

Recipes for Disaster: An Emergency Preparedness Cook Book (originally from MidlandTexas.org site)

The following is transcribed from:
Recipes For Disaster-APHA Emergency-Preparedness Cookbook

About Recipes for Disaster

The information on the original MidlandTexas.org site is a compilation of information from the American Public Health Association's Get Ready project (aphagetready.org).

Contents

Stockpiling for Emergency Preparedness:

- Stockpile Checklist:
 - What you need to know; and How to store your stockpile (pg 2)
 - How often to refresh, rotate your stockpile; How to tell if stockpile items are still good; and Build stockpile kit a little at a time (pg 3)
- Stockpiling on a budget:
 - Use the buddy system for less expensive stockpile; and Save more with get-ready tips (pg 4)
- Stockpiling water:
 - How much water to have stored; how to get water for stockpile; How to store boiled water stockpile; (pg 5)
 - When use emergency water supply; and If no water, how to clean hands? (pg 6)
- Links for more stockpiling tips (pg 6)

Checklists

- Emergency supplies (pg 7)
- Food and water (pg 7)
- First aid and emergency medical kit (pg 8)
- Personal Items (pg 8)
- Important Documents (pg 8)
- Grocery shopping list (pg 9)

Recipes (not yet transcribed)

- Easy Orange Curry ChickpeasT
- Black Bean and Corn Salad
- Curried Chicken and Artichoke Salad
- Don't be a Chicken Corn and Bean Salad
- Black Bean Casserole
- Southern Style "Barbeque"
- Emergency AAC Rolls
- Stuck-in-the-House Tuna Sandwiches
- Pandemic Peanut Butter Sandwiches
- Aloha Chicken Poppers
- Troubled Times Trifle

Stockpile Checklist

Your emergency preparedness stockpile: What you need to know

Emergencies - such as tornadoes, floods, storms, earthquakes or even disease outbreaks - can happen unexpectedly. You may be without electricity, refrigerator, clean tap water or phone service for days or weeks. In some cases such as during a disease outbreak, you may be asked to stay home to keep safe. That's why having an emergency preparedness stockpile is important. (from American Public Health Association).

What should I put in my stockpile?

All Americans should have at least a three-day supply of food and water stored in their homes, with at least one gallon of water per person per day. If you have the space, experts recommend a week's supply of food and water. Choose foods that don't require refrigeration and are not high in salt. Your stockpile should also contain flashlights, a manual can opener, a radio, batteries and copies of important documents. Depending on your family's needs, you may also need medical supplies, pet food, contact lens solution or diapers.

If it's too expensive for you to buy everything for your stockpile at once, pick up one or two items every time you go to the grocery store. Stock up on canned vegetables or batteries when there is a sale. Bulk "club" stores can also help you save money on your supplies especially if you split a case with a friend, co-worker or neighbor who can serve as your "preparedness buddy."

Once you've assembled your stockpile, put it where you won't be tempted to "borrow" from it the next time you run out of batteries or need beans for a recipe. Remember: Your stockpiles for emergencies!

How do I store my stockpile?

Get Ready Stockpiling Tip

When it's time to change your clocks for daylight saving time, check your emergency preparedness stockpile. Replace anything that is expired or missing.

It's best to store your stockpile somewhere that is easy to access during an emergency. A cool, dark place is ideal. Be sure not to store your food close to any solvents or cleaners that can leak or transfer fumes, or in an area of the house that is at risk for flooding.

Keep your supplies together in a box or plastic bin that can be kept tightly closed to protect contents from humidity or pests. It's also handy to keep all your supplies together in case you have to evacuate quickly, such as during a hurricane. In a pinch, a laundry basket can make an easy storage container.

If you live in an apartment or small home and are short on space, be creative. Compact wrapping paper bins can be used to store canned food. Risers can make more space under the bed. Many people also have unused space behind or under the sofa. Have a

dishwasher but don't use it? Make the most of the empty space by storing your supplies there!

How often should I refresh or rotate my stockpile?

It's best to check your emergency preparedness stock pile one or twice a year. If you need a reminder, take a lesson from APHA's "Get Ready: Set Your Clocks, Check your Stocks campaign." When it's time to change your clocks for daylight saving time, take a look at your emergency preparedness stockpile. Discard anything that has expired or is leaking or damaged. If you've borrowed items from your stockpile make sure to replenish them. Place the newer items in the back of your stockpile and rotate the older items to the front. You can even use stickers to mark the dates when you added supplies to your stockpile.

Don't forget to check the batteries in your smoke detectors as well when you change your clocks!

How can I tell if the supplies in my stockpile are still good?

The easiest way to tell if your foods are still usable is expiration dates. Bottled water can go bad eventually, so look for the stamped date on your water containers. Experts recommend rotating your bottled water supply every six months.

