



EMERGENCY EATS



A book of recipes to make during a
disaster, created by the community for
the community!



FOOD POLICY
COUNCIL
of Buffalo & Erie County

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FOREWORD

Dear Reader,

In May 2013, the Erie County Board of Health, with a unanimous vote, established the Buffalo & Erie County Food Policy Council (FPC) as a sub-commission of the Erie County Board of Health. Since its creation, the FPC has advocated for an equitable and sustainable food system for the people of Buffalo and Erie County through policy recommendations, awareness, and education.

As part of its efforts, the FPC Emergency Food Working Group has compiled resident-submitted recipes in the form of this *Emergency Eats Cookbook*. The *Cookbook* is a compilation of innovative and resourceful recipes that can be used to prepare meals during emergencies like a power outage, severe weather event, or government issued shelter-in-place.

As we embark on this journey of cooking with what we have on hand, we want to take a moment to express our heartfelt gratitude to each of you who contributed your recipe ideas. Your creativity and resourcefulness inspire us all, proving that delicious meals can emerge from even the most limited of circumstances. The text of some recipes has been edited for clarity and uniformity throughout the whole book, but the recipes themselves have not been changed.

Remember, cooking is an art, and each meal is an opportunity to experiment and innovate alongside our friends, families and neighbors. When faced with a sparse selection of ingredients, embrace the challenge! Mix flavors, try new combinations, and don't be afraid to improvise with the equipment you have. A dash of this, a sprinkle of that - your unique touch can turn a simple dish into something extraordinary.

Thank You and Happy Cooking!



Sarah Gatti, Chair
Buffalo & Erie County Food Policy Council



Michelle Scott, Chair
FPC Emergency Food Working Group

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KEY



Oven Required



Stovetop Required



Takes 15 Minutes or
Less to Make



Crockpot Required



No Heating
Required



Chopping Required



No Fresh Ingredients
Required



Comments the
submitter shared!

Complete Recipe Index
on page 68.

SNACKS & APPS

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ANTS IN A LOG

By Mary Beth Huges



Preparation Time: 10 min.

Servings: 1

EQUIPMENT NEEDED

- Cutting board
- Knife or apple corer
- Spoon

INGREDIENTS

- 1 apple
- Peanut butter to taste
- Chocolate chips or raisins to taste



DIRECTIONS

1. Core the apple by either using a corer, or poke the tip of a paring knife into the top of the apple. While holding the apple steady, push the knife into it about $\frac{1}{4}$ inch (0.64 cm) away from its stem. Cut all the way around the core to separate it from the apple by carefully cutting in a circle. Then pull the core out.
2. Scoop out a spoonful of peanut butter and add it to a small bowl. Add chocolate chips or raisins. Mix together.
3. Fill the center of the apple (where the core used to be) with the peanut butter and chocolate chip or raisin mixture.
4. Serve and Enjoy!

APPLESAUCE

By Kelly Ann Kowalski



Preparation Time: 30 min.

Cook Time: 29 min.

Servings: 5

EQUIPMENT NEEDED

- Cutting board & knife
- Measuring cups
- Spoon
- Large pot

INGREDIENTS

- 8-12 mix of apples and pears
- 1 cup apple cider
- ½ cup sugar
- 1 teaspoon of cinnamon
- ½ cup water



DIRECTIONS

1. Peel and core apples, slice and put in pot. Add apple cider, sugar, water, and cinnamon.
2. Cook on medium heat for about 20-30 minutes.
3. Serve and Enjoy!

BLACK BEAN BROWNIE

Submitted by Sara Disteldorf

Author: Unknown



Preparation Time: 7 min.

Cook Time: 25 min.

Servings: 9 - 12



EQUIPMENT NEEDED

- 8 X 8-inch pan
- High speed blender or something to mash beans
- Bowl & mixing spoon

INGREDIENTS

- 1 can (15 ounces) black beans drained and rinsed well
- 3 large eggs
- ¼ cup oil
- 1 teaspoon vanilla extract
- ½ cup brown sugar
- ¼ cup white sugar
- ½ cup cocoa powder
- 1 teaspoon baking powder
- ½ cup chocolate chips (¼ for topping)

DIRECTIONS

1. Preheat the oven to 350F. Line an 8 x 8-inch pan with parchment paper and set aside.
2. Combine the black beans, eggs, oil, vanilla extract, brown sugar, white sugar, cocoa powder, baking powder, and salt with a high speed blender. Blend until smooth. *If you don't have a high speed blender, mash the black beans prior to hand mixing the rest of the ingredients together
3. Fold through half the chocolate then transfer the batter into the lined pan. Top with remaining chocolate chips.
4. Bake the brownies for 25-30 minutes, or until a skewer comes out clean.
5. Let the brownies cool in the pan completely, before slicing and serving.

CINNAMON SUGAR TORTILLA

By Rachel Colondres



Preparation Time: 1 min.

Servings: 1

EQUIPMENT NEEDED

- Butter knife

INGREDIENTS

- 1 flour tortilla
- ½ tablespoon of butter (approximately)
- ½ teaspoon of granulated sugar
- ¼ teaspoon of ground cinnamon

DIRECTIONS

1. If possible during an outage heat your tortilla. If there is no way to do that use a room temperature tortilla.
2. Spread room temperature butter over entire tortilla.
3. Sprinkle sugar and cinnamon over entire tortilla.
4. Roll tortilla and eat.
5. Enjoy.



Photo supplied by Rachel C.

This is an easy snack that gives a nice dessert-like taste when you're stuck inside and need a little sweetness.

CORN & BEAN SALAD

By Lara Nkurunungi



Preparation Time: 7 min.

Servings: 10

EQUIPMENT NEEDED

- Non-electric can opener
- 1 large bowl
- Liquid measuring cups
- Large spoon



DIRECTIONS

1. Drain and rinse corn and beans and add to bowl.
2. In the measuring cup, combine vinegar, oil, sugar, salt, and pepper. Stir until sugar is dissolved.
3. Add dressing to corn and beans and gently mix.
4. Serve with your favorite tortilla chips.

INGREDIENTS

- 1 can of corn
- 2 cans of beans of your choice
- ½ cup of apple cider or white vinegar
- ½ cup of oil (vegetable, canola, olive, or avocado)
- ¼ cup of sugar
- ½ teaspoon of salt
- ½ teaspoon of black pepper
- ¼ teaspoon of cayenne pepper (optional)
- 1 bag of tortilla chips

Adapted from "Texas Caviar" recipes by omitting diced celery, onion, and bell pepper (could be added if available).

CORN AND BEAN SALAD

By Betsy Vazquez-Aradio



Preparation Time: 15 min.

Servings: 6

EQUIPMENT NEEDED

- Strainer or salad spinner
- Bowl



Photo supplied by
Betsy V.

INGREDIENTS

- 1 can (15 ounce) of black beans
- 1 can (15.25 ounce) of whole kernel corn
- 2 cans (10 ounce) of Rotel diced tomatoes & green chilies
- Lime or lemon juice or vinegar
- Tortilla chips or crackers

DIRECTIONS

1. Rinse and drain the black beans in a strainer.
2. Add the whole kernel corn to the strainer and drain the liquid.
3. Put the black beans and whole kernel corn in the bowl.
4. Add two 10 ounce cans of Rotel diced tomatoes & green chilies.
5. Mix the ingredients.
6. Season to taste with salt and a splash or two of lime or lemon juice or vinegar and mix again.
7. Serve with tortilla chips or crackers.

Melting Chocolate

Chocolate can burn quickly when melted directly over a heat source. If you have a double boiler, great! If not, you can replicate the way a double boiler works using a metal mixing bowl and a sauce pan. It is important to heat chocolate slowly and stir continuously. Adding a neutral oil like coconut oil helps the chocolate stay smooth and creamy.

DOUBLE BOILER

Chocolate goes in the top. A few inches of water in the bottom. Heat on low.



METAL MIXING BOWL + POTPOURRI WARMER OR WAX WARMER

Chocolate goes in the metal bowl. A tea light goes in the warmer as shown. Place the bowl directly on top of the warmer.



