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AUGUST 23, 2022

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**DISASTER** **PAGES 5-7**  
 preparedness



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\*Not responsible for typographical errors

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In County:  
 6 Months - \$19  
 1 Year - \$38

Out Of County:  
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1025 BELLS HIGHWAY  
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 Save Up To \$5.99 lb.

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 16 oz. Assorted Varieties  
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**5/\$5 Libby's Sliced Beets or Carrots or Libby's Canned Vegetables**  
 14.5 - 15 oz. Bavarian Style Sauerkraut or 14.5 - 15.25 oz. Assorted Varieties  
 Save Up To \$3.95 On 5 With Pig Card

**4/\$5 Gatorade Beverage**  
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**2/\$3 Piggly Wiggly Sandwich Bread**  
 20 oz. Old Fashion or King  
 Save Up To 38¢ On 2 With Pig Card

**\$3.99 Duke's Mayonnaise**  
 32 oz. Original or Light or 30 oz. Hint of Lime  
 Save Up To \$2.00 With Pig Card

**2/\$5 Piggly Wiggly Apple Juice**  
 Half Gallon  
 Save Up To 98¢ On 2 With Pig Card

**2/\$5 Kellogg's Pop-tarts**  
 13.5 - 15.2 oz. Assorted Varieties  
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This ad effective August 24 - 30, 2022. At Participating Stores. Limits May Apply. Quantity Rights Reserved. Some Items Not Available In All Stores. See Store For Details.

72, 96, 101, 149, 157, 158, 160, 161, 162, 170, 181, 182, 183, 184, 185, 186, 187, 188, 191, 192, 193, 194, 196, 277, 283, 305, 307, 312

PW-BA-082422-P1



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**Personal Items for Sale Under \$500: FREE!**  
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(25 words or less)

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(25 words or less)

**Add'l Words: 20¢ per word**

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**The Rockin' Shopper:**  
Wednesday 4:00 p.m.

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**CHEROKEE PLANTATION**  
Part-time Administrative Assistant to perform a variety of tasks involving AP, AR, IT, GL. Monday through Friday. Must be proficient in Excel, skilled in Word and have 2 years' experience in general administration with emphasis on spreadsheet work. Must be able to interpret and create formulas and work with simple databases. Call Dee at 843-844-7700 for application.

### PERSONALS

### LOST/FOUND



Missing black Angus mix heifer. Cain street and Saturn Lane area Walterboro. Reward for solid confidential information. Gary gary616@msn.com or 843-518-3026

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Painting & all home improvements, re-roofs/metal, pressure washing 843-866-7528 or 843-908-2811

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### IN SEARCH OF

**We Buy Used Mobile Homes & Land-We Pay Cash!!!**  
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### LOTS/LAND

1 Acre of land for sale. 2 buildings on property, 20'x40' & 15.5'x20', cleared and landscaped, private drive, electric. Corner of Sidneys & Chisolm Road. Call 843-835-5311

### MANUFACTURED HOME

WANT TO BUY used single wide mobile home. Call 843-562-6079. (TFN)

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Take I-26 East to Exit 205A (78 West) Then Go 3.2 Miles

### REAL ESTATE FOR RENT

### HOME FOR RENT

One bedroom, one bath NO PETS Call 843-835-8561. (TFN)

### MERCHANDISE

### IN SEARCH OF

WANTED: Electric Stove and Standard Refrigerator in good condition. Call 843-549-7203. (8/16)

### AUTOMOTIVE



New Utility Trailers and grills for sale! Jacob Steel Fabrication LLC 6/8-\$1,499 & 6/12-\$2,200. For more information call 843-898-1430

SET OF TIRES FOR SALE. 4 Goodyear, LS-2, P275-55R-20. Asking \$100. Call 843-563-9948 or 843-701-2042. (8/23)

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COASTAL ELECTRIC BOARD

# H&D

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### ON THE BUTCHER'S BLOCK

<b>BOSTON BUTTS</b> \$1.79 LB	<b>NY STRIPS</b> \$7.99 LB	<b>SMOKED PICNIC'S</b> \$1.49 LB
<b>FAMILY PACK DRUMSTICKS</b> \$1.49 LB	<b>SMITHFIELD BACON</b> REG & THICK \$3.99 12 OZ	<b>CUBED STEAK</b> \$5.99 LB