Sometimes canned foods don't have expiration dates or have dates that aren't legible. So how to tell if the food is still good? According to the U.S. Department of Agriculture, high-acid canned foods such as tomatoes, grapefruit and pineapple can be stored for a year to 18 months. Low-acid canned foods such as meat, poultry, fish and most vegetables will keep two to five years if stored properly.

Beyond expiration dates, you should physically examine the contents of your stockpile to make sure they are still fresh. Check that none of your boxes or food containers have signs of pests or have been crushed or have opened. On cans, look for rust, bulging, punctures, dents or leaks. Never eat any food if its packaging or contents has come into contact with flood water or has been in a fire. Look for leaks or corrosion on batteries and dispose of them carefully, recycling them if possible.

Build your kit a little at a time

As you build your preparedness kit, don't feel like you have to do it all in one day. It will likely be easier on your budget if you spread out the items over several weeks or months.

Consider adding a few extra dollars to your weekly shopping trip and buy just a few items each time you go to the store. Another important thing to remember is to keep an eye out for sales. Carry your checklist with you so you'll know what you still need when you find a good deal.

Take a lesson from Families that save on groceries regularly by shopping at stores that offer double coupons and by buying generic. Canned foods that are often less expensive to stockpile than other ready-to-eat shelf food, but watch out for high sodium. You don't want foods in your stockpile that will make you thirsty, as clean water supplies may be limited during an emergency or disaster situation.

Use the buddy system to create a less expensive stockpile

Another good option for saving money is to look for deals at bulk grocery stores. The only catch is you may end up with more than you can store. To solve this problem, think about partnering with a neighbor or friend and building your kit together. This way, you both will be able to take advantage of discounts by splitting your purchases.

As an added benefit, partnering up with someone else is also a great opportunity to talk about your family's emergency preparedness plan and make sure that you are doing everything you can to be ready for emergencies.

Save more with these Get Ready stockpiling tips

Still need more ideas? Try some of these money-saving tips:

- ◆ Don't know what to do with those napkins and plastic forks and spoons you receive at fast food restaurants or with your take-out food? These freebies make great additions to your emergency supply kit.
- ◆ Free condiment packets such as mayo, ketchup, jelly or taco sauce can add some flavor to meals during an emergency. Expiration dates vary and aren't usually marked on the packets, so throw them out after a few months or if they are punctured become hard or are rancid.
- ◆ Go veggie! You can save a bunch on your stockpile by bypassing meat products and loading up on canned veggies and fruits. Canned beans are a great option as they are filling and pack a lot of protein.
- ◆ Take a tip from your grandparents and grow and can your own food. A few dollars of seed packets can yield enough canned tomatoes, cucumbers and green beans to last you for months. Look for canning information and supplies online.

Make sure and stock the right batteries

Don't stockpile rechargeable batteries in your emergency supplies, emergency experts advise.

While rechargeable batteries are an economical choice for items you use every day, they can lose their charge when left unused for long periods in storage.

To make sure that your emergency flashlights and other supplies are ready to go when you need them, stockpile only regular batteries.



Your water supply: Do you have enough stored in case of an emergency?

Whether you're drinking, cooking or taking a shower, water is essential for everyday life. After an emergency such as a tornado, flood or earthquake, the water that comes out of your tap might not be safe to drink — if it's running at all. That's why you need to have at least a three-day supply of bottled water stored at home at all times.

How much water do I need to have stored?

You should have at least one gallon of water per person per day in your emergency stockpile. That means if you have three people in your family, you should have nine gallons stored, for example. and that's just for drinking.

The average American uses 80 gallons to 100 gallons of water per day, including flushing the toilet, showering, hand washing and cooking. In the case of a storm or unexpected water supply interruption in your community, you could be without water much longer than three days. So if you have the room, it's a good idea to store extra bottled water.

Take a look at your household and think about how much water you use. Keep in mind that children, nursing mothers and sick people may need more water. Don't forget to set aside a water supply for your pets, and if you live in a warm weather climate, you should stockpile additional bottles of water.

Beyond your home, it's also smart to have extra water at your workplace. Stash a personal supply under your desk or in your locker. Ask your boss to purchase emergency supplies such as water and food in case you have to shelter in place at work. The Federal Emergency Management Agency also recommends keeping water among the emergency supplies you store in your car.

Where do I get water for my stockpile?

For the safest and most reliable water supply, purchase commercially bottled water (the kind you find in your local grocery store). Keep bottled water in its original container and don't open it until you need to use it.

You can bottle your own tap water, but make sure you use the right kind of bottles (never reuse milk or juice bottles, for example, because they may have bacteria) and sanitize them first. FEMA's Web Site, www.fema.org, has instructions on how to bottle your own water.

How do I store my boiled water stockpile?

Don't stack your water bottles, as this might cause them to leak. It's best to store your stockpile somewhere that is easy to access during an emergency. The ideal location is a cool, dark place away from any solvents or cleaners that can leak or transfer fumes. Be sure to keep your supply in an area of the house that is not at risk for flooding.

