

JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

FIRST 3 WEEKS



You should be gradually stocking up on water and food by now, but how are you going to cook your food or boil water to purify it if you have no gas or electricity? When considering alternative cooking methods, there are a few general principles to keep in mind: (1) Choose at least two different methods for heating up food so you're prepared for different scenarios. For example, your big barbecue grill would be great if you're sheltering at home, but if you had to evacuate, you wouldn't be able to bring it; (2) Make sure you can obtain and safely store whatever type of fuel your cooking method requires. If you live in a small apartment on the third floor, it wouldn't make sense to store lots of firewood for a fire pit; (3) Make sure you have the miscellaneous accessories/supplies you will need for your method. For example, if you're cooking on open flames or with charcoal briquettes, you'll want to use cast iron pots and pans, not your nice cookware. You'll also want to have matches and/or lighters on hand. (4) Make sure you practice your cooking method multiple times before an emergency so you know that your equipment works and how best to use it. See the attached chart for some of the options available.

IF YOU ONLY HAVE TIME TO DO ONE THING THIS MONTH, DO THIS:

November's ONE Thing

CHOOSE TWO ALTERNATIVE COOKING METHODS TO USE IF YOU DON'T HAVE ELECTRICITY OR GAS, THEN BUY/MAKE YOUR APPLIANCE AND STORE ENOUGH FUEL TO LAST FOR AT LEAST THREE WEEKS.

A CAUTIONARY TALE

When you are purchasing equipment, make sure you buy something that you can rely on in case of an emergency. Several years ago I happened upon a \$10 butane stove in a dollar store, so I bought it, put it with my supplies, but never tried it. A few years later, we got the stove out to use for a scout activity, and that's when we found out that the stove didn't work. Thankfully, it wasn't an emergency and my son was able to cook using a different method, but I wish I had (1) spent \$20 or \$25 more to get a better quality stove and (2) tried the stove out right away to make sure it worked and that I knew how to use it.



This year we are gradually getting better prepared by going through the *Power of 3 Member Preparedness Plan*.

You can find the *Power of 3* plan at <https://www.orangestakelinks.com/>

See the "Emergency Preparedness" tab for previous issues and additional information.

Time For More?

WHEN YOU FINISH "JUST ONE THING" AND HAVE TIME TO DO MORE



EMERGENCY COOKING METHODS

If you have time to read, here are some links with more helpful info about emergency cooking methods:

- **3 Emergency Cooking Ideas Anyone Can Do:**
<https://preparednessmama.com/emergency-cooking/>
- **22 Ways to Cook Without Electricity When the Grid Fails:**
<https://www.primalsurvivor.net/ways-cook-without-electricity/>
- **Why Do I Need Different Emergency Cooking Stoves:**
<https://www.foodstoragemoms.com/emergency-cooking-stoves/>
- **Best Indoor Emergency Cooking Stove:** <https://www.primalsurvivor.net/emergency-indoor-stove/>



COOKING EQUIPMENT

Besides your cooking appliance, you'll also need to have some other key equipment and supplies on hand. Consider the following list and acquire items you don't already have. If you have room, you may want to make box dedicated to an extra set of emergency cooking supplies so it's all together.

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| <ul style="list-style-type: none"> □ Matches/lighters/fire starters □ Fire extinguisher □ Pot holders/oven mitts/gloves □ Long-handled spatula, tongs, spoons □ Mess kits □ Metal fork/knife/spoon sets □ Disposable plates, cups, utensils | <ul style="list-style-type: none"> □ Fire safe pot/pans (Cast iron works well) □ Non-electric can opener & bottle opener □ Aluminum foil, (regular & heavy duty) □ Metal grills & cookie sheets □ Dish towels □ Paper towels | <ul style="list-style-type: none"> □ Fuel (charcoal, butane, etc. depending on your appliance) □ Basin for cleaning up □ Trivet for hot containers □ A few bricks for hot items or to raise things above coals □ Non-glass bowls for food prep □ Knives & cutting board □ Metal bucket for ashes |
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GIVE THE GIFT OF PREPAREDNESS

As the holidays approach, consider giving friends and families an emergency preparedness item as a gift. Some ideas are a fire extinguisher, a car first aid kit, a good headlamp or flashlight, a water bottle that filters water, emergency preparedness books, etc.