### THIS WEEK'S GROCERY SPECIALS

<b>VAN CAMP PORK &amp; BEANS</b> 4/\$5.00 15 OZ	<b>PEPSI</b> 12 PK 3/\$12.00 16.9 OZ 4/\$12.00	<b>MAYFIELD ICE CREAM</b> BOGO 48 OZ
<b>LIBBY'S CORN BEEF HASH</b> 2/\$5.00 15 OZ	<b>FOOD CLUB BUTTER</b> \$4.99	<b>SARGENTO CHEESE</b> 2/\$5.00
<b>HUNTS MANWICH</b> 4/\$5.00 15 OZ	<b>STOUFFERS LARGE FAMILY LASAGNA</b> \$12.99 57 OZ	<b>TOTINOS PIZZA</b> 2/\$3.00 10.9 OZ

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"Where Saving You Money Is The General Idea"



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**AUGUST 24 - AUGUST 30, 2022**

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<http://walterborolive.com/iga>

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USDA SELECT **SLICED FREE**  
**WHOLE BONE IN RIBEYES**  
**\$6.99** LB.  
1/2 LOIN \$7.99 LB

8-10 LB BAG  
**FRESH FRYER WINGS**  
**\$1.99** LB.

10 LB BOX  
**PORK SPARE RIBS**  
**\$13.99** EA.

FAMILY PACK  
USDA SELECT  
**TENDER CUBED STEAK** ..LB. **\$5.49**

FAMILY PACK  
USDA SELECT  
**TOP ROUND STEAK**.....LB. **\$4.99**

FAMILY PACK  
USDA SELECT  
**EXTRA LEAN TENDER BEEF STEW**.. LB. **\$4.99**

FAMILY PACK  
**CENTER CUT LOIN CHOPS** .....LB. **\$2.69**

FAMILY PACK  
**COUNTRY STYLE BACKBONE** .....LB. **\$1.99**

**WHOLE OR HALF COUNTRY HAMS** .....LB. **\$3.99**

**5 LB BAG WHITING FILLETS** ...EA. **\$14.99**

**4 LB BAG ARMOUR MEATBALLS** .....EA. **\$12.99**

**12 OZ PACK ABERDEEN BACON** .....EA. **2/\$7.00**

**5 LB PACK IQF CATFISH NUGGETS** ..EA. **\$7.99**

20 LB BOX  
**FRESH FRYER LEG QUARTERS**  
**\$11.99** EA.

7-9 CHOPS  
**QUARTER LOIN SLICED PORK CHOPS**  
**\$1.99** LB.

USDA SELECT  
**TENDER LONDON BROIL ROAST**  
**\$3.99** LB.

## Farm Fresh Produce

FRESH  
**GREEN CABBAGE**  
**49¢** LB.

SWEET RIPE  
**S.C. PEACHES**  
**\$1.69** LB.

LOOSE  
**SWEET POTATOES**  
**69¢** LB.

FRESH  
**CRISP CELERY**  
**\$1.29** EA.

3 LB BAG  
**MEDIUM YELLOW ONIONS**  
**2/\$4.00** EA.

## Grocery Specials

4 LB BAG  
**DIXIE CRYSTAL SUGAR**  
**WOW**  
**2 FOR \$5**  
LIMIT 4 PLEASE

14.75 OZ  
**DOUBLE Q PINK SALMON**  
**WOW**  
**3 FOR \$10**

96 OZ  
**CRISCO VEGETABLE OIL**  
**\$8.95** EA.

38 OZ  
**HIENZ KETCHUP**  
**WOW**  
**\$3.75** EA.

15 OZ  
**VAN CAMPS PORK N BEANS**  
**WOW**  
**5 FOR \$5**

12 ROLL PK  
**VIRTUE BATH TISSUE**  
**WOW**  
**\$2.95** EA.

ASST. FLAVORS 12 PK/12 OZ  
**COKE & COKE PRODUCTS**  
**3 FOR \$15**

16 LB BAG  
**MEOW MIX DRY CAT FOOD** .....EA. **\$14.75** WOW  
14 LB BAG ASSORTED VARIETIES  
**RACHEL RAY DOG FOOD** .....EA. **\$16.95** WOW  
11.6 LB  
**CHARMING INSTANT CHARCOAL** .. **\$6.99**  
30 CT  
**THAT'S SMART FOAM PLATES** .....EA. **5 FOR \$5**  
50 CT/18 OZ  
**SIMPLY DONE PLASTIC CUPS** .....EA. **\$3.99**  
14 OZ BOX  
**RICELAND INSTANT RICE** .....EA. **5 FOR \$5**  
24 OZ  
**TEXAS PETE HOT SAUCE** .....EA. **2 FOR \$6**  
4 JUMBO ROLLS  
**TACKLE PAPER TOWELS** ..... **\$3.49**  
14.5 OZ CAN DICED OR  
**HUNTS WHOLE TOMATOES** .....EA. **5 FOR \$5**  
13-17 OZ GRAHAMS OR  
**CRAVIN' SNACK CRACKERS** ..... **2 FOR \$4**  
64 OZ  
**WHITE HOUSE APPLE JUICE** ..... **2 FOR \$5**

