprout them.)*

### Ways to Eat Sprouts:

*a snack  
in stir fry  
on salads  
inside tortillas  
on pizzas*

*juicing with veggie juices  
on top of soups  
on sandwiches  
with breakfast cereals*

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### Upgrade Foods

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- White Rice >>> Brown Rice / Wild Rice
- White Sugar >>> Raw Sugar / Sucanat / Rapadura
- Salt >>> Sea Salt / Celtic Salt
- Oils >>> Extra Virgin Olive Oil, Coconut Oil, Grapeseed Oil
- Wheat >>> Kamut / Spelt
- Canned Fruits & Veggies >>> Add Dried Fruits and Veggies & Seeds for planting
- Honey >>> Raw Honey

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### Nutritionally Dense Foods

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- Bee pollen : Good Earth / Other health foods stores
- Goji berries : Good Earth / Other health foods stores
- Maca Powder : Good Earth – bulk herbs section / other health food stores
- Moringa : Health Food Store / Online or purchase other green powder drink
- Tea Mix: (Purchase loose herbs from Good Earth / Mountain Rose Herbs / other reputable herb company)
  - Oatstraw
  - Red Raspberry Leaf
  - Alfalfa
  - Nettle
  - Rosehips (1-2 cups)
  - Chamomile

Combine and keep in a glass jar. Use 1 tsp for one cup of tea. Use 1 (+) cup of this mixture for a gallon.

Make by boiling water. Turn off burner after water has come to a boil. Add herbs. Cover with a lid. Allow to sit at least 15 minutes. I let my tea sit either all day or all night to make it more potent.

### Runner's Up:

- Aloe Vera
- Hemp Seed
- Raw Cacao
- Spirulina

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### Add Supplements

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- Good Multi Vitamin from health food store
- Liquid Minerals (Liquid Light by Sunwarrior)

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### Cooking Tools

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- Indoor Propane Cooker (saratogajacks.com)
- Saratoga Jack Thermal Cooker (saratogajacks.com)
- Cinderblock Rocket Stove for \$7: (get blocks from building supply store like Home Depot or Lowes) Visit: <https://www.youtube.com/watch?v=kmDYUrVHPWc> for instructions on how to make one.



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**Thank you for attending my class. I hope you've learned some new and useful things regarding how to increase the nutrition in your food storage for maintaining optimal health during a disaster.**

A list of resources, prices, and extra info for the grains and foods mentioned in this class are posted on my blog:  
**[www.healthypreparedness.blogspot.com](http://www.healthypreparedness.blogspot.com)**

My remedy guidebook, *Beyond Wheat and Weeds*, can be purchased from my site:  
**[www.beyondwheatandweeds.com](http://www.beyondwheatandweeds.com)**. All pre-orders before its available date (August 30<sup>th</sup>) will receive "Turn Your Food Storage Into a Nutritional Powerhouse" eBook for FREE!

**If you'd like me to teach a class to your group or ward please email me at: [ClaudiaOrgill@hotmail.com](mailto:ClaudiaOrgill@hotmail.com).**

Thank you!