

LIVING ON SHAKY GROUND

PREPARE SURVIVE RECOVER

A Community Outreach Program

Sponsored by West Lane Emergency Operations Group

EMERGENCY FOOD PLANNING AND PREPARATION

FOOD HANDLING AND STRATEGIES

STOVES AND FUEL

**SAFE INDOOR AND OUTDOOR
HEATING AND LIGHT**

**SHELTER PROTECTION FOR:
HOMES, CAMPING, & PRIVACY**

Booklet and class design by Jean Busby, edited by Anne Machalek

General Information

Reasons to store food are numerous, some are: natural or manmade disasters, job loss, injury, food shortages, or other emergency situations. Think about camping for 30+ days with no store access for you. Your own 'ready' food supply for 30+ days may be necessary for you to survive. Food that can be warmed, or eaten cold, in your home and that is immediately available to you. You may be without heat, electricity, and plumbing. It is necessary to have at least 30 days of light-weight food you can leave with, if you cannot stay in your home or on your property. If you have Freeze Dried meals they can be prepared with hot water on a small stove, fire, or by using special warming units designed for that particular product.

THERE WILL BE NO FOOD SUPPLIED AT THE SHELTERS!

Try to avoid a great amount of clean up, as water will be scarce. Store instant tea, coffee, hot chocolate, Kool-Aid, or other water flavorings to aid in your comfort during a difficult time. Plan ahead and store what you like to have, you can be happy while you work to survive.

Meat and other foods from your refrigerator and freezer will have to be cooked on a Bar-B-Q. Keep your Bar-B-Q in good condition and have enough fuel to run it for 30+ days. If you and your neighbors can share cooking tasks, and a Bar-B-Q, it will be easier. These foods will rot without power, so you might as well share. Start with the refrigerators and when that is gone, go to the freezers. Place your used or new drinking bottles in the freezer extra space. Your freezer will stay colder longer and you will have good drinking or cooking water when needed. How you think about and plan your emergency food supplies affects if it will be affordable, cost-effective, usable and ultimately successful. The supplies can be built up over time, like a bank account. Think of this as your personal food bank account or food insurance program.

IF YOU ARE IN THE INUNDATION ZONE, your supplies need to be stored away from your home. Some people share in renting of a small storage shed to keep all their supplies. While others have put their supplies with friends that are not in the inundation zone. There will be only 15 minutes after an earthquake before ocean tidal wave action begins to come on shore. There is no time to grab 'n' go. With only just enough time, to GO as fast as you can walk to higher ground (KNOW YOUR PATH TODAY!) The roads will be broken so you cannot plan on driving. Have a walking stick to balance your body and so that you can probe the ground, before you walk into trouble. It may not be easy to tell the difference or see liquefaction from muddy areas. You also may be in the dark.

SHORT TERM FOOD SUPPLIES, should be in your '72 hour kit' and be inside your car. If you are away from home, be aware that there will be no food, water, or sanitation supplies available to you. Keep your own supplies and documents with you (on paper.) Your medication lists, contact lists, and FLASH thumb computer drive with up-to-date records should be with you as well in a water proof container. High-Energy food bars and 'Meal-Ready-to-Eat' (MRE) work very well for this. Buy and pack foods that you are familiar with and like, are ready to eat, high in nutritional value, low salt, and that are in water tight packaging or containers. Ensure they are lightweight and that they have all the vitamin, mineral, and proteins to keep you healthy. Rotate your food stock every six

(6) months, unless you purchase longer coded items. If you have to transport your 72 hour kit by walking consider using a LARGE-WHEELED carrier to put it into . Then you can just pull it around with you. Always keep at least three (3) days of water with you. One (1) gallon per day per person, one (1) quart a day per pet and also pet food.

PURCHASE YOUR OWN WATER PURIFIER.

Buy a 'FIRST NEED XL' at www.campmor.com or a 'SAWYER' at www.sawyer.com .

The SAWYER PURIFIER is one of the best device to use, and can process over 1million gallons with no addition of chemicals. The SAWYER PURIFIER purifies the water, assisted by gravitation through the device. Both purifiers remove what is unhealthy for you to drink. Do not waste your money on a Filter. They cost less but do not take out everything that can harm you. There are other sources that carry these product brands online. Check for prices. Keep the PURIFIER you purchase with your kit. If you run out of bottled water you can always get more from a stream or puddle and be ready to purify it yourself; don't depend on others for your water needs to survive.

