

THE PREP SQUAD SCOOP

PROJECT PREPARE NEWSLETTER OCTOBER

2021

Optimistic October!

October 7 - Prep Squad Town Meeting - ALL are invited!

October 9 - Women's Self Defense Training 8:45 am - 12:00 noon (must be preregistered!)

October 14 - Alternate sources of heat/fuel - Norm & Richard

October 21 - 15 Meals

October 28 - God's FARMacy

ALL MEETINGS BEGIN AT 6:25 PM SHARP UNLESS OTHERWISE MENTIONED!



Change is in the air!

Harvest time is nearly over and the crisp scent of fall is in the air! Nights are colder as well as days, and the threat of snow lingers in the forecast.

With the uncertainty that is our world today, food, shelter, warmth and more will be necessities in the upcoming months. What are our options? How can we be more prepared? Some of these decisions can feel overwhelming.

This month we will be focusing on alternate sources of heat and fuel as well as a simple way to help you plan and prepare meals for your family that can be stored long term and simply. We will take the craziness out of preparing long term for challenging times.

But food isn't enough. We need nutritional foods that will help us in the long run. What foods help what parts of our body?

Join us this month for all our trainings! We need you and we want to help!

November - A Reminder of Gratitude.

November 4 - Prep Squad Town Meeting - all are invited!

November 11 - Remembering our Veterans and The Constitution

November 18 - Waste not want not/Let your food be your medicine and your medicine be your food

November 25 - THANKSGIVING!
ENJOY! No meeting today! HAPPY
THANKSGIVING!



HOORAY FOR THE HARVEST!!

Thanksgiving. Just the word brings to mind the smell of a roasting turkey or ham, family gathered 'round, a table full of a delicious display of favorite foods, and the promise of pies and delectable desserts for the eating!

We are so blessed! But sadly others are not as fortunate. With all of the challenges this last year has held for so many, I want to encourage us all to do two things.

One, take time to be thankful for all that you have, no matter how little it may be. Remember, there are always others that are worse off than you.

Second, find a way in which to help someone else who is struggling and needs your help. You will both be blessed!

HAPPY THANKSGIVING TO ALL!

