

## **President Ezra Taft Benson Speaks on Self Reliance and Food Storage**

Given in General Conference, October, 1980.

For over forty years, in a spirit of love, members of the Church have been counseled to be thrifty and self-reliant; to avoid debt; pay tithes and a generous fast offering; be industrious; and have sufficient food, clothing, and fuel on hand to last at least one year.

Today there are compelling reasons to reemphasize this counsel. We heard it done effectively in that great welfare meeting this morning. May I add just a word.

Members of the Church are feeling the economic pinch of higher taxes and inflation coupled with conditions of continuing recession. Some have come to their bishops seeking assistance to pay for house payments, car loans, and utilities.

Unfortunately, there has been fostered in the minds of some an expectation that when we experience hard times, when we have been unwise and extravagant with our resources and have lived beyond our means, we should look to either the Church or government to bail us out. Forgotten by some of our members is an underlying principle of the Church welfare plan that “no true Latter-day Saint will, while physically able, voluntarily shift from himself the burden of his own support” (Marion G. Romney, in Conference Report, Oct. 1973, p. 106).

One of the first principles revealed to father Adam when he was driven out of the Garden of Eden was this: “In the sweat of thy face shalt thou eat bread, till thou return unto the ground” (Gen. 3:19). All we obtain in life of a material nature comes as a product of labor and the providence of God. Work alone produces life’s necessities.

In saying this, I am aware of and sympathetic to the plight of many young families who are struggling to make ends meet. They are faced with the financial burden of providing for the three great necessities of life: food, clothing, and shelter. I am also sympathetic to the situation of widows and other sisters who rear families alone. By revelation, the Lord made provision for their care and support. (See D&C 83:1–2, 4–6.)

More than ever before, we need to learn and apply the principles of economic self-reliance. We do not know when the crisis involving sickness or unemployment may affect our own circumstances. We do know that the Lord has decreed global calamities for the future and has warned and forewarned us to be prepared. For this reason the Brethren have repeatedly stressed a “back to basics” program for temporal and spiritual welfare.

Today, I emphasize a most basic principle: home production and storage. Have you ever paused to realize what would happen to your community or nation if transportation were paralyzed or if we had a war or depression? How would you and your neighbors obtain food? How long would the corner grocery store—or supermarket—sustain the needs of the community?

Shortly after World War II, I was called by the First Presidency to go to Europe to reestablish our missions and set up a program for the distribution of food and clothing to the Saints. Vivid in my memory are the people who got on trains each morning with all kinds of bric-a-brac in their arms to go out to the countryside to trade their possessions for food. At evening time, the train station was filled with people with arms full of vegetables and fruits, and a menagerie of squealing pigs and chickens. You never heard such a commotion. These people were, of course, willing to barter practically anything for that commodity which sustains life—food.

An almost forgotten means of economic self-reliance is the home production of food. We are too

accustomed to going to stores and purchasing what we need. By producing some of our food we reduce, to a great extent, the impact of inflation on our money. More importantly, we learn how to produce our own food and involve all family members in a beneficial project. No more timely counsel, I feel, has been given by President Kimball than his repeated emphasis to grow our own gardens. Here is one sample of his emphasis over the past seven years:

“We encourage you to grow all the food that you feasibly can on your own property. Berry bushes, grapevines, fruit trees—plant them if your climate is right for their growth. Grow vegetables and eat them from your own yard.” (Ensign, May 1976, p. 124).

Many of you have listened and done as President Kimball counseled, and you have been blessed for it. Others have rationalized that they had no time or space. May I suggest you do what others have done. Get together with others and seek permission to use a vacant lot for a garden, or rent a plot of ground and grow your gardens. Some elders quorums have done this as a quorum, and all who have participated have reaped the benefits of a vegetable and fruit harvest and the blessings of cooperation and family involvement. Many families have dug up lawn space for gardens.

We encourage you to be more self-reliant so that, as the Lord has declared, “notwithstanding the tribulation which shall descend upon you, . . . the church may stand independent above all other creatures beneath the celestial world” (D&C 78:14). The Lord wants us to be independent and self-reliant because these will be days of tribulation. He has warned and forewarned us of the eventuality.

President Brigham Young said, “If you are without bread, how much wisdom can you boast, and of what real 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?” (In Journal of Discourses, 8:68.)

Food production is just one part of the repeated emphasis that you store a provision of food which will last for at least a year wherever it is legally permissible to do so. The Church has not told you what foods should be stored. This decision is left up to individual members. However, some excellent suggestions are available in the booklet produced by the Church entitled “Essentials of Home Production & Storage” (stock no. PGWE1125; 35¢ each). There are also booklets available on gardening from BYU.

From the standpoint of food production, storage, handling, and the Lord’s counsel, wheat should have high priority. “There is more salvation and security in wheat,” said Orson Hyde years ago, “than in all the political schemes of the world” (in Journal of Discourses, 2:207). Water, of course, is essential. Other basics could include honey or sugar, legumes, milk products or substitutes, and salt or its equivalent. The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah.

