The Plano Texas Stake Preparedness Challenge

For June—“Be Healthy”

“All grain is good for the food of man; as also the fruit of the vine; that which yieldeth fruit, whether in the ground or above the ground—“(D&C89:16)

Spiritual Goals:

**First Spiritual Goal: Make twice daily personal prayer a habit. Set aside time for twice daily family prayer as well.** Hopefully by now prayer is a well ingrained habit in our families. Our first parents, Adam and Eve set an example for us in this regard. In Moses we read, “And Adam and his wife, ceased not to call upon God” (Moses 5:16).

**Second Spiritual Goal: Hold weekly Family Home Evenings with your family**.

Follow the advice of our modern day prophets and hold weekly Family Home Evenings (preferably on a Monday night). Click this link to find some good FHE resources, ideas, and information: [www.lds.org/search?lang=eng&query=family+home+evening](http://www.lds.org/search?lang=eng&query=family+home+evening). Consider having at least one of the FHE lessons this month on the theme which is: “Be Healthy.” The Word of Wisdom in Section 89 of the Doctrine and Covenants would also be good to study as a family.

**Third Spiritual Goal: Have daily personal and family scripture study.**

The suggested scripture reading for the month of June is Alma 5 through Alma 24. If this does not fit in with your family, go at your own pace or select other scriptures to fit your family needs.

**Fourth Spiritual Goal: Do family history and Temple work.** Fulfill the Plano Stake Goals of spending at least **one hour in indexing** each month, **one hour of family history** each month and of **taking one family name to the temple each year.** Make plans to attend the temple regularly. If you do not currently possess a temple recommend, see your Bishop or Branch President to determine what you need to do to obtain one.

Financial Objectives:

**Underlying Financial Principle: Remember to pay and honest tithing and make a generous Contribution to the Fast Offering fund.**

**First Financial Objective: Evaluate your education and employment status.** If you are under employed or unemployed, take steps to upgrade your employment situation. The LDS Employment Center in Carrollton can help you. Contact your Ward Employment Specialist for more information. Also, see the “Employment” section on the website [www.providentliving.org](http://www.providentliving.org). If more education or training is needed, explore your options. Look into what is available through your employment, the community, and online. We should constantly be developing our talents and skills and increasing in knowledge.

**Second Financial Objective: Have 50% of your savings and financial goal for the year completed at the end of this month.** See [www.providentliving.org](http://www.providentliving.org) for more information and help on financial planning. The Stake website also has a debt reduction worksheet and a budget worksheet that you can download to continue making budgets on an as needed basis. These can both be found under the “Resources” section for February under the “Preparedness Challenge” tab on the Stake websites: [www.preparednessplano.org](http://www.preparednessplano.org) .

Emergency Preparedness Tasks:

**First Preparedness Task: If you have not already done so, begin an exercise program.** Both aerobic exercise (such as walking, biking, or jogging) and strength training (exercises that work your muscle groups) are needed to maintain a fit and healthy body. You need not spend a lot of money to be fit. If finances are limited, focus what money you have on acquiring proper shoes (if needed) for your chosen form of exercise. Check with your doctor to make sure you are healthy enough for the exercise regimen you choose. The following links may help you and your family members get started: <http://www.health.gov/paguidelines/pdf/adultguide.pdf> <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

**Second Preparedness Task**: Ac**quire or adapt recipes to be used in preparing foods from your food storage.** It is important to store what your family will eat, but the recipes you commonly use may call for ingredients that do not store well. Ingredients such as fresh fruits, vegetables, meats, milk, and eggs may need substituted with dehydrated, freeze dried, or canned versions. Check out the recipes in the “Resources” section for this month under the “Preparedness Challenge” tab on the Stake Preparedness website: [www.preparednessplano.org](http://www.preparednessplano.org). You can find more recipes on “Food Preparation, Cooking and Recipes” under the “Topics and Downloads” tab. Experiment with your recipes and stored foods to make sure you will be able to cook foods you and your family will eat in a time of crisis. The following link will help you in converting your recipes to food storage recipes: <http://gallery.mailchimp.com/03bd23b291b9bd1f9bcdd72b2/files/Tips_on_Converting_Recipes.pdf> .

**Third Preparedness Task: Store Vitamins.** Our Church’s providentliving.orgwebsite suggests specifically that Vitamin C be stored. Vitamin C in tablet form will store long term and is especially important to our diets to prevent diseases such as Scurvy. Take into account the ages and genders of your family members when choosing which supplements to store. For example, men and mature women (50 years and older) would not typically need as much iron as women of child-bearing age. Replace out-of-date supplements. As much as possible, try to get your nutrition from the foods you eat. If you take supplements, it is best to take them with the foods they naturally occur in. As one wise doctor said, “A vitamin pill will not turn bread into spinach.” If you question whether or not you can get your family to ingest enough of your stored milk to meet their calcium needs, storing calcium supplements may also be wise.

**Fourth Preparedness Task: Store Grains.** See the handout entitled: “Storing Grains” in the “Resources” section for this month under the “Preparedness Challenge” tab on the Stake Preparedness website: [www.preparednessplano.org](http://www.preparednessplano.org) . Properly store enough wheat, flour, rice, oats, corn, or other grains for your family for at least three months.