METAL MIXING BOWL + SAUCE PAN

Chocolate goes in the metal bowl. A few inches of water in the sauce pan. Place the bowl directly on top of the sauce pan. Heat on low.



Tip:

Break or chop chocolate bars into small pieces before melting.



DATE BARS

Submitted by Danielle Rovillo

Author: Unknown



Preparation Time: 15 min.

Cooling Time: 1 hour

Servings: 10



You can substitute any ingredient in this recipe for your own variation. Fun swaps or additions include pomegranate seeds, pumpkin seeds, raisins, and rice crispies.

EQUIPMENT NEEDED

- Metal mixing bowl
- Sheet pan
- Cutting board & knife
- Parchment paper
- Double boiler (optional)

INGREDIENTS

- 18-20 medjool dates
- 1/3 cup raw almonds or cashews, chopped
- 1/4 cup walnuts, chopped
- 3-4 tablespoon of tahini or your favorite nut butter
- 1/2 cup dark chocolate chips
- 1-2 teaspoon coconut oil
- Sprinkle of cinnamon or other warming spices such as cardamom or ginger powder
- Sea salt, to top (to taste)

DIRECTIONS

1. Line a sheet pan with parchment paper.
2. Remove pits from dates and press each date down onto the sheet pan into a single layer. Dates can be touching or a few inches apart. You can flatten them with wet fingers or the bottom of a glass cup.
3. Drizzle with tahini and top with chopped nuts. Add sprinkle of cinnamon.
4. In a small bowl, slowly melt the chocolate chips and coconut oil, stirring continuously until smooth. See tips for melting chocolate on page 11.
5. Pour chocolate over the nut layer.
6. Cool for 1 hour in the fridge or freezer. Top with sea salt.
7. Cut or break apart and serve.
8. Keeps refrigerated for up to 2 weeks or freeze for 3 months.

ENERGY BITES

Submitted by Josh D'Angelo

Author: Kelly D'Angelo



Preparation Time: 10 min. Servings: 12

EQUIPMENT NEEDED

- Large bowl
- Spoon (wooden suggested)

INGREDIENTS

- 2 cups rolled oats
- 1 cup dried fruit (cranberries, raisins, or apricots)
- ½ cup nut butter (peanut butter, almond butter, or cashew butter)
- ¼ cup honey
- ¼ cup chopped nuts (walnuts, almonds, or pecans)
- ¼ teaspoon salt
- ¼ teaspoon vanilla extract (optional)

DIRECTIONS

1. In a large mixing bowl, combine the oats and dried fruit.
2. In a separate bowl, mix together the nut butter and honey until smooth.
3. Add the nut butter mixture to the oat mixture and stir until everything is well combined.
4. Fold in the chopped nuts and salt.
5. If desired, add the vanilla extract for flavor.
6. Use your hands to shape the mixture into bars, about 1 inch wide and 2-3 inches long. You should end up with around 12-15 bars.
7. Store the bars in an airtight container or wrap them individually in plastic wrap, parchment paper or aluminum foil.



GRANOLA TUNA CRUNCH

By Mike Bluestein



Preparation Time: 2 min.

Servings: 4

EQUIPMENT NEEDED

- Spoon
- Plate

INGREDIENTS

- Canned tuna in water
- Granola bar
- Olives
- Unsalted crackers



DIRECTIONS

1. Place unsalted crackers on plate.
2. Spoon tuna on the the cracker.
3. Crush up the granola bar and sprinkle on tuna/cracker.
4. Place one olive on top.
5. One bite fits all!

LEBANESE MOUDARDARA

By Wafa El Solh



Preparation Time: 5 min.

Cook Time: 40 min.

Servings: 8



EQUIPMENT NEEDED

- Strainer
- 2 medium pots
- Gas or electric stove
- Cutting board & knife

INGREDIENTS

- 2 large onions thinly sliced into 2-inch strips
- 1 teaspoon of salt
- 1 cup brown or green lentils
- $\frac{3}{4}$ cup rice (whichever one you have on hand)
- About 4 cups cold water
- About $\frac{1}{2}$ cup vegetable oil or olive oil
- Ground black pepper to taste
- Ground cumin to taste



LEBANESE MOUDARDARA

CONTINUED



DIRECTIONS

1. Add the sliced onions and oil to a medium sized pot. Stir fry on medium heat for about 5 minutes. Lower the heat to low and let them caramelize for about 20-25 minutes stirring occasionally so they don't burn.
2. While the onions are caramelizing, wash the lentils in cold water and add to a pot along with 4 cups of cold water.
3. Bring the lentils to a boil then cover the pot and reduce the heat to a rolling boil for about 20 minutes until they are almost done. The lentils will continue cooking when we add them to the rice later. If the pot is boiling over, reduce the heat.
4. Once the onions are caramelized transfer them to a bowl, leaving as much as you can of the oil in the pot.
5. Wash the rice in cold water and drain.
6. Put the rice in the pot you used for the onions and stir fry until the rice is coated with the oil.
7. Drain the lentils and reserve the water.
8. Add the lentils to the rice and mix.
9. Add the reserved water from the lentils enough to cover the mix with about a quarter inch higher than the top of the lentil/rice.
10. Add salt and pepper to taste.
11. Cover the rice and lentil mixture with a lid and cook for about 20-25 minutes on low until the rice is tender. Taste and adjust the salt as necessary.
12. Serve the moudardara and sprinkle with cumin to taste. Top with the caramelized onions.
13. Serve with any salad or plain yogurt.

NO BAKE PEANUT BUTTER BARS

Submitted by Jane Cooper

Author: Unknown



Preparation Time: 30 min.

Servings: 15



INGREDIENTS

- 1 stick of butter
- 1 package of graham crackers
- 1 cup confectionary sugar
- 1 cup of peanut butter
- 1 - 2 cups of chocolate chips or melting wafers

EQUIPMENT NEEDED

- Microwave
- Spoon
- Spatula
- Pan

DIRECTIONS

1. Melt butter in microwave or small pot on stove.
2. Mix in crushed graham crackers. Mix well.
3. Add confectioners sugar and peanut butter. Mix well.
4. Put into a 9x13 or smaller pan.
5. Chill in refrigerator for about 20 mins.
6. Melt chocolate in microwave and pour over mix.
7. Chill and cut into squares. Serve and enjoy.

PB & BANANA CRUNCH ROLL UP

Submitted by Sara Disteldorf

Author: Unknown



Preparation Time: 5 min.

Servings: 2



Photo supplied by
Sara D.

EQUIPMENT NEEDED

- Table knife

INGREDIENTS

- 1 whole wheat tortilla
- 1 tablespoon of honey
- ¼ cup rice crispy cereal or granola
- 1 banana



For extra protein, use a protein tortilla wrap!

To take on the go, don't cut in half, just wrap in a paper towel and go!

DIRECTIONS

1. Lay out tortilla on a plate, and spread peanut butter evenly over one side.
2. Drizzle honey on top of peanut butter, and sprinkle with rice crispy cereal or granola.
3. Place banana about 1 inch from the edge and roll the banana into the tortilla. Cut in halves and enjoy!

POWER OUTAGE PROTEIN WRAPS

By Colette McDonald



Preparation Time: 5 min.

Servings: 2

EQUIPMENT NEEDED

- Butter knife

INGREDIENTS

- Tortilla wrap
- Nut butter (peanut, almond, cashew, etc.)
- Banana
- Cinnamon (optional)
- Raisins (optional)



Photo supplied by
Colette M.



This nostalgic recipe is one for all ages and includes items you may already have on hand. For a sweeter treat, add Nutella :)

DIRECTIONS

1. Spread a nut butter of your choosing on a tortilla wrap
2. Peel a banana and place in the middle of the wrap (you may also cut the banana into smaller pieces if desired).
3. Optional: Sprinkle with cinnamon and/or add raisins
4. Roll-up the wrap to ensure ingredients stay inside
5. For added fun, cut the wrap into sections and eat with chop sticks to make banana sushi!
6. Enjoy!

