

7. GET COOKING

Developing an alternative cooking source

WHY ACT?

Meal preparation during a power outage takes a little thinking ahead, but it's surprisingly easy. With limited or no refrigeration, you can prepare many different types of foods. As you'll see, these meals can be as plain or fancy as you like.

PREPAREDNESS ACTION

- Step 1: Assess if the energy used for heating your home can also be used for cooking. Use this criteria: the length of time you wish to have a backup for, and how much you wish to spend.
- Option 1: Don't cook! Have a good supply of ready-to-eat food in your emergency food cupboard (see Action 1, pg. 7). Utilize an insulated cooler for food storage.
 - Option 2: Sterno. Caterers use this to warm food. You can use it for cooking foods. Patience is required, as it will take some time.
 - Option 3: Natural gas. If you have a dependable natural gas source, consider using a gas stove.
 - Option 4: Gas grill. If you have an outdoor gas barbecue grill, store extra fuel. If you live in an apartment building check with your management to see if a grill is permitted anywhere on the building property. NEVER grill indoors.
 - Option 5: Fireplace. If you have a working fireplace, you can cook over the flame using cast iron cookware.
 - Option 6: Electric stove. If you have a generator, an electric stove can be used for cooking. Check to make sure your stove and generator have compliant voltage and amp specifications. See Action 6, pg. 17 for more safety information regarding generators
- Step 2: Practice using your alternative system.
- Step 3: When you're comfortable with your mastery level, select an amount of time for an off-the-grid practice session. There's no substitute for the lessons learned because they minimize the danger of injury while greatly building skill and confidence.

NOTE: NEVER leave children or pets alone with open flames.

MATERIALS

Variable, depending on needs and desires.

TIME

30-60 minutes research, more time for implementation.

RESILIENCY GAIN

As with heating your home, cultivating your ability to cook “off the grid” is basic.