FOOD STORAGE IN THE HOME will be needed to 'Shelter-In-Place" at home or outside on your property; wherever you are safest. Use what you store and store what you use. Store in your home a canned food supply, with an amount to satisfy you for at least a 30+ days (under rigorous physical conditions). Rotate this stock with use of your food everyday. Make it your habit that turns into your daily routine. When you buy a new can of beans, put it behind the beans you already have. This way your food will stay fresh. Taste the food right out of the can, to see if you could eat it cold. You may be without power to heat your meals, unless you have made a plan for your cooking by using special equipment and fuels. Some foods taste better than others when you have to eat it cold from the can. Choose canned foods with liquid in them and that are not salty. Buy one can and try it cold if you like it then buy more. Start with your current pantry and convert from fresh meat, vegetables and fruit to canned equivalents. **HAVE AT LEAST TWO (2) CAN OPENERS STOCKED WITH YOUR CANNED FOOD SUPPLY.** You are creating your own emergency home grocery store to supply you for 30+ days without shopping. When using the rotation method you can store boxed items that have a shorter shelf life. **DO NOT** store food that is cheap or low quality without sample eating it first. This can be a dietary and health disaster waiting to happen. Unfamiliar food can cause stomach upsets and diarrhea, a condition you cannot afford to experience in a disaster on your own. Be happy with what you know and works for you. Buy what you like to eat. You will find it easy to rotate into your day-to-day pantry within six (6) to twelve (12) months or sooner. Older people and singles may want to buy, store, and rotate the small cans that can be eaten completely upon opening or buy the regular size and plan to share some with others. There will be no refrigeration to keep your leftovers cold and what you leave can bring in the wild animals to help you finish up. Check the codes when you buy and rotate your supply so your food does not go stale or rancid. The cans last much longer than the 'best buy' date. After two (2) or three (3) years the food starts to loose its nutritional value but is still good to eat. However, If the can is dented, swollen, or smells funny: **DO NOT EAT THE FOOD!**

TO BEGIN

Start thinking of three (3) meals for each person for a day, then for two (2) days, then for upwards of a week, and so on. You can write down what you 'actually ' eat, to get a better idea of your needs, stock what you are buying now. Stock canned goods, dry

mixes, and other staples that do not require refrigeration, extended cooking, very much water, or special preparation. Each time you go shopping for food buy one of these first day meals for your family. Date and label each new item with a marking pen and store in the back of your cabinets or bookshelf. Continue this process and you will slowly and painlessly build up your 'Emergency Home Grocery Store.' You will feel a great satisfaction in knowing you have what you need to survive in your home. If you eat a can of your storage, replace it on your next trip to the store. After you have 30+ days of meals for each member of the family, start to rotate the 'oldest' supplies into your daily use, buy replacements, and store the new supplies at the back of the other cans and food. This keeps the foods rotating to the front just like a grocery store does it. This system can be easily modified to meet your family's changing appetites and needs. This prevents 'food fatigue' from eating the same foods constantly. Younger children and older adults are prone to experience 'food fatigue' more quickly.

SEVEN COMMON FOOD SUPPLY MISTAKES

- 1) Buying and storing food for 5 to 10 years and not rotating or even using it. There are foods that will store for 25 or 30 years, or longer. It is recommended that you use these foods as well, so when you eat them they are still at their best. Long-term food will last one (1) year after opening. Don't be afraid to open a can and try it with your family. You practice with what your family needs and like to eat it as well. These meals, in many cases, cost less per serving than fresh from the market, and have very little preparation and no waste. For example, serving the Beef Stroganoff with a fresh vegetable or salad.
- 2) Not personalizing food purchases for needs and likes of the family. Some family members may not like the food or have become allergic to it, or even outgrow it.
- 3) Buying foods that require cooking from scratch or a long complicated preparation.
- 4) Storing food in out-of-the-way places. That can be inconvenient to everyday use. Linen closets and bookshelves are a good place to store food. Box your linens and put your books elsewhere. They are not as important as easy access to your food.
- 5) Storing food in unacceptable containers or where temperatures are too hot or too cold destroy the nutrition in food before the food 'officially expires'. Do store your extra vitamins with your foods and rotate them so they stay fresh.
- 6) Do not buy bulk food, or cases of food, near end of shelf life because it's on sale.
- 7) Panic buying costs more than planned buying and rotating.

