

## Cooking in an emergency without Power

During an emergency, the electric power system may not be available. Having alternative methods to prepare food can mean the difference between Chaos or Camping. Here are a few potential methods.

### 0: Food that is already prepared!

If you have food that does not require cooking, the emergency becomes much less stressful. These might include items like snacks, granola, fruit, bread, protein bars.

### 1: Food that heats itself

Some forms of MREs (Meals-Ready to Eat) include a pouch which will heat the food. This is convenient, although MREs can be expensive. [\[Wiki article\]](#)

### 2: Backyard propane grill

In Sunny Ivins, many of us have a backyard grill. This is a great way to cook food, and it utilizes a method with which we are already familiar. The emergency will seem more like a barbecue.

Having a second propane tank is a good backup.



### 3: Camping Stove

A 'Coleman' type camping stove is another cooking method that many have already used. Both Coleman (white) gas and propane versions need to be used outdoors.

Coleman gas has a reasonable shelf life.



### 4: Charcoal grill

This is another cooking method fairly familiar to most. A charcoal bag has a long storage life and can provide fuel for many meals. Charcoal needs to be used outdoors.

Bags of charcoal are fairly bulky if storage space is limited.



#### 5: Portable Butane stove

This is a great option. It can generally be used indoors, is small and portable, and the butane canisters can be stored fairly safely for a long time.

You sometimes see these used to keep food warm at conventions or parties.



#### 6: Campfire (Open wood fire)

This option is problematic. The hardware to build one is probably all around (just some sticks). The problem is starting it, keeping it going, and then using it to cook without burning the food and yourself.

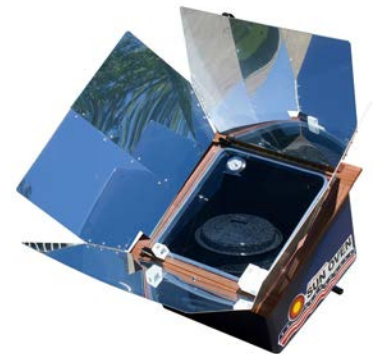
You definitely want to practice all aspects of this method.



#### 7: Solar Oven

In Ivins, we get a lot of sun. That power source can be captured and focused to cook food. The only requirement is: There needs to be enough sun to cast a shadow.

An advantage is you'll rarely run out of fuel, but rainy or cloudy days mean this method needs a backup.



#### 8: Backpacking stove

Small folding backpack stoves can also warm your food. They need to be utilized outdoors (because of the types of fuel). They are very compact and can be taken with, should you need to evacuate



#### 9: Wood cooking stoves

In the old days, the house was heated and the food was cooked over a wood-burning stove. This option is great, once you have it in place. It probably does not integrate well with today's standards and technology.