GORP A.K.A. TRAIL MIX

Submitted by Danielle Rovillo

Author: Unknown



Preparation Time: 2 min.

Servings: 4

EQUIPMENT NEEDED

- Big bowl
- Big spoon

INGREDIENTS

- Raisins
- Peanuts
- Chocolate chips or candy pieces
- Nuts, seeds, mini marshmallows, and more

DIRECTIONS

Mix, eat, repeat!

1. Add equal amounts of each ingredient to a large bowl, mix evenly.
2. Divide mixture into small containers or bags for consumption.



Get creative with your ingredients! GORP or trail mix is traditionally made with nuts, raisins and candy but you can add whatever you want! **Kids love to make this recipe.** Try putting out all of the available ingredients and allowing children to make their own personal mix.



The term GORP is often used by campers and hikers in North America. Some people say it is an acronym for "good ol' raisins and peanuts," but others say it is an old term meaning "to eat greedily." Either way, it is delicious and satisfying, making it the perfect snack.



S'MORES

Submitted by James Lawrence

Author: Unknown



Preparation Time: 2 min.

Servings: 4

EQUIPMENT NEEDED

- Stick or plate to safely heat marshmallows
- Plate

INGREDIENTS

- 1 graham cracker
- 1 chocolate bar
- 2 marshmallows

DIRECTIONS

Heat, Eat and Repeat!

1. Break graham cracker in half and place a square of chocolate on one cracker. Set aside.
2. Heat marshmallows until almost gooey.
3. Place marshmallow on top of chocolate and place graham cracker on top to make a type of "sandwich." Enjoy!



Get creative with your marshmallow heating method. Perfect the traditional preparation over an open fire, or take on a new challenge such as the microwave, oven, or with a magnifying glass.



Bring people together during times of crisis with this delicious snack. It can be at the start of your next shift, during a much needed break, or when the dust settles. It's also a good ride-out grub during a storm or utility outage.



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SALADS

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AMBROSIA SALAD

Submitted by Sara Disteldorf

Author: Unknown



Preparation Time: 10 min.

Servings: 8

EQUIPMENT NEEDED

- Bowl
- Spoon
- Cutting board & knife (optional)

INGREDIENTS

- $\frac{3}{4}$ cup plain (or vanilla) Greek yogurt
- 1 cup shredded sweetened coconut
- 1 can (11 ounces) mandarin oranges, drained
- 1 can (8 ounces) pineapple tidbits , drained
- 1 $\frac{1}{2}$ cups mini fruit-flavored marshmallows (or regular)
- Maraschino cherries, chopped nuts, chopped apples and sliced bananas (optional)



DIRECTIONS

1. Drain canned fruits very well, then add to a large serving bowl.
2. Add yogurt to the large bowl and mix all ingredients well.

TIP: Chill for at least 30 minutes before serving for best taste.

CREAMY CUCUMBER SALAD

By Kelly Ann Kowalski



Preparation Time: 16 min.

Servings: 5

EQUIPMENT NEEDED

- Bowl
- Cutting board & knife

INGREDIENTS

- 2 cucumbers
- Half of a small sweet onion and/or scallions
- $\frac{1}{4}$ cup sour cream
- $\frac{1}{4}$ cup plain yogurt (low-fat or nonfat will work too)
- Salt and pepper to taste



DIRECTIONS

1. Peel and thinly slice the cucumbers and put in a bowl.
2. Thinly slice onions and add to cucumber bowl.
3. Add sour cream and yogurt. Add salt and pepper to taste and mix.
4. Enjoy!

FRUIT SALAD

By Nancy LeMay



Preparation Time: 6 min. Servings: 8

EQUIPMENT NEEDED

- Bowl
- Spoon
- Can opener
- Cutting board & knife (optional)

INGREDIENTS

- 1 can peaches in juice
- 1 can pineapple chunks, tidbits, or slices in juice
- 1 can mandarin oranges in juice (or 1 fresh orange)
- 1 can pears (or 1 fresh pear)
- 1 apple (optional)
- Fresh grapes (optional)
- 1 banana (optional)
- Dried raisins, cherries, cranberries, or dates (optional)



This versatile recipe can be prepared with only canned fruit. It's based on a much simpler recipe my mother made with a can of fruit cocktail when I was a child. I often make it for Thanksgiving and have prepared it for new parents because it's delicious and healthy.

DIRECTIONS

1. Drain canned fruit, reserving some of the juice, or remove fruit from can with a fork or slotted spoon leaving some juice in the can.
2. Cut canned fruit to bite size as needed. Add to a large bowl.
3. If using fresh fruit, prepare as needed (peel/seed/cut up orange, wash/core/seed/cut up pear, wash/core/seed/cut up apple, wash grapes, peel/slice banana). Add to the bowl.
4. Add a small amount of the reserved peach juice. Stir and taste, adding more juices if needed. If desired, add any dried fruit that you have. Nuts could also be added for protein.
5. Eat at room temperature or chilled.

JAN'S GARLIC TOMATOES

By Kelly Ann Kowalski



Preparation Time: 16 min.

Resting Time: 20 min.

Servings: 5

EQUIPMENT NEEDED

- Large bowl
- Cutting board & knife

INGREDIENTS

- 5-6 fresh summer tomatoes
- 2-3 garlic gloves
- About 1 tablespoon of olive oil
- Salt to taste
- Splash of water
- Dried parsley taste



DIRECTIONS

1. Cut up tomatoes in quarters or smaller depending on the size of your tomatoes.
2. Peel garlic and cut in small pieces. Mix in a large mixing bowl.
3. Pour oil in bowl and add a splash water and salt to taste. Sprinkle a few dried parsley flakes and mix.
4. Let sit for about 20 minutes before serving. The longer it sits the more garlicky it will taste.

BEANS, BEANS, BEANS!

By Danielle Rovillo



Preparation Time: 5-10 min.

Resting Time: 60 min.

Servings: 6



EQUIPMENT NEEDED

- Large bowl
- Can opener
- Cutting board & knife (optional)

Mix and match bean types for color and taste – green, wax, kidney, black beans, and chickpeas are all great options!

INGREDIENTS

- 3 (15 oz) cans beans (any kind), drained and rinsed OR 6 cups cooked beans
- 3 tablespoons capers, drained
- 1 teaspoon dried oregano

OPTIONAL INGREDIENTS

- ½ cup fresh parsley, chopped
- 1 medium cucumber, finely chopped (about 2 cups)
- ½ medium onion, finely chopped (about ¾ cup)

FOR THE DRESSING

- ¼ cup red wine vinegar
- ¼ cup extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1-2 teaspoons honey, maple syrup, or other sweetener
- Sea salt and fresh ground black pepper, to taste

DIRECTIONS

1. If using, add chopped onions to a small bowl and cover with cold water. Rest for 5 minutes to remove the overpowering “raw” flavor. Drain, rinse, and set aside.
2. In the bottom of your large bowl, whisk vinegar, olive oil, mustard, sweetener, sea salt and black pepper. Taste and adjust as needed.
3. Add beans, capers, oregano, drained onion, and any other ingredients you are using.
4. Allow to marinate for 60 minutes before serving.

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SOUPS & STEW

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BLACK BEAN SOUP

By Patti DiLutis



Preparation Time: 15 min.

Cook Time: 15 min.

Servings: 5



EQUIPMENT NEEDED

- Large pot
- Can opener
- Cutting board & knife

DIRECTIONS

1. On low heat sauté onions and garlic (add water if it starts to stick).
2. Make a spot in the saucepan for the tablespoon of tomato paste and stir until dark in color.
3. Add 2 cans of beans (rinsed well) and stewed tomatoes.
4. Add chicken broth.
5. Keep cooking until at desired temperature. Tada, done!



INGREDIENTS

- 1 yellow onion (diced)
- 2-3 cloves garlic (diced)
- 1 tablespoon of tomato paste ($\frac{1}{4}$ can)
- 2 cans black beans
- 1 can stewed tomatoes
- 1 box chicken broth
- Chopped carrots & celery (optional)



If you want a creamier soup, smash the black beans before adding the stewed tomatoes!