15 OZ  
**LIBBY'S CORN BEEF HASH** ..... **2 FOR \$5**  
15.5 OZ REG OR BOLD  
**HUNTS MANWICH** ..... **4 FOR \$5**  
23.24 OZ ASSORTED VARIETIES  
**RAGU SPAGHETTI SAUCE** .....EA. **2 FOR \$6**  
4 PK ASSORTED VARIETIES GEL OR  
**DOLE FRUIT CUPS** ..... **2 FOR \$6**  
5 OZ IN WATER  
**BUMBLE BEE CHUNK LIGHT TUNA** ... **5 FOR \$5**  
6 PK/4 OZ ASSORTED FLAVORS  
**MOTTS APPLE SAUCE** .....EA. **2 FOR \$6**  
12 OZ  
**FOOD CLUB STEAK & CHOP MARINADES** .. EA. **2 FOR \$3**  
24 OZ ASSORTED FLAVORS  
**KEN'S SALAD DRESSINGS** ..... **\$3.99**  
6 OZ RIPE, PITTED SMALL OR  
**FOOD CLUB LARGE OLIVES** .....EA. **\$1.69**  
15 OZ  
**FOOD CLUB SALSA CONQUESO DIP** ..EA. **2 FOR \$4**  
16-12 OZ TRIX, CHEX, CINNAMON TOAST CRUNCH, LUCKY CHARMS OR  
**BIG G CHEERIOS OR PEANUT BUTTER PUFFS** ..EA. **2 FOR \$6**

18 PK/12 OZ COORS, COORS LITE, MILLER LITE OR  
**BUD OR BUD LITE** ..... EA. **\$14.99**  
4-5 OZ ASSORTED VARIETIES  
**TONY CHACHERE RICE DINNERS** ...EA. **5 FOR \$5**  
15 OZ  
**IGA CHILI N BEANS** .....EA. **\$1.79**  
46 OZ  
**FOOD CLUB WHOLE KOSHER DILLS** ... **\$3.99**  
11 OZ ASSORTED FLAVORS  
**FOOD CLUB TOASTER PASTRIES** ...EA. **2 FOR \$3**  
16 OZ  
**FOOD CLUB SWEET RELISH** .... EA. **2 FOR \$3**  
18 OZ ASSORTED FLAVORS  
**FOOD CLUB SWEET & TANGY BBQ SAUCE** .. EA. **2 FOR \$3**  
10 OZ  
**FOOD CLUB STEAK SAUCE** ..... **2 FOR \$3**  
2 OZ  
**FOOD CLUB MAC & CHEESE CUP** .. EA. **5 FOR \$5**  
5 OZ  
**IGA CANNED CHICKEN BREAST** .. EA. **2 FOR \$4**

## Frozen Food & Dairy

48 OZ  
**MAYFIELD ICE CREAM** ..... **2 FOR \$6**  
4 CT ASSORTED FLAVORS  
**BLUE BUNNY TWISTED CONES** ..... EA. **\$4.49**  
32 OZ ASSORTED FLAVORS  
**COUNTRY MAID SHERBET** .....EA. **\$1.79**  
10.9 OZ ASSORTED VARIETIES  
**TOTINO'S PIZZAS** ..... **2 FOR \$3**  
11.7 OZ ASSORTED FLAVORS  
**PILLBURY TOASTER STRUDEL** .. **2 FOR \$5**  
16 OZ ASSORTED VARIETIES  
**SAVANNAH HUSHPUPIES** ...EA. **\$2.99**  
57 OZ FAMILY SIZE  
**STOUFFERS LASAGNA** .....EA. **\$12.99**