Elder Harold B. Lee counseled,

“Perhaps if we think not in terms of a year’s supply of what we ordinarily would use, and think more in terms of what it would take to keep us alive in case we didn’t have anything else to eat, that last would be very easy to put in storage for a year . . . just enough to keep us alive if we didn’t have anything else to eat. We wouldn’t get fat on it, but we would live; and if you think in terms of that kind of annual storage rather than a whole year’s supply of everything that you are accustomed to eat which, in most cases, is utterly impossible for the average family, I think we will come nearer to what President J. Reuben Clark, Jr., advised us way back in 1937.” (In Welfare Conference, 1 October 1966.)

There are blessings in being close to the soil, in raising your own food even if it is only a garden in your yard and a fruit tree or two. Those families will be fortunate who, in the last days, have an adequate supply of food because of their foresight and ability to produce their own.

The counsel from Church authorities has been consistent over the years and is well summarized in these words:

“First, and above and beyond everything else, let us live righteously. ...

“Let us avoid debt as we would avoid a plague; where we are now in debt, let us get out of debt; if not today, then tomorrow.

“Let us straitly and strictly live within our incomes, and save a little.

“Let every head of every household see to it that he has on hand enough food and clothing, and, where possible, fuel also, for at least a year ahead. You of small means put your money in foodstuffs and wearing apparel, not in stocks and bonds; you of large means will think you know how to care for yourselves, but I may venture to suggest that you do not speculate. Let every head of every household aim to own his own home, free from mortgage. Let every man who has a garden spot, garden it; every man who owns a farm, farm it.” (President J. Reuben Clark, Jr., in Conference Report, Apr. 1937, p. 26.)

You do not need to go into debt, may I add, to obtain a year’s supply. Plan to build up your food supply just as you would a savings account. Save a little for storage each pay-check. Can or bottle fruit and vegetables from your gardens and orchards. Learn how to preserve food through drying and possibly freezing. Make your storage a part of your budget. Store seeds and have sufficient tools on hand to do the job. If you are saving and planning for a second car or a TV set or some item which merely adds to your comfort or pleasure, you may need to change your priorities. We urge you to do this prayerfully and do it now.

I speak with a feeling of great urgency. I have seen what the days of tribulation can do to people. I have seen hunger stalk the streets of Europe. I have witnessed the appalling, emaciated shadows of human figures. I have seen women and children scavenge army garbage dumps for scraps of food. Those scenes and nameless faces cannot be erased from my memory.

I shall never forget the Saints of Hamburg who appeared on the verge of collapse from starvation, or their small children whom I invited to come to the stand as we emptied our pockets of edibles. Most had never seen these items before because of the wartime conditions. Nor can I forget the expectant and nursing mothers whose eyes watered with tears when we gave them each an orange. We saw the terrible physical and social side effects of hunger and malnutrition. One sister walked over a thousand miles with four small children, leaving her home in Poland. She lost all four to starvation and the freezing conditions. Yet she stood before us in her emaciated condition, her clothing shredded, and her feet wrapped in burlap, and bore testimony of how blessed she was.

I cannot forget the French Saints who, unable to obtain bread, used potato peelings for the emblems of the sacrament. Nor will I ever forget the faith of the Dutch Saints who accepted our suggestion to grow potatoes to alleviate their own starving conditions, and then sent a portion of their first harvest to the German people who had been their bitter enemies. The following year they sent them the entire harvest. The annals of Church history have seldom recorded a more Christlike act of love and compassion.

Too often we bask in our comfortable complacency and rationalize that the ravages of war,

economic disaster, famine, and earthquake cannot happen here. Those who believe this are either not acquainted with the revelations of the Lord, or they do not believe them. Those who smugly think these calamities will not happen, that they somehow will be set aside because of the righteousness of the Saints, are deceived and will rue the day they harbored such a delusion.

The Lord has warned and forewarned us against a day of great tribulation and given us counsel, through His servants, on how we can be prepared for these difficult times. Have we heeded His counsel?

I bear you my testimony that President Heber J. Grant was inspired of the Lord in establishing the Church Welfare program. The First Presidency was inspired when they made the first public announcement in 1936 and declared the prime purpose of Church welfare was “to help the people help themselves” (in Conference Report, Oct. 1936, p. 3). I bear witness to that inspired counsel from 1936 to the present day that the Saints lay up a year’s supply of food. When President Spencer W. Kimball persistently admonishes the members to plant gardens and fruit trees and produce our own food, he is likewise inspired of the Lord.

Be faithful, my brothers and sisters, to this counsel and you will be blessed—yes, the most blessed people in all the earth. You are good people. I know that. But all of us need to be better than we are. Let us be in a position so we are able to not only feed ourselves through the home production and storage, but others as well.

May God bless us to be prepared for the days which lie ahead, which may be the most severe yet. In the name of Jesus Christ, amen.