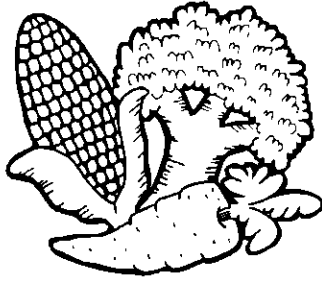


#15 – AND YE WILL NOT SUFFER YOUR CHILDREN THAT THEY GO HUNGRY.



*In the sweat of thy face
shalt thou eat bread.
Genesis 3:19*

PURPOSE: Prepare granola for your family's food storage.

SONG: "For Health and Strength," CS 21

LESSON: Purchase the ingredients listed for Mountain Valley Granola (following page) or use your own favorite recipe.

President Brigham Young said: "If you are without bread, how much wisdom can you boast, and what utility are your talents, if you cannot procure for yourselves and save against a day of scarcity those substances designed to sustain your natural lives: If you cannot provide for your natural lives, how can you expect to have wisdom to obtain eternal lives?"

Tell the story: "The Ant and the Grasshopper" (following page).

As members of the church, we have been taught independence, industry, thrift, and self-reliance. We have been reminded many times about the importance of personal and family preparedness. Although this preparedness involves many elements, home food production and storage is one of the key elements.

Make a small batch of homemade granola for you home storage. Use the recipe on the following page or your own recipe. If your family like the cereal, the recipe can be easily doubled or quadrupled and stored in ziploc bags in the freezer for up to a year.

It is recommended that we use and rotate our food storage regularly. This ensures that food will be relatively fresh and usable, and that the family is accustomed to eating this type of food.

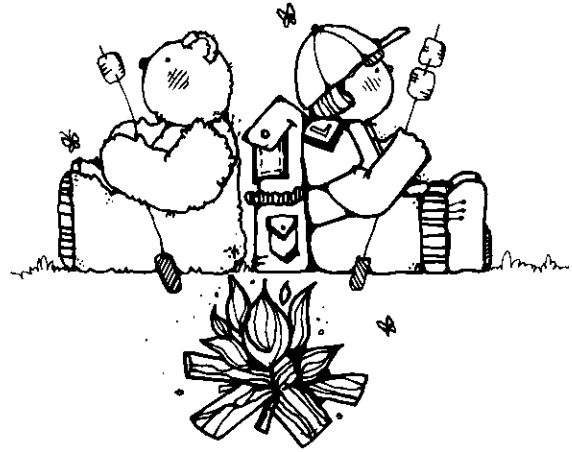
Mountain Valley Granola

4 cups quick cooking or regular oats
¼ cup unsalted sunflower seeds
½ cup shredded coconut
¼ cup wheat germ
½ cup brown sugar
¼ cup sesame seeds
¾ cups whole wheat flour (freshly ground)

Mix together and pour over the dry ingredients:
¼ cup cooking oil
1 teaspoon salt (optional)
2 tablespoons honey or white Karo syrup

Let your children mix this together with clean hands until the mixture is crumbly. Spread on a cookie sheet and bake for 2 hours at 250°, stirring every half-hour. When the cereal has cooled, you may add the following: pecans, raisins, dehydrated apples, apricots, bananas, dates, or blueberries.

You can even have your children make their own batches with their favorite additional ingredients. Keep refrigerated in ziploc bags the amount your family will use for a week. Freeze the rest in usable portions.



“The Ant & The Grasshopper” Aesop’s Fables

In a field one summer’s day, Grasshopper was hopping about, chirping and singing happily, having a great time playing among the tall flowers. Ant passed by Grasshopper as he was dragging an ear of corn to his nest. Ant was hot and tired from hours of working so hard.

“What are you doing?” Grasshopper asked Ant. “The sun is shining, and it’s a wonderful day to play. Come play a game with me!”

“There’s too much work to be done,” Ant replied. “I’m storing up food for the winter, and I suggest you get busy and do the same.”

“That’s a silly idea,” said Grasshopper, “storing up food when there is plenty around. You’re a silly bug with silly ideas.”

Ant went on his way. He worked hard that summer, dragging food to his nest, each day passing by Grasshopper playing among the flowers in the field.

Seasons changed suddenly, and Grasshopper found that the food, which was once so plentiful in the field, was now gone. The warm, sunny days turned cold and wet. Grasshopper shivered from being hungry and cold. He remembered how silly he thought Ant had been for working so hard storing food while he played. Now he knew how smart Ant had been for looking ahead.

Inside his warm, comfortable nest, Ant snuggled with his family. Ant knew they would not be hungry for there was enough food in his storehouse to get his family through the cold, rainy months. Ant was happy.