48.85 OZ  
**TOTINOS PEPPERONI PIZZA ROLLS** ..EA. **\$8.99**  
9-12 OZ ASSORTED VARIETIES  
**DEVOUR ENTREES** ..... **2 FOR \$6**  
20 OZ  
**TJ FARMS SHOESTRING POTATOES** .. **4 FOR \$5**  
12 OZ  
**VELVETTA SINGLES** ..... **2 FOR \$7**  
7-8 OZ ASSORTED VARIETIES  
**SARGENTO SHREDS OR SLICES** .. **2 FOR \$6**  
14 OZ  
**FOOD CLUB SQUEEZE SOUR CREAM** .. **2 FOR \$5**  
16 OZ CHUB ASSORTED VARIETIES READY TO BAKE  
**PILLBURY COOKIES** ..... **2 FOR \$7**

5 CT  
**FOOD CLUB JUMBO BISCUITS** ..... **2 FOR \$3**  
4 PK ASSORTED FLAVORS  
**DANNON ACTIVIA** ..... **2 FOR \$5**  
16 OZ ASSORTED VARIETIES  
**DAISY COTTAGE CHEESE** ..... **2 FOR \$5**  
64 OZ ASSORTED FLAVORS  
**SILK SOY MILK** ..... **2 FOR \$6**  
59 OZ ASSORTED VARIETIES  
**MINUTE MAID ORANGE JUICE** .. **2 FOR \$6**  
1 LB QUARTERS ASSORTED VARIETIES  
**FOOD CLUB BUTTER** .....EA. **\$4.99**  
1 LB  
**BLUE BONNET MARGARINE** .. **5 FOR \$5**

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MONEY IN MINUTES WITH WESTERN UNION WIRE TRANSFERS & MONEY ORDERS

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6 Months - \$29

1 Year - \$58



1025 BELLS HIGHWAY  
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# STOCK YOUR POND

THURSDAY • SEPTEMBER 22<sup>TH</sup> • 11:00 UNTIL 12:00



**Sterile Grass Carp**  
8" - 11" \$12 each



**Coppernose Bluegill**  
3" - 5" \$125 per 100



**Channel Catfish**  
3" - 5" \$60 per 100



**Redbreast**  
1" - 3" \$65 per 100



**Largemouth Bass**  
2" - 4" \$200 per 100



**Shellcracker**  
1" - 3" \$65 per 100



**Mosquitofish**  
\$40 per 100

CALL TO PLACE YOUR ORDER BY SEPTEMBER 15<sup>TH</sup>!

Bring a large cooler or cardboard box to put your bags of fish in.

A 48 qt. cooler will hold two bags of fish.

Our special heavyweight fish bags are \$1 each.

You will pay at the store on fish day. Be on time!

The driver will only be there for 30 minutes!

**Westbury's Ace Hardware**

843-539-3333

1050 Bells Highway  
Walterboro, SC

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## INSURANCE

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## CHURCH

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Church: 843-835-8317  
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Cottageville, SC 29435  
"All things work together for good."  
Website: [littlerockholinesschurch.com](http://littlerockholinesschurch.com)  
Email: [revdoc@lowcountry.com](mailto:revdoc@lowcountry.com)  
"Be ye steadfast, unmovable, always abounding in the work of the Lord."

## MEDICAL

Office Hours By Appointment Phone: (843) 549-6331  
Fax: (843) 549-6332  
**Walterboro Adult & Pediatric Medicine**  
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Doctor of Nurse Practitioner  
Rosie Mincey, FNP  
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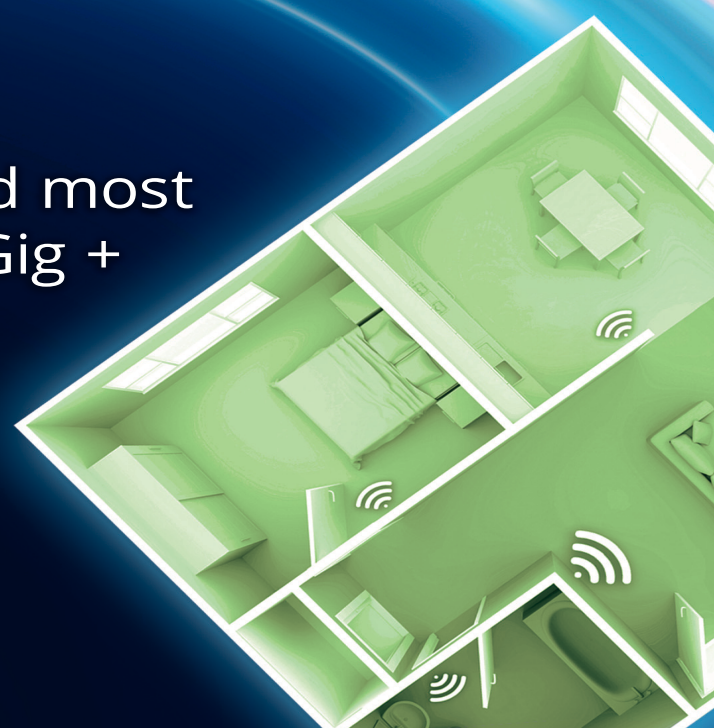