CAMPERS' STEW

Submitted by Susan Kuerzdoefer

Author: Beth Kuerzdoefer



Preparation Time: 20 min.

Cook Time: 30 min.

Servings: 12



INGREDIENTS

EQUIPMENT NEEDED

- Crockpot or pot
- Can opener
- Spoon

- 3 pounds ground beef
- 2 cans sliced potatoes
- 2 cans (10.5 ounces) vegetable soup
- Water
- Salt and pepper
- Other canned or fresh vegetables if available (optional)

DIRECTIONS

1. Brown ground beef.
2. Add potatoes, soup, and 3 cans of water from soup cans. Cover and cook until hot. Salt and pepper to taste.



Ground beef or the whole stew can also be cooked ahead of time and frozen to reduce the amount of time needed.



Our family has made this when camping in cold weather or just on a cold winter day at home. Kids and adults alike love it. It can be made in a crockpot, on the stove, over a campfire or fireplace fire. It is very easy to make and few ingredients.

TOMATO SOUP

By Kelly Ann Kowalski



Preparation Time: 10 min.

Cook Time: 30 min.

Servings: 4



EQUIPMENT NEEDED

- Measuring cups
- Medium pot
- Spoon
- Cutting board & knife
- Can opener

INGREDIENTS

- 3 cans of diced tomatoes
- 1 can tomato paste
- 1 can chicken stock
- 1 diced onion
- 1 diced red pepper
- 1 garlic clove diced
- 1 tablespoon of olive oil

DIRECTIONS

1. Place olive oil in the pot. Warm oil. Once the oil is warm add onions, peppers and garlic.
2. Once the onions are translucent, add soup stock, tomato paste, and tomatoes. Bring to boil.
3. Once the soup has come to a boil, turn to medium heat and simmer for 30 mins.



Did you know?

Some perishable items are better than others when stocking up before a weather event!

BEST FRESH PRODUCE

These fruits and vegetables store well for days or even weeks, making them great to have on hand.

- Apples
- Bananas
- Potatoes
- Tomatoes
- Oranges
- Clementines
- Avocados

GO FROZEN

Frozen fruits and vegetables are a good choice for emergency preparedness because they have a long shelf life if stored properly. Additionally they can be a fresh, nutritious option since they are often harvested at peak ripeness. If the power goes out, you can add them to a number of recipes.

MAKE PRODUCE YOU ALREADY HAVE LAST LONGER

- Store mushrooms in a paper bag. It will collect the extra moisture in the air, preventing them from getting slimy.
- Separate bananas from the stem to slow down the ripening process.
- Fruits release ethylene, a naturally occurring gas which can quicken the ripening processes among vegetables. Store them separately to reduce this.

VEGAN CHILI

By A. Vegan



Preparation Time: 10 min.

Cook Time: 40 min.

Servings: 8

EQUIPMENT NEEDED

- Stovetop, camp stove, or crockpot
- Large pot
- Can opener
- Spatula
- Large spoon or ladle
- Strainer (optional)



INGREDIENTS

- 1 can (15 ounce) black beans
- 1 can (15 ounce) pinto beans
- 2 cans (15 ounce) red kidney beans
- 2 cans (15 ounce) corn
- 1 can (28 ounce) can crushed tomatoes (or diced if preferred)
- 1 can (15 ounce) can pureed pumpkin
- 2 tablespoons dried minced onion (or 1 medium onion, diced)
- 2 teaspoon olive oil
- 2 packets vegetarian chili seasoning (or 1 tablespoon chili powder, 1 tablespoon cumin, 1 teaspoon paprika, 1 teaspoon oregano, ½ teaspoon garlic powder, ½ teaspoon onion powder)
- 2 cups dry TVP (textured vegetable protein) or 1 pound of ground meat substitute of choice (optional)
- Salt to taste

VEGAN CHILI CONTINUED

DIRECTIONS

1. Heat the olive oil over medium-low heat in a large pot. If using a fresh onion, sauté until soft (skip if using dried onion).
2. Add drained and rinsed beans and chili seasoning mix. Add dried onion and TVP or ground meat substitute if using. Heat and stir for 1 minute.
3. Add the tomatoes, pumpkin puree, and drained cans of corn and stir to combine.
4. Fill the empty tomato can and pumpkin puree can with water and add to the pot. If using TVP, fill one of the empty bean cans with water and add it as well.
5. Bring to a boil (if possible), then reduce heat to low and simmer for 40 minutes.
6. Taste and season with salt as needed.
7. Serve hot.



Serving suggestion:

Serve with cornbread made from a vegetarian boxed mix, using $\frac{1}{4}$ cup unsweetened applesauce to replace each required egg.

MAIN DISHES

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ASIAN-INSPIRED PROTEIN BOWL

By Kelly Flynn



Preparation Time: 10 min.

Servings: 2



EQUIPMENT NEEDED

- Bowl

INGREDIENTS

- 1 can tuna, drained
- 1 half can chickpeas, rinsed
- 1 handful of frozen peas
- 1 teaspoon sesame oil
- 2 tablespoons of soy sauce
- A sprinkling of sesame seeds



DIRECTIONS

1. Mix all ingredients together and enjoy!

BLIZZARD BLAZE

NOODLE

By Joanna Burke



Preparation Time: 5 min.

Cook Time: 10 min.

Servings: 4



EQUIPMENT NEEDED

- Medium pot
- Small sauce pan
- Mixing spoon
- Strainer



Even when the snow is piling up outside, a bowl of these spicy noodles brings warmth and comfort, reminding you that sometimes the simplest meals are exactly what you need to get through a tough day.

INGREDIENTS

- Instant noodles or regular pasta
- 2 tablespoons of peanut butter
- 1 tablespoon of soy sauce
- ½ teaspoon chili flakes or hot sauce (adjust for spice level)
- 1 teaspoon cooking oil (olive oil or vegetable oil)
- Water (for boiling noodles)

DIRECTIONS

1. Cook the noodles: Boil water in a medium pot and cook the noodles according to package instructions. Drain and set aside.
2. Prepare the sauce: In a small pan, heat 1 teaspoon of oil. Add peanut butter, soy sauce, and chili flakes or hot sauce. Stir until combined and heated through, about 2 minutes.
3. Combine: Toss the drained noodles in peanut sauce, ensuring they're evenly coated.
4. Serve: Transfer to a bowl and enjoy your warm, spicy noodles!

BRUSCHETTA CHICKEN PASTA

By Ashley Boice



Preparation Time: 5 min.

Cook Time: 10 min.

Servings: 5



EQUIPMENT NEEDED

- Medium pot
- Mixing bowl
- Spoon

INGREDIENTS

- 1 box of gluten free pasta (or pasta of your choice)
- 1 can diced tomatoes
- 2 tablespoons of dried basil
- 1-2 cloves of garlic (minced)
- 2-4 tablespoons of balsamic vinegar
- 2 cans of pre-cooked chicken
- 1 - 2 ounce of parmesan cheese

DIRECTIONS

1. Boil water over stove and put pasta of your choice in the water making sure to follow the cooking instructions on the box.
2. In a separate bowl mix the tomatoes, basil, and vinegar together.
3. Place mixture and chicken in the pasta, and mix.
4. Add parmesan cheese on top when serving.

CHICKEN POT PIE CASSEROLE

By Carolyn Stewart



Preparation Time: 10 min.

Cook Time: 15 min.

Servings: 6

EQUIPMENT NEEDED

- Medium pot

INGREDIENTS

- 3 cans creamed soup (can be combination of cream of chicken, mushroom, celery)
- 2 cans chicken
- 2 cans mixed vegetables (or 1 bag frozen mixed vegetables)
- 1 package of noodles (egg or elbow)
- Whatever seasonings you like



DIRECTIONS

1. Cook noodles as package states.
2. Mix remaining ingredients together in cooked noodles.
3. Heat until warmed through.