Look for the “use by” date on your drinking water for best quality. Rotate your stockpile at least twice a year and replenish any bottles that may have leaked. A good reminder is to check your emergency supplies when you change your clock for daylight saving time.

When should I use my emergency water supply?

You’ll definitely need to use your emergency water supply if your tap water stops working, but there are also occasions — such as floods or contamination — when tap water becomes unsafe to drink. In the event of an emergency, follow advice from local officials. Your health department or public water authority may issue alerts advising you not to use tap water for drinking, eating or brushing teeth.

In an emergency where your only option is to use water that may not be safe as is, boiling the water or disinfecting it with chlorine bleach or tablets may be an option. The Environmental Protection Agency offers instructions for safely treating water on its Web site, www.epa.gov.

If there is no water, how do I clean my hands?

When your hands are dirty, most of us grab some soap, turn on the faucet and scrub away without even thinking about how easy it is. But if you don’t have running water, you’ll quickly learn to miss that flow from the tap. To keep your hands clean during an emergency, include some alcohol-based sanitizer and moist towelettes in your emergency stockpile. Look for a sanitizer that is at least 60% alcohol, and save your bottled water stockpile for drinking.

For more tips on creating an emergency preparedness stockpile, visit:

- Set your Clocks, Check your Stocks: getreadyforflu.org/clockstocks
- American Public Health Association: apha.org (not secure)
- Get Ready: www.aphagetready.org (not secure)

My Emergency preparedness stockpile checklist

Pack the following items in a clearly labeled, easy-to-carry, sealable container and store them in a place that is easy to access. Check your stockpile once or twice a year. A good rule of thumb is to check your stockpile when you change your clocks for daylight saving time. Replace any supplies that are missing or have expired or have been damaged.

Emergency supplies checklist

- Flashlight and batteries
- Manual can opener
- Battery-operated radio (and batteries), or hand-crafted radio
- Matches in waterproof container
- Utility knife
- Paper and pencil
- Cash, traveler's checks and coins
- Paper cups, plates, plastic utensils, paper towels
- Garbage bags
- Pet food
- Whistle
- Small canister ABC-type fire extinguisher
- Needles, thread
- Plastic sheeting
- Duct tape, scissors
- Extra set of keys and IDs
- Local maps
- small tent, compass and shovel
- Household chlorine bleach and medicine dropper
- When diluted nine parts water to one part bleach, this can be used as a disinfectant. In an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use bleach with added cleaners or bleach that is scented.*

Food and Water Checklist

- Three days worth of drinking water, with one gallon of water per person per day Do not stockpile soda.
- Three-day supply per person of non-perishable foods. Take into consideration special dietary needs. Avoid salty foods that make you thirsty and include canned foods with high liquid content.

First aid and emergency medical kit

- First aid manual
- Bandages, including gauze and bandage tape
- Germicidal hand wipes or alcohol-based hand sanitizer
- Antiseptic wipes
- Non-latex gloves
- Antibacterial ointment
- Scissors (small, personal)
- Tweezers
- CPR breathing barrier, such as a face shield
- Prescription medications (such as heart and blood pressure medications or asthma inhalers) and medical supplies, such as insulin and blood-pressure monitoring equipment, if applicable
- non-prescription medication, such as acetaminophen ibuprofen, anti-diarrhea medicine, antacids and laxatives

Personal Items

- Extra prescription eyeglasses, if applicable
- Denture and contact lens supplies, if applicable
- Hearing aid batteries, if applicable
- Diapers and infant supplies, if applicable
- Sleeping bag or warm blanket for each person. Additional bedding if you live in a cold-weather climate.

Important documents: Store in a waterproof, portable container

- Birth, marriage and death certificates
- Insurance policies and will
- Contracts, deeds, stocks and bonds
- passports, Social Security cards
- Immunization records
- Bank account numbers, credit card account numbers and company contact information
- Prescription information
- Inventory of valuable household goods
- Veterinary records for pets, as well as pet photos
- Medicare or other health insurance information
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Get Ready Grocery Shopping List (example)

- Bottled water
- Canned juice
- Canned or boxed milk
- Canned fruits and vegetables
 - Green beans
 - Corn
 - Peaches
 - Fruit cocktail
 - Pears
 - Pineapple
 - Apple
- Peanut butter and jelly
- Canned pasta or spaghetti
- Crackers (look for low-sodium)
- Canned meat and fish
 - Chicken
 - Tuna
 - Salmon
 - Turkey
 - Vienna sausages
- Soups (look for low-sodium)
- Dried fruit
- Protein drinks
- Granola bars
- Dried cereal
- Nuts (unsalted, preferably)
- Cookies, candy bars, hard candy

Recipes

I've not yet transcribed the recipes.