PRIORITIZING FOOD SOURCES IN AN EMERGENCY

In emergencies when there is no electrical power source, or generator etc..

- 1) Empty the refrigerator first, cook the food using a camp stove or Bar-B-Q outside. You need a canopy or shelter outside to cook. Share with the neighbors. The more times you open the refrigerator the quicker it warms up and the food will spoil.
- 2) You can keep your freezer food frozen by minimizing opening closing the door. Long before the disaster, place small refilled water bottles, with air space for expansion at

the top, on shelves between stacks of food. This will keep your freezer colder longer and also provides drinking and cooking water. On the door of the freezer post a list of all foods in the freezer to minimize hunting around and losing the cold air. Pull out and defrost only foods that you will cook immediately. You and your neighbors could share the refrigerator and freezer foods by cooking together each day.

3) Get out the Bar-B-Q and cook up a storm! The foods will last only a short time before they spoil.

4) If your refrigerator and freezer are empty, you then start eating your pantry foods that require minimal cooking. This is food that you reserve for your family only. Encourage your neighbors to buy, store, and rotate their own supplies so that you do not run out of food before the 30+ days. You may copy this manual and give it to them, encourage them to come to a future Food Class, or they can pick one up at the Fire Station on 101. If you have bought Freeze-Dried foods that store for 25-30 years, this would be the last supply of food to use. It only requires a small amount of hot water. Do not tell everyone about this last supply of food or where you keep it.

IN REVIEW, THE SEQUENCE OF USING/HAVING FOOD STORAGE ARE:

- 1) DO NOT Share with others that you have food storage.
- 2) DO NOT share your pantry with others.
- 3) DO NOT share your Freeze Dried Emergency food storage.
- 4) YES, Share refrigerator and freezer with others

COMMERCIALY PREPARED FOODS FOR LONG TERM STORAGE (WITHOUT ROTATION)

Emergency Essentials 1-800-999-1863 or www.BePrepared.com carry the Mountain House in packets and cans, Food Ration Bars, MRE's in various packages. Their Prices and low shipping rates are competitive. They will send you a free catalogue. If you order their group specials you will get free shipping. There are other suppliers on the Internet.

Meals Ready to Eat (MRE)

They do not have to be rotated but must be eaten within 10 years and 8 months and should be stored at 60 degrees. If stored at 70 degrees the life span is shorter. Then you have to buy them again. They taste better heated but it is not necessary. You can have diarrhea if you are not accustomed to these. Store some IMODIUM™ or other diarrhea reducing medication for adults and children. This is true of all food and water that you have not become accustomed with. There are MRE heater bags that are very reasonable and use a little water to heat the MRE to make it more enjoyable. The heater may have harmful emissions, use outside in good ventilation.

MT. HOUSE

Mt. House if purchased in cans will last 25 years, because it is packed in nitrogen. It tastes good so the family will like it. In the 24th year, or before, eat it with your pantry foods and buy what you have eaten. Buying this way, it costs less than the smaller portions in Mylar bags. Some cans have 20 or more 1/2 cup servings per can. Mt. House has Just In Case assortment Buckets from Emergency Essentials. They are

MYLAR™ (Heat-resistant plastic film) packed in plastic buckets and last 10 years. The Classic Assortment has 29 servings and the Essential Assortment has 32 servings. These are very light -weight and can be taken with you easily. The two buckets are a one-month supply for one person. If you buy Mt. House in pouches at the store they will last seven (7) years. You add a little hot water, and eat. All of these, that I have tried so far, have been very good. Mt. House has a 72 hour meal Kit that you would put in your 72 hour kit. You could choose your own packages at the store or from Emergency Essentials and get what you like.

ALL WATER USED TO DRINK, COOK, WASH UTENSILS, OR WASH YOUR FACE MUST BE COMMERCIALY BOTTLED OR PURIFIED WITH A PURIFIER SUCH AS THE SAWYER OR FIRST NEED XL! MAKE SURE YOU HAVE ONE. IT SHOULD BE YOUR FIRST PURCHASE IN YOUR EMERGENCY STORAGE.