Almost anything in your fridge, freezer or pantry can become a casserole. Keep creamy soups in your cupboard, along with starches like rice, noodles or canned potatoes, to mix with veggies and leftover meats for a tasty comforting meal.

CHRISTINE H.'S DISH

By Christine Hussar



Preparation Time: 15 min.

Servings: 4

EQUIPMENT NEEDED

- Cutting board & knife
- Hand can opener
- 1 large bowl
- 1 small bowl

INGREDIENTS

- 1 can of tomatoes
- 1 can of beans (any desired)
- 1 red onion
- 1 can of corn
- 1 bell pepper
- 2 celery stalks
- Apple cider vinegar
- Sugar
- 1 tbsp. olive oil
- Cilantro (to taste)

DIRECTIONS

1. Open and drain cans of vegetables and pour into a large bowl.
2. Dice red onion, bell pepper, and celery. Combine with ingredients already in the large bowl.
3. In separate small bowl, mix oil, apple cider vinegar, and sugar. Put over the top of your ingredients in the larger bowl. Let sit for an hour.
4. Serve either with a bed of lettuce or tortilla chips. Garnish with cilantro if you have it on hand.



COMFORT CHILI

By Pat Bogdan



Preparation Time: 15 min.

Cook Time: 5 min.

Servings: 4



EQUIPMENT NEEDED

- Can opener
- Frying pan

INGREDIENTS

- 1 can chili beans
- 1 can diced tomatoes
- 1 pound of ground chicken or turkey
- Chili powder or chili seasoning packet (to taste)

DIRECTIONS

1. Drain canned good.
2. Sauté the meat and add chili powder to your taste.
3. Mix all and heat to warm thoroughly.



Cheap, filling and easy to fix for a snowy day!! I am not a big cooking person but can certainly do this plus it's healthy.

CREAMY CHICKEN OVER NOODLES

By Rita Capaccio



Preparation Time: 15 min.

Cook Time: 6 min.

Servings: 4



INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 can of cream of mushroom soup
- 1 can cream of celery
- 1 bag frozen mix vegetables
- 1 small onion sliced
- 1 bag egg noodles
- Salt
- Pepper

EQUIPMENT NEEDED

- Crockpot
- Cutting board & knife
- Medium pot
- Strainer

DIRECTIONS

1. Spray crockpot with non stick spray.
2. Place washed chicken breasts, onion, mixed vegetables, cream of mushroom, and cream of celery in crockpot.
3. Season with salt and pepper. Cook on low for 6 hours.
4. Boil noodles on the side when chicken is done.
5. Serve over noodles. Can also be served over biscuits.

GROUND BEEF AND MASHED POTATOES

By Kathy Meacham



Preparation Time: 10 min.

Cook Time: 20 min.

Servings: 4



INGREDIENTS

- 1 pound of ground beef (turkey or chicken also works)
- 5 garlic cloves, minced
- 2 tablespoons of flour (optional for thickening)
- 2 cups beef broth, can be made from bouillon. Use chicken broth if using turkey or chicken
- 2 pounds baking potatoes, peeled and quartered
- 1 cup milk
- 2 tablespoons butter
- Salt and pepper, to taste
- Optional
 - 1 small onion, chopped fine
 - 1 tablespoon of Worcestershire sauce
 - 1 cup cooked peas or carrots

I have made this in the past when my sons were 10-15 years old. My mother also made this. You can't go wrong with a pound of ground beef, chicken or turkey in your freezer! You can also use this over rice.

EQUIPMENT NEEDED

- Large frying pan
- Spatula
- Large and small sauce pan
- Potato masher or electric mixer

DIRECTIONS

1. Fry meat until no longer pink. Add in onion and garlic if using them. Fry another 5 minutes to soften onion and garlic. Drain fat and return to frying pan.
2. Sprinkle with flour, stir to incorporate. Add the broth (or bouillon-made broth) and Worcestershire if using it.
3. Bring to a gentle boil. Add peas and or carrots if using them.
4. Bring a large pot of salted water to a boil. Add potatoes and garlic, lower heat to medium, and simmer until potatoes are tender, 15 to 20 minutes.
5. When the potatoes are almost finished, heat milk and butter in a small saucepan over low heat until butter is melted.
6. Drain potatoes and return to the pot. Slowly add warm milk mixture, blending it in with a potato masher or electric mixer until potatoes are smooth and creamy. Season with salt and pepper.
7. Serve ground beef mixture over mashed potatoes.

ITALIAN SPAGHETTI SQUASH



By Kelly Ann Kowalski



Preparation Time: 15 min.

Cook Time: 90 min.

Servings: 4

INGREDIENTS

- 1 small spaghetti squash (about 3-4 pounds)
- 2 tablespoons olive oil
- 2 cloves garlic, finely minced
- ¼ cup onion
- ¼ teaspoon pepper flakes
- ¼ teaspoon dried basil (you can use fresh too)
- ¼ teaspoon dried oregano
- ½ teaspoon salt (or to taste)
- ¼ cup shredded parmesan cheese

DIRECTIONS

1. Preheat oven to 375F. Pierce squash a few times with sharp paring knife (to let steam escape). Bake spaghetti squash for 60 minutes, or until a paring knife pierces easily through skin with little resistance. Let squash cool for 10 minutes.
2. Cut squash in half, lengthwise. Use a fork to remove and discard the seeds. Continue using fork to scrape the squash to get long, lovely strands. If the squash seem difficult to scrape, return the squash to bake for an additional 10 minutes.
3. Heat a large sauté pan with olive oil, onion, and garlic over medium-low heat. When garlic becomes fragrant, add spices and spaghetti squash strands. Toss well, sprinkle in the parmesan cheese and taste to see if you need additional salt.

EQUIPMENT NEEDED

- Cutting board & knife
- Measuring cups
- Spoons
- Frying pan

KEITH'S GAME DAY GREEN BEANS & POTATOES

By Kelly Ann Kowalski



Preparation Time: 15 min.



Cook Time: 89 min.

Servings: 5

EQUIPMENT NEEDED

- Cutting board & knife
- Large pot
- Stove



INGREDIENTS

- 1 pound green beans
- 6 small to medium potatoes
- 3 hot peppers – take seeds out
- 3 small to medium onions diced
- ¼ cup hot sauce
- Garlic powder
- 1 ½ pounds smoked turkey neck (you can use any type of smoked meat)
- Salt and pepper to taste

DIRECTIONS

1. Take a large pot and add smoked meat, onions, hot peppers, sprinkle with garlic powder, and add water till fully submerged.
2. Bring to a boil and let simmer for about 40 minutes.
3. In the meantime clean beans and snap ends off and set aside.
4. Then clean potatoes and cut into quarters. Add potatoes to pot. Add ¼ cup of hot sauce.
5. After about 10 minutes, add green beans and cook until beans and potatoes are done.
6. Often this dish taste better the next day after it has a chance to marinate in the hot and smoked flavors.

LOVE

By Charlene Fitzgerald



Preparation Time: 2 min.

Cook Time: 8 min.

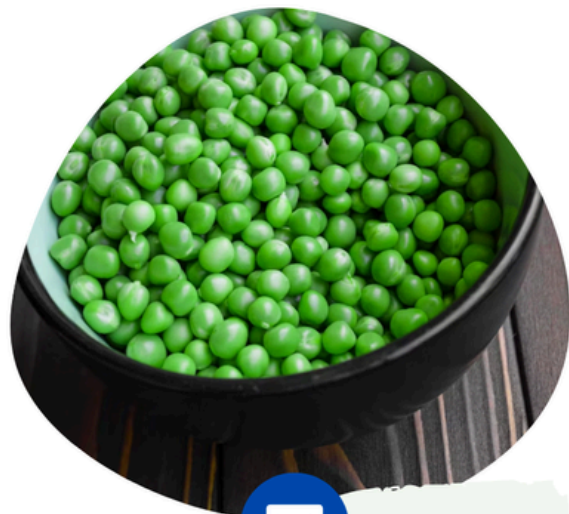
Servings: 4

EQUIPMENT NEEDED

- Frying pan or pot

INGREDIENTS

- 1 pack of smoked beef sausage or any sausage of choice
- 1 can of diced stewed tomatoes
- 1 bag of cooked rice in bag
- 1 can of sweet peas (or vegetables of choice)



My family
LOVES this
recipe.