Editor's Note: The "I" in this newsletter is Laurel Evans, the Stake Emergency Preparedness Specialist. Please note that I am not an expert in all things emergency preparedness, but I'll share my knowledge and experience with you. I hope you will find my humble efforts helpful on your journey to being better prepared. If you have any questions, comments, suggestions, or corrections, please email me at OrangeStakePreparedness@gmail.com. Happy Preparing! *You can do this!*

Emergency Cooking Methods

Emergency cooking methods don't have to be super fancy or expensive. Below are a few ideas to try from DIY to more expensive options. You should plan to use multiple options, so you're prepared for various scenarios and can store different types of fuel. Pay attention to whether or not they are safe to use indoors or not since many of them should only be used outside. Be sure to make or purchase your item *and* practice cooking with it *before* an emergency arises.

Cooking Method	Where to use it	Fuel Type	Cost	Notes
Can Stove (Hobo Stove, Rocket Stove, etc.)	Outdoors	Charcoal, small fire, DIY "buddy burner"	Minimal	<p>There are a variety of stoves you can make with a large #10 can. Directions link:</p> <ul style="list-style-type: none"> https://preparednessma.com/wp-content/uploads/2012/09/Make-a-Tin-Can-Stove.pdf https://www.primalsurvivor.net/hobo-stove/
Box Oven	Outdoors	Charcoal briquettes	Minimal	<p>Use an empty copy paper box or apple box. Cover it in heavy duty aluminum foil and fuel with charcoal. It can get up to 350°.</p> <ul style="list-style-type: none"> Directions links: https://preparednessma.com/wp-content/uploads/2012/09/Baking-in-a-Box.pdf https://www.sandiegofamily.com/for-the-kids/family-science/making-a-box-oven
Dutch Oven	Outdoors	Charcoal briquettes	Minimal to expensive (Used \$10+, New \$40+)	<p>You may be able to find used ovens at garage sales or thrift stores. Lodge is a quality brand to get, but others will work too. There is a definite learning curve, but you can cook a lot of meals. Find a Boy Scout or camper to give you some tips.</p> <ul style="list-style-type: none"> Directions link: https://preparednessma.com/wp-content/uploads/2012/09/Dutch-Oven-Cooking.pdf https://www.dutchoven.dude.com/default.php

Gas Barbecue or Grill	Outdoors	Propane tank	Moderate to very expensive (\$75 - \$2,500+)	<p>Many people may already have one of these. You can get a small portable one up to large built in grills.</p> <ul style="list-style-type: none"> Reviews of portable grills: https://www.thespruceeats.com/top-portable-gas-grills-335721
Charcoal Barbecue	Outdoors	Charcoal briquettes, lump charcoal, wood	Moderate to very expensive (\$20 - \$800+)	<p>These are easy to find and use. There are small, tabletop versions up to very large ones.</p> <ul style="list-style-type: none"> Links to reviews: https://www.businessinsider.com/best-charcoal-grill#what-else-we-considered-5 https://www.thespruceeats.com/top-portable-gas-grills-335721
Countertop Butane Stove	Indoors or Outdoors	Butane canisters	Moderate (\$25 and up)	<p>This is a great choice because it's small, portable, easy to use, and you can use it inside. You can go through fuel quickly so it's best for food that cooks quickly and doesn't need to simmer a long time.</p> <ul style="list-style-type: none"> Links to reviews: https://www.primalsurvivor.net/emergency-indoor-stove/
Kelly Kettle	Outdoors	Twigs, newspapers, pinecones, kindling	Moderate to expensive (\$70 - \$200)	<p>These are very light, portable, and quickly heat up water with very little fuel. They have small individual sizes to larger sizes. You can also get a kit with a hobo stove and other accessories to do more than just quickly boil water.</p> <ul style="list-style-type: none"> Links to reviews: http://www.truthsurvival.com/kelly-kettle-review/
Camp Chef Camping Stove	Outdoors	Propane tank	Expensive (\$125+)	<p>This is a very sturdy camp stove, not a tabletop variety. It is portable, but weighs about 40 pounds. You can get 2-3 burners, a griddle, etc.</p> <ul style="list-style-type: none"> Links to review: https://www.beyondthent.com/camp-cooking-review-camp-chef-explorer-two-burner