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\*Some speeds not available in all areas. All speeds are "up to" speeds and are not guaranteed. There are many factors that may cause actual speeds to vary that are outside of our control such as devices used and external network connections. Equipment upgrade and additional installation fees may be required and will be quoted prior to installation. All packages are subject to regulatory fees, state, federal, and local fees. With all PRTC services, contracts or equipment charges may be required. Applies only where services are available. Taxes and fees billed separately.





Ready.  
Set.  
Safe!

AUGUST 23  
2022

# DISASTER

## preparedness



HURRICANES

THUNDERSTORMS

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## HOW TO PREPARE YOUR HOME FOR A POWER OUTAGE

A variety of natural disasters, from blizzards and ice storms to hurricanes and heat waves, can damage power lines and leave entire cities in the dark. Here are a few ways you can prepare your home for a power outage.

- Improve insulation. Add caulk and weatherstripping around doors and windows. During an outage, cover your windows with curtains or a blanket to keep the heat inside during the winter and outside during the summer.
- Prepare your fireplace. It should be cleaned at least once a year. A fireplace is a great source of heat, but a buildup of debris along the chimney walls can cause a fire or backdraft. Don't forget to top up your wood supply before winter.
- Install carbon monoxide detectors. If you already have them, make sure they work and that you have extra batteries. Never use a propane stove, barbecue or portable generator indoors.
- Ready your sump pump. Make sure it works and install a battery backup system. This will ensure that your basement is protected from flooding during a power outage, especially one caused by a storm with heavy rainfall.
- Protect your plumbing. Purchase non-toxic antifreeze to pour down plumbing fixtures during an outage. This will help prevent the drainpipes from freezing. Wrap exposed pipes in towels and



let the faucets drip to keep water circulating.

A lengthy power outage may require you to evacuate your home. Before you leave, turn off the main circuit breaker, close the water main and drain your plumbing system.

## 5 TYPES OF HURRICANE HAZARDS

National Hurricane Preparedness Week takes place this year from May 3 to 9 and is an opportunity for Americans to learn about the five major hazards associated with hurricanes. Determining which of these pose a threat to your community is a crucial part of preparing your household for hurricane season.

### 1. Strong winds

Hurricane-force winds range from 75 to upward of 150 miles per hour, even as the storm moves inland. At these speeds, wind can severely damage buildings and power lines. Uprooted trees can block roads and debris may sail through the air.

### 2. Inland flooding

As a hurricane moves inland and slows, it produces more torrential rainfall. This increases the risk for flash floods and long-term flooding. Mountainous terrain can also increase the amount of rainfall produced by a hurricane.

### 3. Storm surges

Hurricane-force winds can cause an abnormal rise in the coastal sea level, sometimes upward of 20 feet. A storm surge

can travel several miles inland and pose a threat to life and property. This hazard is often exacerbated by natural tides.

### 4. Rip currents

Storm surges and strong winds may create dangerous waves along the coast. When the waves break, they can produce deadly rip currents. These narrow, powerful channels of fast-moving water can pull even the strongest swimmers away from shore.

### 5. Tornadoes

Hurricane weather conditions include the two ingredients needed to produce a tornado: warm, moist air and wind shear, a phenomenon characterized by abrupt changes in wind direction and speed. Tornadoes typically form within the outer edges of a cyclone.

For information on how to best prepare for a hurricane, consult the National Weather Service website at [weather.gov/wrn/hurricane-preparedness](http://weather.gov/wrn/hurricane-preparedness).

## HOW TO PICK AN EMERGENCY MEETING PLACE

Emergency meeting places are an important part of any emergency plan. It's recommended that your family has two designated meeting places: one just outside your home and one just outside your neighborhood.

When deciding where to meet near your home, make sure it's far enough away that the emergency won't pose an immediate danger. Some good options could include the end of your driveway, a neighbor's house, the corner of your street or the far edge of your property.

When choosing a meeting place outside your neighborhood, you should take into consideration the various dangers a disaster may pose in the event your community is evacuated. For instance, pick a spot far away from rivers and lakes in case of flooding.

