How to Cook With Food Storage!  
Taught by Linda Murphy, University Heights Ward

**Disaster Strikes:**You have No Gas - No Water - No Electricity !!!  
What are you going to do?  
How will you cook?  
You need an alternative heat source to cook with, and cook on!

**Alternate Sources** :  
Charcoal/Gas BBQ Grills  
Camp Stove  
Outdoor Fire Pit  
Indoor/Outdoor "Wood Burning" Fireplace  
  
**Supplies needed for individual cooking sources**:            
BBQ Grills

Charcoal Grills > charcoal briquettes, lighter fluid, matches.  
Gas Grills > Propane Tanks or Cylinders, Matches.  
 Camp Stoves - 1, 2, 3, or 4 burner camp stove Propane Tank or Cylinders & matches.  
 Some camp stoves use liquid (Coleman) fuel, or kerosene.  
Fire Pit, & Indoor/Outdoor "Wood Burning" Fireplace  
Stockpile dry wood, Kindling, newspaper, & matches for building fires.  
Sturdy Metal Grate to use for placing pots to cook in over fire.  
  
**Pots, Pans, & Utensils that are useful to cook with:**BBQ implements everyone uses regularly.  
Aluminum Pots; they are lightweight, have flat bottoms, get hot quickly, & cook evenly.  
Camp cook sets are easily used & take up less storage space.  
Cast Iron skillets, griddles, & dutch ovens are another good option.  Especially when cooking in a "Wood Burning" fireplace, or a Fire Pit!  
Remember that any pot that has a wooden handle could possibly catch on fire in some circumstances!  
Aluminum Foil can be used as a pouch to cook food in (Use Heavy Duty Foil).    
 

**Other supplies should include the following items:**Hot Pads to protect hands  
Non-stick cooking spray such as Pam - helps keep food from sticking to pans  
or grilling surfaces during cooking.  
Waterless hand soap & antibacterial hand sanitizer.  
Paper towels  
hand held can opener  
wooden spoons, spatulas, knives, etc.  
MATCHES, MATCHES, & MORE MATCHES !!   
  
**Where to store your Cooking Supplies:**"Do NOT" store your camp stove, propane, cooking pots & utensils inside the house!  
Store them in a shed, or in the garage, where you will be able to get them when you need them.  
Make sure your spouse, another family member, or friend also knows where your cooking supplies are stored.  
They may need to use them if you are not home, or are incapacitated & can't get them yourself.  
  
**Plan Ahead:**Make-up some easy menus for meals to cook using your Food-Storage items.  
Store items you & your family like to eat.  
Variety is your key to a happy family.

**PRACTICE!!**Learn to use, & practice using, the different methods of cooking stated above!  
Involve your spouse, children, friends, relatives, & neighbors when cooking a variety of different meals.  
Without electricity, the food in your freezer will need to be cooked in a very few days if the power outage continues for an extended period of time!  
Can you & your family eat all that food?  
  
**Plant A Garden:**Plant Vegetables you & your family like to eat.  
Plant Fruit Trees: Dwarf varieties can be grown in pots.  
Plant Herbs: use them to spice up your food when you cook.

**Preserve your Garden Bounty:**Learn to can your fruit,  & vegetables (cooked meat can be canned) in jars.  
Freeze both fruit & vegetables.   
Make Jams & jelly from fruit.  
Dehydrate fruit & Vegetables (tomatoes, etc.).  
Pickle it.  
  
**Be Prepared for Disaster!**Plan Ahead  
Practice cooking with your choice of alternate cooking sources.  
Involve your spouse, children, friends, relatives, & neighbors.  
If you are prepared, your stress will be less!  
Develop a positive attitude, & Keep Smiling!