DIRECTIONS

1. Brown sausage in pan for 2 minutes.
2. Add stewed tomatoes to pan. Let simmer.
3. Add sweet peas in pan after 2 minutes.
4. While it simmers, cook rice according to instructions.
5. Put rice on plate. Top with sausage mixture and enjoy!

MISS CALLIE THOMSON- DUPREE'S FRIED CORN

By Kelly Ann Kowalski



Preparation Time: 15 min.

Cook Time: 60 min.

Servings: 4



INGREDIENTS

- 4-6 ears of corn
- 1 tablespoon of flour
- 1 cup of milk
- ¼ teaspoon of salt
- ¼ teaspoon of pepper
- 1 tablespoon of butter

EQUIPMENT NEEDED

- Bowl
- Cutting board & knife
- Measuring tools
- Cast iron frying pan

DIRECTIONS

1. Cut corn off cob lightly. Try to get as much corn off the cob as you can then scrape the cob and put into a bowl.
2. Mix corn, pepper, salt, flour, and milk in a bowl.
3. Heat skillet with butter then pour corn mixture in skillet. Let simmer over medium heat for about 30 to 45 minutes. Stir corn regularly so the corn won't stick.

Did you know?

If you don't have an ingredient, you might have something you can use as a substitute!



1 large egg



Best for baking!

¼ cup of applesauce or mashed banana

Best for cooking!

¼ cup of silken tofu



1 cup sour cream



1 cup unflavored Greek yogurt



1 cup milk



½ cup of evaporated milk & ½ cup of water

Almost 1 cup of yogurt, add water till desired thickness

⅓ cup powdered milk & ⅔ cup water

1 cup of shelf stable alternative milk (almond, oat)



1 cup flour



Best for baking!

1 cup black beans



1 ounce semisweet chocolate



1 tablespoon cocoa powder, 2 teaspoons sugar, & 2 teaspoons of melted butter or oil



Bread crumbs



Ground rolled oats

Crushed cereal

Crushed crackers

NO POWER PITA POCKETS

By Lisa Neff



Preparation Time: 15 min.

Servings: 2



EQUIPMENT NEEDED

- Can opener
- Bowl

INGREDIENTS

- 2 pita pockets
- 1 can tuna fish
- 1 tablespoon of mayonnaise
- 1 red bell pepper, chopped
- ½ red onion, chopped
- 1 stalk celery, chopped
- Salt and pepper, to taste
- 1 tomato, chopped
- Lettuce (leaf lettuce or spinach works best)
- Shredded cheddar cheese (or other cheese) (optional)

DIRECTIONS

1. Drain the can of tuna fish and empty into a small bowl.
2. Using a fork, mix in the mayonnaise.
3. Diced finely the bell pepper, red onion, and celery, and add to the bowl.
4. If using cheese, add to the tuna mixture along with salt and pepper, stir to combine.
5. Cut pita pockets in half and gently open. Line the pita pockets with lettuce, and tomato, and fill with the tuna mixture.
6. Enjoy!

NO POWER PITA POCKETS CONTINUED



AUTHOR'S COMMENTS

“— When the power goes out, we start clearing out the fridge and trying to use up as much as possible before it goes bad. This is a great way to use up condiment packets that sit in the back of your kitchen drawer, especially if you have an opened mayonnaise in the refrigerator that could be unsafe to use or don't want to open a new one and risk having to throw it away.

Other fresh or canned vegetables can be used in this recipe, including chickpeas, carrots, snap peas, or green beans. If using canned vegetables, rinse before using to avoid extra sodium. Leftover salad mixes are perfect to use in place of lettuce. Any type of bread or wrap can replace the pita pockets.

This meal can be substituted with any number of things - experiment with what you have on hand! —”



OVERNIGHT OATS

By Dee Vitrano



Preparation Time: 5 min.

Chill Time: Overnight

Servings: 1

EQUIPMENT NEEDED

- Mason jar
- Cutting board & knife (optional)



INGREDIENTS

- $\frac{2}{3}$ cup of rolled oats
- $\frac{2}{3}$ cup of water
- Bananas, apples, raisins, nuts, seeds, spices, honey, chocolate sauce, peanut butter, chia seeds, etc. (optional)

DIRECTIONS

1. Combine water and oats in a mason jar with lid.
2. Shake to combine the ingredients.
3. Let the mix sit overnight in the refrigerator.
4. The next morning you can add in any other ingredients you desire.
5. Serve and enjoy!

PASTA & PEAS

By Suzanne Canfield



Preparation Time: 5 min.

Cook Time: 20 min.

Servings: 5

EQUIPMENT NEEDED

- Non-electric can opener
- Stove pan with lid
- The can from the peas
- Spoon (preferably wooden)



Photo supplied by
Suzanne C.

INGREDIENTS

- 1 can of sweet peas
- 1 box of medium shell pasta (standard box size, any pasta shape you prefer can be used)
- 1 sweet onion (diced) can be as much or little as you like
- 1 tablespoon of olive oil
- Salt and pepper to taste
- Grated parmesan cheese (to taste)

DIRECTIONS

1. Heat olive oil in pan over medium heat.
2. Add in diced onion until softened.
3. Pour in can of peas (with liquid).
4. Pour in box of pasta.
5. Fill empty pea can with water and pour into pan. Water should fill to top of pasta, if it doesn't add in additional water.
6. Bring to a boil.
7. Cover with lid and turn down to simmer.
8. Cook until pasta is softened and then stir with wooden spoon as peas start to smash when stirred.
9. Add desired amount of salt and pepper to taste.
10. Top with a sprinkle of fresh parmesan and serve.

PESTO CHICKEN PASTA

By Christina Everson



Preparation Time: 10 min.

Cook Time: 15 min.

Servings: 2

INGREDIENTS

- 1 large or two small chicken breasts, or 2 boneless chicken thighs
- 1 jar pesto sauce
- ½ package pasta noodles – for a gluten free option, consider Pad Thai or other rice noodles instead
- Black pepper to taste
- Garlic powder to taste
- Parmesan cheese (if desired)

EQUIPMENT NEEDED

- Cutting board & knife
- Medium pot
- Medium sauce pan
- Stove



DIRECTIONS

1. In one pot, prepare pasta noodles as instructed.
2. Slice up the chicken into small pieces. Season with black pepper and garlic.
3. Lay chicken on medium sauce pan and cook through. Drain chicken, if there is juice in the pan, then turn to low and add pesto sauce.
4. Drain the pasta once cooked and add to pan with the cooked chicken and pesto.
5. Once mixed, it is ready to serve. Top with a sprinkle of parmesan cheese, if desired.

PIZZA HOT DISH

By Sheena Palmer



Preparation Time: 20 min.

Cook Time: 30 min.

Servings: 4



EQUIPMENT NEEDED

- Pot
- Frying pan
- Baking dish

DIRECTIONS

1. Cook pasta as directed.
2. Brown ground beef.
3. In baking dish mix cooked pasta, drained ground beef, and pizza sauce with seasoning to taste.
4. Top with spices to taste and mozzarella cheese, and pepperoni.
5. Cover with foil and bake 25 minutes, for the last 5 minutes remove foil.
6. Let cool and enjoy!

INGREDIENTS

- 1 pound pasta noodles
- 1 jar pizza sauce
- 1-2 cups mozzarella cheese
- 1 pound ground beef
- All to taste:
 - Salt
 - Pepper
 - Parsley
 - Oregano
- Pepperoni (optional)



This recipe can be simple or add whatever you would like. Change up the cheese, add different meats. You can really make it your own.



SLOPPY MACS

By Julia Novak



Preparation Time: 20 min.

Cook Time: 15 min.