Above all, you should make sure to choose a location all family members are familiar with and know how to get to in case of an evacuation.



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### 27 FOODS THAT LAST FOR DECADES

In this article, I'm going to list 27 examples foods that can last for decades, but first I want to make a little disclaimer. Technically, many of these foods are ingredients (baking soda, bouillon cubes, etc). And while many of these foods will last forever without any special storage methods (such as honey, salt, and sugar), most of these foods need to be stored properly if they're going to last more than a few years.

I'm talking about Mylar bags with oxygen absorbers, airtight and moisture proof containers, stable temperatures of 75 degrees F or below, and dark closets or cupboards.

As long as you store these foods properly, they will last 20, 30, 40 years, or more. To learn more about storing food the right way, check this Beginner's Guide to Emergency Food Storage. Now on to the list.

#### 1. Alcohol

Liquor will last pretty much forever, and of course, wine gets better with time. Note that this does not include beer. Although it might still be safe to drink after a few decades, it would taste awful.

#### 2. Apple Cider Vinegar

Not only is this an important ingredient in many recipes, it has many health benefits.

#### 3. Baking Soda

This is a kitchen staple, and it also has many other uses for preppers and homesteaders, which is why I recommend buying a couple of big bags.

#### 4. Bouillon Cubes

It's so easy to make a delicious meal when you have some bouillon cubes on hand. All you have to do is heat up some water, some meat and/or veggies, and a cube. The reason they last so long is because of the high salt content, but you'll need to store them in Mylar bags to preserve the taste.

#### 5. Cocoa

Who doesn't love a cup of hot cocoa on a cold day? Just to be clear, I'm not talking about instant cocoa—which usually has some kind of dairy product in it—but pure unsweetened

cocoa powder.

#### 6. Corn Starch

In addition to being crucial for many recipes, it's also a great thickener. Just be sure it's kept unopened in a cool, dry place in airtight containers.

#### 7. Corn Syrup

This can be used instead of sugar in almost any recipe. But unlike sugar, it's important that you keep it in an airtight container.

#### 8. Dried Beans

To make these last for decades, you'll need to pull out all the stops: they need to be completely dry in airtight bags inside airtight containers. They also need to stay in a cool, dark location. Otherwise, you could significantly shorten the shelf life.

#### 9. Dried Corn

The same goes for dried corn. It can last a very long time, but only if you store it properly.

#### 10. Ghee

Butter wouldn't normally last very long, but this type is processed so that all the milk solids are removed, meaning it can last indefinitely. It's also a good option for people with a slight sensitivity to dairy.

#### 11. Hardtack

Soldiers used to carry this food with them in the days before canned food and MRE's. Since it's so hard, it can be difficult to eat, but it's great when dipped in coffee, cocoa, or crumbled into soup.

#### 12. Honey

Supposedly, archaeologists found 3000-year-old honey in the Egyptian pyramids and it was still good to eat. The only thing is, it will harden over time, so you'll have to heat it up before eating it.

#### 13. Instant Coffee

As long as you don't open it, instant coffee should last a very long time, and indefinitely if you keep it in the freezer. It's not as good as regular coffee, but hey, it still has caffeine in it.

#### 14. Maple Syrup

The high sugar content is what makes this last so long. We have a lot of it because it's

not just good on pancakes, but also on toast, waffles, oatmeal, bacon, potatoes, vegetables, and even ice cream (yes, I have a major sweet tooth).

#### 15. Pasta

Spaghetti, macaroni, fettuccine, lasagna... all this stuff will last for decades if stored properly. I recommend everyone store lots of pasta. It is very filling and can be used for all kinds of delicious meals.

#### 16. Pemmican

This tasty food was made by Native Americans long before they had refrigerators. There are reports of it lasting up to 50 years when kept in airtight containers in a cool, dry, dark location.

#### 17. Potato Flakes

I love having instant potatoes on hand. Sometimes we'll cook some meat and veggies for dinner, and mashed potatoes just pull the meal together.

#### 18. Ramen Noodles

These aren't very healthy, but if you like them, then it's worth buying a few variety packs and shoving them in the back of the closet because they'll still be safe to eat after a few decades, although they won't taste as good.

#### 19. Rolled Oats

Oatmeal is a healthy, filling, and delicious breakfast (especially with some maple syrup on it). But like many of the items on this list, you'll want to store it in airtight containers in a cool, dry, dark location (sick of hearing that, yet?).

#### 20. Salt

This isn't so much a food as it is a mineral, so you can rest assured it will last forever.

