

Provident Living

What is provident living? It is anticipating and preparing for future wants and emergencies. It is learning to avoid debt, knowing the difference between needs and wants, living close to God, and developing self-reliance to better care for self and others.

Thomas S. Monson, President of the Church of Jesus Christ of Latter Day Saints, said that "Self-reliance is a product of our work and undergirds all other welfare practices. It is an essential element in our spiritual as well as our temporal well-being" (Ensign, Sept. 1986). Edmund Burke (1729-1797) taught that "Early and provident fear is the mother of safety."

Do you have a 72-hour kit equipped with food and water – ready to go in case of an unexpected emergency? Do you have food/blanket/flash light/and a medical kit in your car? Have you set aside a minimum of a two weeks supply of water in case of disruption to this vital source of life? Do you have a food storage? Many families have been comforted in times of job loss, natural disaster, economic downturns, financial difficulties, etc., simply by following the wise counsel of maintaining a minimum of 3-months supply of food and water.

The website www.providentliving.org provides a calculator and guidelines for the type and quantity of food needed to survive and thrive. In general, 25 lbs of wheat, rice, corn, and other grains and 5 lbs of dry beans and other legumes is recommended per individual per month. And don't forget the water!!!

A family home storage guide to encourage families regarding a three-month supply, drinking water, financial reserve, and a longer-term supply is available in numerous languages at

<http://providentliving.org/content/display/0,11666,7556-1-4081-1,00.html>

Now for the really fun part... Planting a garden helps us to be self-reliant. This is only one of the many benefits to planting and tending plants. Another really exciting approach is edible landscaping. As you consider the plants you place around you to beautify and enhance your environment, perhaps you would like to try the currant bush, the elderberry, the goji berry, the fig, and all manner of fruit trees, herbs, and vegetables.

My husband, David, and I recently visited Edible Landscaping in Afton, Virginia (www.ediblelandscaping.com) and picked up some currant, elderberry, wintergreen, and other phyto friends.



As you consider your level of provident living with regard to employment, home storage, gardening, edible landscaping, finances, health, education and literacy, social interactions, emotional health, and emergency preparation, may you be guided by our Maker and enjoy the fruits of your labors.