Servings: 4



EQUIPMENT NEEDED

- Cutting board & knife
- Medium pot
- Medium frying pan
- Stove

DIRECTIONS

1. Brown meat. Break up in small pieces. Drain liquid.
2. Chop pepper and onion into small pieces. Chop tomatoes if using fresh ones. Prepare corn if taking off the cob.
3. Add all prepared vegetables to the pan with cooked meat. Season with garlic, and other seasonings (add ½ tablespoon of brown sugar if you want it sweeter). Simmer covered for 15 minutes.
4. While waiting bring water to a boil. Add the pasta/noodles. Cook until desired softness. Drain. Add to meat mixture. Serve in bowls.

Notes: This can be made with all vegetables if desired. Rice could be used instead of pasta.

INGREDIENTS

- Ground meat (fresh or canned)
- Tomatoes (fresh or canned)
- Bell pepper, any color
- Corn (fresh, frozen or canned)
- Onion
- Brown sugar
- Garlic (fresh or powdered)
- Basil and oregano or Italian seasonings if desired
- Any pasta or noodles



This recipe is easily adaptable to whatever you have in your pantry. Children especially like this.

VENISON CHILI

By Kelly Ann Kowalski



Preparation Time: 15 min.

Cook Time: 120 min.

Servings: 5

EQUIPMENT NEEDED

- Measuring cups
- Spoons
- Large pot



INGREDIENTS

- 1 pound ground venison (ground deer meat)
- 2 cans (28 ounces) tomatoes (can substitute with crushed tomatoes, tomato puree, enchilada sauce, salsa, or fresh tomatoes)
- 4 tablespoons of dried minced onion (can substitute onion powder or one fresh onion cut into small pieces)
- 2 garlic cloves cut into small pieces (can substitute with garlic powder or minced garlic)
- 5 tablespoons of chili powder
- 1 teaspoon of salt
- 2 teaspoon of pepper
- 3 cans of beans (can use chili, kidney, black, roma beans)
- 1 tablespoon of brown sugar

DIRECTIONS

1. Brown meat in a large pot. You may have to add oil, because deer meat often does not have a lot of fat. You can use olive or canola oil. You may also substitute using vegetable oil or bacon fat.
2. Mixed in tomatoes, onions, garlic, brown sugar, salt, pepper and chili powder. Cook on medium heat for about 1 hour, stirring occasionally.
3. Add beans, cook until soft.
4. Add additional spices to taste.

WELSH RAREBIT

By Rob Lockhart



Preparation Time: 5 min.

Cook Time: 10 min.

Servings: 2



INGREDIENTS

- 250 grams (about 9 ounces) of sharp cheddar cheese
- 75 milliliters (2 1/2 ounces) beer (stout works great)
- 1 1/2 tablespoons of Worcestershire sauce
- 25 grams (3/4 ounces) unsalted butter
- 1 tablespoon of mustard (great flavor and helps emulsify the mixture)
- 4 thick slices of favorite bread
- Dash of hot sauce (optional)

EQUIPMENT NEEDED

- Cheese grater
- Large saucepan



This ultimate comfort food dish is made for bad weather and power outages! The easy to find ingredients are on hand in almost every household. It works best with very low heat, so it can easily be made on a grill outdoors when the power is out.

DIRECTIONS

1. Toast the bread.
2. Grate the cheese into a pot.
3. Add all remaining ingredients in a pot and mix.
4. Heat mixture on low until almost completely melted stirring consistently.
5. Spread mixture generously on toast.
6. Re-toast the bread in a toaster oven, oven, or grill for another minute or until golden brown.
7. Dash with favorite hot sauce as desired.

TIPS & TRICKS

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EMERGENCY KIT ITEMS CHECKLIST



Equipment

- ☐ Battery powered or hand crank radio
- ☐ Flashlight
- ☐ First aid kit
- ☐ Extra batteries
- ☐ Whistle (to signal for help)
- ☐ Dust mask (to filter contaminated air)
- ☐ Plastic sheets (tarp), scissors, & duct tape (sheltering in place)
- ☐ Manual can opener
- ☐ Back-up cell phone charger

Optional (see heating section above)

- ☐ Muffin tin & tea lights
- ☐ Camping stove & extra gas canisters

Cooking & Eating Utensils

Consider storing separate cooking and eating utensils for your emergency kit.

- ☐ Can opener
- ☐ Disposable dinnerware
- ☐ Cleaning wipes

Personal Items

- ☐ Sleeping bag & blankets
- ☐ Moist towelettes, hand sanitizer, & garbage bags (personal sanitation)
- ☐ Personal medications
- ☐ Changes of clothes & sturdy shoes
- ☐ Cash
- ☐ Personal hygiene supplies
- ☐ Paper & pencil
- ☐ Important family documents in waterproof container (passports, insurance policies, bank information)
- ☐ Games, books & other activities

Script Tip

To build an emergency supply of your regular prescription medicines, order your refill ahead of time. Most insurers, including Medicare plans, will allow you to order your refill up to 5 days ahead of time. Do this twice and you will always have a 10 day surplus of medicine on hand.

EMERGENCY KIT: THINGS TO CONSIDER



Each household is different. The list in this cookbook is just a starting point. Talk with your family members about what works best for everyone.

Diet

Think about the amount of food you would normally eat in a day and plan potential meals accordingly. One can of pasta or beans will not feed five people.

Your Budget is Important

You do not need expensive dehydrated meals or huge bins of grains to survive. There are ways to save money while creating your emergency supply.

- **Add 1-2 items to your shopping list, per week.** Canned goods are very affordable but some snack foods and high energy foods are not. Consider stocking more expensive items over time to save cash.
- **Look for deals on bulk items and shop with a buddy.** Bulk buying cases of can goods, granola bars, nuts, and soup can save money. Shop with neighbors and family to prepare together.
- **Visit your local pantry.** When your budget is too tight, a local food pantry can help.
- **Learn to can.** Learning to preserve food can help maximize your food budget all year long. Be sure to follow good canning practices to make sure your food is safe to eat. Resources for learning about canning are available at your local library.

Cooking

- Canned goods, including vegetables, fruits, pasta, tuna fish, baked beans, and soups do not need to be heated to be safe to eat.
- Introduce emergency foods to children and picky eaters sooner to learn what your family prefers.
- Keep recipes ready on paper.
- Consider buying a camping stove or Sterno (jellied denatured alcohol) to use to heat food and beverages. Add matches to your supply list. Camping stoves are not safe to use indoors.

Equipment

Keep equipment on hand that is dedicated for emergency use, only. Canned goods will not work if your can opener is broken or missing.

- Heavy duty handheld can opener
- Paper products: plates, bowls, napkins, cups
- Cleaning supplies & paper towels

EMERGENCY KIT: THINGS TO CONSIDER



Shelf Life

Two simple ways to keep your pantry stocked:

1. Review and restock emergency pantry items along with your regular grocery shopping.
2. Review and restock emergency pantry items once or twice a year. Look for items with a shelf life. Track restock dates on your calendar.



Specialty food

Older adults and people on special diets may not be able to consume regular canned goods. Family members with chronic illness, like diabetes or diverticulitis, may need special foods. Look for low sodium options and keep extra water on hand for rinsing canned food.



Baby Formula

Do not try to make a baby formula replacement at home. Do not water formula down. Keep a 10-14 day supply on hand if you can. For more information, visit: <https://bit.ly/HHSFormulaTips>

Caffeine & Alcohol

Limit caffeine and alcohol during stressful times. Keep non-caffeinated non-alcoholic beverages on hand, in addition to water, to ensure hydration.

Hydration

Pedialyte, Gatorade, and other hydration drinks are good to keep on hand, if you can. There are many options to choose from in both bottled and powder form. Look for something low in added sugar in a flavor you enjoy.

EMERGENCY KIT

FOOD & WATER CHECKLIST

A disaster can disrupt the food supply, so plan to have at least a 3-day supply of food & water for each person & animal in your household. Below are some ideas of food to stock up on!