#### 21. Soy Sauce

This stuff is so delicious on rice and/or vegetables. The reason it lasts so long is because of the high sodium content. The sodium is so high, in fact, that a teen went into a coma after chugging a bottle

on a dare.

#### 22. Sugar

This is the most important, or least important, ingredient you can store, depending on your priorities.

#### 23. Tea

If coffee isn't your thing, maybe you prefer a hot cup of tea. As long as you keep it dry, it won't lose its flavor or potency at all.

#### 24. Vanilla Extract

The reason this lasts so long is because it's mostly alcohol. Vanilla extract is a great thing to have on hand for making cookies, pancakes, ice cream, and other treats.

#### 25. White Rice

Rice is a staple of diets all over the world. It's cheap and very filling. Just make sure you store it properly, and also make sure it's white rice and not brown rice, which only lasts about 6 months.

#### 26. White Vinegar

I don't use vinegar in cooking very often, but I keep several jugs on hand anyway because I use it for dozens of other things, many of which involving keeping my kitchen nice and clean.

#### 27. Whole Wheat Grains

Typically, you'll have to get whole wheat grains through a company that specializes in emergency food. Make sure you have a grain mill so you can turn it into flour.

#### Bonus Food: Powdered Milk

I had already made an image for this article that says "27 foods" when I thought of a 28th, so this one is a bonus. Powdered milk that comes in regular packages will only last a couple years, but if you put it in a Mylar bag with oxygen absorbers, it will last 10 years. I know, that's only one decade, and I said decades. But if you can find some powdered milk in nitrogen-packed cans, it should last a couple of decades.

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# Family Meals that Make Busy Weeknights a Breeze

## FAMILY FEATURES

After a long day in the classroom or at the office, it's tough to top bringing the family together with a home-cooked meal. When evenings are busy with homework and activities, however, there might be little time left for complicated dishes.

Take those schedules on with a menu of delicious recipes that require 30 minutes or less so you can focus on celebrating the day's accomplishments with loved ones. These simple yet flavorful ideas from Milk Means More call for limited instructions, less equipment and shorter ingredients lists fueled by dairy favorites that provide much-needed nutrients to recharge the entire family.

Pork Chops in Creamy Mustard-Peppercorn Sauce feature the sharp yet balanced taste of mustard and cracked black peppercorns as an easy way to dress up pork chops. When pasta night comes around, Pasta with Yogurt Sauce provides a quick, creamy Middle Eastern solution.

This Chicken with Creamy Sun-Dried Tomato Sauce recipe gets its robust flavor from sauce made with sun-dried tomatoes and enhanced with luscious half-and-half. For a tasty twist on Taco Tuesday, you can play "beat the clock" with Roasted Chicken and Zucchini Tostadas by crisping corn tortillas under the broiler then topping them with a tangy yogurt spread, cumin-seasoned chicken, veggies and shredded cheese.

Turn your hectic weeknights into cause for celebration with more quick and easy recipe ideas at MilkMeansMore.org.



Pork Chops in Creamy Mustard-Peppercorn Sauce

### Pork Chops in Creamy Mustard-Peppercorn Sauce

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More  
Total time: 20 minutes  
Servings: 4

- 3/4 cup evaporated 2% milk
- 3 tablespoons spicy brown mustard or Dijon mustard
- 3/4 teaspoon coarsely cracked black peppercorns
- 1/2 teaspoon all-purpose flour
- 4 boneless pork loin chops (1 1/4 pounds), cut 3/4-inch thick
- 1/4 teaspoon salt
- 1 tablespoon vegetable oil
- 1 teaspoon minced garlic
- 1/4 cup reduced-sodium chicken broth
- cooked noodles or rice (optional)
- chopped fresh parsley (optional)

In bowl, whisk milk, mustard, peppercorns and flour. Set aside.

Pat pork chops dry with paper towels. Sprinkle both sides of chops with salt.

In large nonstick skillet, heat oil over medium-high heat. Cook pork chops 3-4 minutes, or until browned. Turn and cook 3-4 minutes, or until thermometer inserted in thickest part of chops reads 145 F. Transfer chops to serving platter. Loosely cover with foil to keep warm.

Add garlic to drippings in skillet. Cook 15 seconds. Stir in broth. Cook, stirring constantly, until most liquid evaporates. Stir in milk mixture and any accumulated juices from cooked pork. Cook and stir until just boiling. Immediately remove from heat and spoon sauce over chops.

Serve with noodles or rice, if desired. Garnish with parsley, if desired.



Pasta with Yogurt Sauce

Photo courtesy of Jenny Struik of 'Jenny with the Good Eats'

### Pasta with Yogurt Sauce

Recipe courtesy of Enas Malik, RDN, on behalf of Milk Means More  
Prep time: 10 minutes  
Cook time: 20 minutes  
Servings: 4

- Salted water
- 8 ounces angel hair pasta
- 1 tablespoon vegetable oil, divided
- 1 small white onion, minced
- 8 ounces ground beef or lamb
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 cup plain yogurt
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon cumin
- 1/4 teaspoon garlic powder
- 3 cloves garlic, minced
- 1 tablespoon fresh mint or 1 teaspoon dried mint

In medium pan, bring salted water to boil. Add pasta and cook according to package directions. Strain pasta and reserve about 1/2 cup water.

In medium saute pan over medium heat, heat 1/2 tablespoon vegetable oil. Add minced onions. Cook until translucent and aromatic, 2-3 minutes. Add ground meat and season with salt and black pepper. Cook until meat is browned through, 8-10 minutes. Drain fat. Transfer cooked meat to bowl and set aside.

In small pan over medium heat, cook yogurt, white pepper, cumin and garlic powder until mixture comes to soft boil and thickens. Remove pan from heat. Add pasta water to reach desired consistency.

In same saute pan used to cook meat over medium heat, add remaining vegetable oil and saute garlic until golden in color. Add mint. Remove from heat and pour over yogurt mixture.

Mix pasta, meat and yogurt sauce; serve.

### Roasted Chicken and Zucchini Tostadas

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More  
Total time: 25 minutes  
Servings: 4

- 12 street taco-size corn tortillas
- nonstick cooking spray
- 1/2 cup plain Greek yogurt (2% or 5%)
- 3 teaspoons lime juice, divided
- 1/4 teaspoon garlic powder
- 1 1/2 cups shredded or chopped rotisserie-roasted chicken breast
- 1/2 cup seeded and chopped tomato
- 1/2 cup chopped zucchini
- 2 teaspoons olive oil
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground cayenne pepper

- 1 cup (4 ounces) shredded Monterey Jack cheese

Heat oven to broil.

Line large baking sheet or 18-by-13-by-1-inch baking pan with foil. Arrange tortillas in single layer on pan. Lightly spray tortillas with nonstick cooking spray. Broil about 5 inches from heat 4-6 minutes, or until beginning to brown on one side. Remove from broiler. Carefully turn tortillas over.

In medium bowl, stir yogurt, 1 teaspoon lime juice and garlic powder. Set aside. In another bowl, toss chicken, tomato, zucchini, remaining lime juice, olive oil, cumin and cayenne pepper.

Spread yogurt mixture on unbrowned sides of tortillas. Top with chicken mixture. Sprinkle with cheese. Broil about 5 inches from heat 2-3 minutes, or until hot and cheese melts. Serve immediately.



Roasted Chicken and Zucchini Tostadas



Chicken with Creamy Sun-Dried Tomato Sauce

### Chicken with Creamy Sun-Dried Tomato Sauce

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More  
Total time: 20 minutes  
Servings: 4

- 3/4 cup half-and-half
- 1/2 teaspoon all-purpose flour
- 1 1/4 pounds boneless, skinless chicken breast cutlets (about 3/4 inch thick)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon oil from sun-dried tomato jar
- 1/2 cup oil-packed, slivered sun-dried tomatoes, drained
- 1/3 cup finely chopped onion
- 1/3 cup reduced-sodium chicken broth
- 1 tablespoon grated Parmesan-Reggiano cheese

In bowl, whisk half-and-half and flour. Set aside.

Pat chicken pieces dry with paper towels. If necessary, cut into four serving-size pieces. Sprinkle both sides of chicken with salt and pepper.

In large nonstick skillet over medium heat, heat sun-dried tomato oil. Cook chicken pieces 3-4 minutes, or until browned. Turn chicken. Cook 3-4 minutes, or until thermometer inserted in thickest portion of chicken reads 165 F. Transfer to serving platter. Loosely cover with foil to keep warm.

Add sun-dried tomatoes and onions to drippings in skillet. Cook 1-2 minutes, or until onion is tender. Stir in broth. Cook, stirring constantly, until most liquid evaporates. Stir in cream mixture and any accumulated juices from cooked chicken. Cook and stir until simmering and slightly thickened. Remove from heat. Stir in Parmesan-Reggiano cheese.

To serve, spoon sauce over chicken.