Bottled Water

- ☐ One gallon per person. Add extra water for washing & personal hygiene.

Ready-To-Eat Canned Foods

- ☐ Vegetables
- ☐ Fruits
- ☐ Meat
- ☐ Fish: tuna, salmon
- ☐ Poultry
- ☐ Beans: whole, refried, baked
- ☐ Pasta: Spaghetti Os
- ☐ Soup: Hearty soups & stew
- ☐ Juice: 100% fruit & vegetable
- ☐ Applesauce

Mike & Milk Alternatives

- ☐ Single serve shelf-stable brick packages
- ☐ Powdered
- ☐ Canned

High Energy Foods

- ☐ Peanut butter
- ☐ Jelly
- ☐ Nuts
- ☐ Dried meat (jerky)
- ☐ Granola & cereal
- ☐ Trail mix
- ☐ Energy/protein bars

Staples

- ☐ Sugar
- ☐ Salt
- ☐ Spices, seasoning, pepper
- ☐ Instant coffee, tea, cocoa

Candy

- ☐ Hard candy
- ☐ Chocolate

Infant & Small Children

- ☐ Baby food
- ☐ Formula
- ☐ Pouches
- ☐ Snacks

Simple to Prepare Foods

- ☐ Instant potatoes
- ☐ Dehydrated food
- ☐ Powdered eggs

Pet Food

- ☐ Food
- ☐ Water
- ☐ Medicines
- ☐ Treats

TIPS & TRICKS FOR EMERGENCY SITUATIONS

PREPARING FOR A POWER OUTAGE

Preparing your pantry is great for emergencies. Here are a few extra steps you can take to prepare for a brief or long power outage.

- Keep plenty of non-perishable items in your pantry or emergency kit.
- Add extra ice to your freezer when you know a storm is coming. This ice can be used in a cooler to store perishable items that you want to frequently use. This way, you can keep your fridge and freezer closed for longer periods of time.
- Learn about resources that can help you restock after a long power outage. Your homeowner's or renter's insurance may be able to cover losses. If you participate in SNAP or WIC, you may be able to get replacement or emergency benefits. Sometimes the power company is able to provide assistance, too.

FOOD SAFETY DURING A POWER OUTAGE

Foods in your refrigerator are at risk of spoiling when power goes out. Note the time you lose power and keep refrigerator doors closed as much as possible.

- Leave the refrigerator and freezer doors closed as much as possible.
- Eat foods that spoil quickly first. Meats, dairy products and leftovers should be eaten first, then eggs, produce, and other items.
- If power is restored within four hours, everything should be safe to eat.
- A full freezer will stay frozen for around two days, if the door remains closed. A less full freezer will stay frozen for about one day.
- If the temperature in your refrigerator rises above 45 degrees Fahrenheit, discard things like meat, poultry, fish, dairy, eggs, soft cheeses, and cooked foods first.
- When in doubt, throw it out. Do not risk getting sick from spoiled food.
- Print this food safety chart for power outages:
<https://bit.ly/poweroutfoodsafetychart>

TIPS & TRICKS FOR EMERGENCY SITUATIONS

HEATING FOOD DURING A POWER OUTAGE

When you lose power (electricity), anything you have plugged into electrical outlets in your home will not work. Your stove and other appliances may also need electricity to work. Many gas stoves now have an “electric starter” meaning they need power to light the burner.

Safety is important! Camping stoves, grills, and hibachis that are intended to be used outside should never be used inside your house or garage.

Tea lights, placed in a metal muffin tin, can slowly and safely heat up water and soups on your counter top.



Using a properly vented fireplace or woodstove for heat or warming food is also safe.

WHEN THE POWER RETURNS

When the power returns, check your fridge temp. If the temperature is above 40° F or 4°C, use the following guide. “When in doubt, throw it out,” is a great rhyme to remember when the power comes back on.

Things to inspect



Things to throw away



TIPS & TRICKS FOR EMERGENCY SITUATIONS

GENERATOR SAFETY

When the power goes out, using a generator can be helpful for cooking and maintaining a safe, and comfortable temperature. The primary risk when using a generator is carbon monoxide (CO) poisoning from the toxic fumes from the engine exhaust and fire.

- Always keep the generator at least 20 feet away from the home. The generator should be in a dry, open space to allow for proper air ventilation and covered with a canopy to protect from rain and snow.
- Plug appliances directly into the generator or use the proper extension cord to run it into the home. Cords should:
 - Be properly grounded with a Ground Fault Circuit Interrupter (GFCI).
 - Be rated for outdoor use and the intended electrical load (wattage being used).
- Before refueling, make sure to turn off the generator and allow for it to completely cool down to reduce fire hazard.

CO POISONING SIGNS & SYMPTOMS

Carbon monoxide (CO) is a colorless, odorless gas that can cause sudden illness and death if inhaled. CO is produced when fuels such as gas or wood are burned. Without proper air flow, CO can build up indoors and poison people and animals who breathe it. If your CO alarm goes off or you have these symptoms, go outside and dial 911 right away.

- | | | |
|-------------|------------------|-----------------------|
| • Headache | • Drowsiness | • Nausea or vomiting |
| • Weakness | • Confusion | • Shortness of breath |
| • Dizziness | • Blurred vision | |



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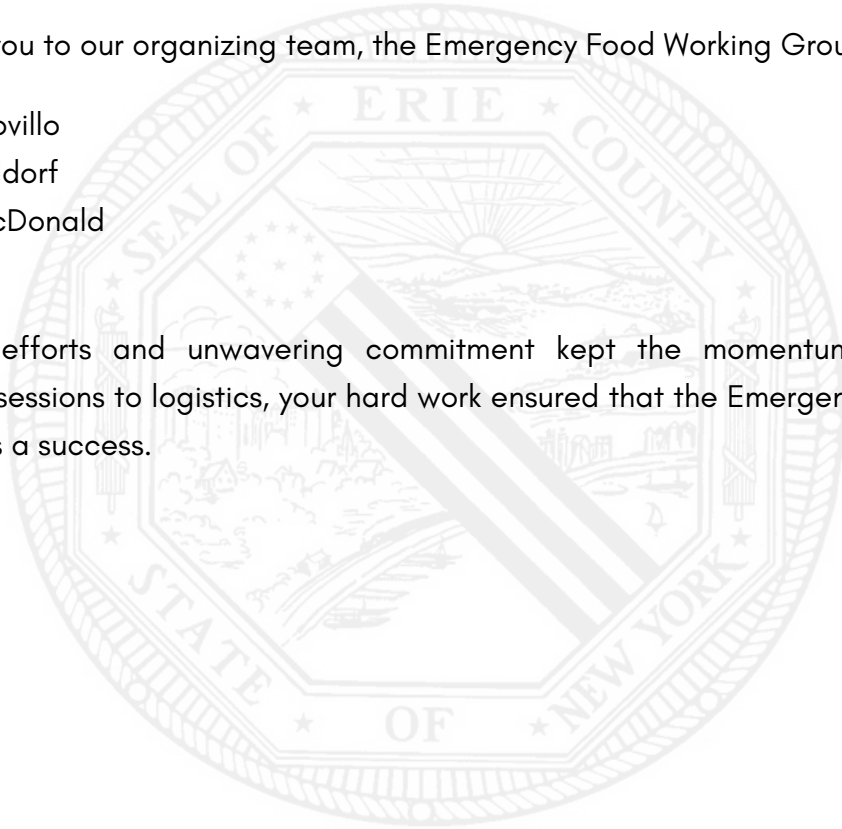
This cookbook was developed by the Buffalo & Erie County Food Policy Council in partnership with many organizations in Erie County, including:

- Erie County Department of Health, Offices of Health Equity and Public Health Emergency Preparedness
- Erie County Department of Environment and Planning, Office of Agriculture
- Erie County Department of Social Services
- Erie County Office for People with Disabilities
- 211 WNY
- Catholic Charities of Buffalo
- FeedMore WNY
- United Way of Buffalo and Erie County

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For People with Disabilities



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2.1.1

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