WISE FOODS™ contact Doug Marsiglia's office: 1-801-677-1068; or cell1-801-897-9797. Mention Jean Busby to get extra discounts. Order through Doug by phone. Look at the products online www.wisefoodstorage.com

- 1) Food packed in smaller portions in five (5) gallon buckets with a stackable design.
- 2) The Wise Foods can be purchased in various quantities.
Example: Two (2) adults & two (2) children, four (4) adults, etc.
- 3) A 72 Hr. Food Kit. Two (2) ten (10) ounce meals a day comes in a small box.
- 4) On their web site you can calculate your needs and buy accordingly.
- 5) They will send you a free trial package if you ask Doug for it.
- 6) The buckets are not heavy and can be transported easily.
- 7) A 30 day supply of Wise Foods and what you have at home in the cupboards, refrigerator and freezer should be enough to get your family through the 30 days.
- 8) The foods are affordable. Average cost is less than a school lunch.
- 9) Nitrogen packed to last 25 years for the Gourmet Food Supply and 20 years for the Fruit and Snacks. The Freeze-dried meat lasts 15 years. Gourmet outdoor meals last only seven (7) years. These are mainly for camping trips.

Note: As with any food product you buy, check the salt, sugar and gluten content to determine if the product meets your needs.

THRIVE FOODS

www.EatThrive.com or www.DorrieSmith.shelfreliance.com

These foods come in #10 and #2.5 cans and last 25 years. The sodium level is lower and the taste is very good.

RAINY DAY FOODS

www.Rainydayfoods.com

They have a product called BAKON CRUMBLES. If you like bacon flavor on you eggs or bacon sprinkled on you salads this is terrific. Rainy Day Foods from Walton Feed has been around a long time and the food is good.

WALMART

Walmart is now carrying Augason Farms Foods from Utah. They are the developers of Morning Moos Low Fat Milk Alternative. It comes in regular and chocolate flavor. Yummmmm! You must try it. You can see all the Augason Farms products at www.walmart.com Their foods are very good. They come in #10 cans and #2.5 cans. It takes 4 #2.5 cans to equal one #10 can. You can buy online for the same low price as in the store. On orders \$45.00, or more, the shipping is free and to your door. In the store there is a section devoted to this. I have found that all the products are not at all the stores all the time. They are selling a lot of this. So, if you are not going to go to Walmart or if you did and they were out, go online and get what you need without using your gas. Look at the Augason Farms 30 day all in one Emergency Pail. As you purchase these products write the date of expiration with a felt pen on the lid. Example: If the product was canned in 2013 and it lasts 25 years the date to write on the lid would be 2038.

COSTCO

Costco online at www.costco.com shows a variety of 30 day supplies. In the Costco store you can buy a 72 hr. bucket for 2. The 72 hr. bucket stores for 20 years. The products vary on what they put in the store verses what they have online. Do not buy a bucket that has whole grains in it. Those foods take lots of preparation. Buy Freeze Dried and Dehydrated. I was able to sample the foods in the 72 hr. bucket and they were excellent. The bucket also has non-food items: a stove and fuel, eating utensils, etc. It is a complete kit.

Available online only:

- 1) They have Chefs Banquet freeze dried fruit pouches in a bucket. Stores till 2032 and has 300 servings.
- 2) Chefs Banquet one month one person Bucket.
- 3) Food For Health Bucket holds pouches for one person for six (6) weeks, or two (2) people for three (3) weeks, or four (4) people for ten (10) days.

FOOD HANDLING AND STORAGE STRATEGIES

Remember when we have to live outside we are living with the other critters that naturally live here; Bears, Raccoons, etc. There will be dogs that have gotten lost and are running loose as well. It is necessary to protect your food, your pet's food, and your pets; bears like any thing that is food to them. We do not want to feed bears un-intentionally or by being careless. To find out more on how to rig your food off the ground and out of a bears reach or climb, go to web locator:

www.REI.com/expertadvice/food+handling+storage.html

Some guidelines for safety are;

- 1) Never leave your food, even if it's still in your pack, unattended at any time of day.

- 2) Anything aromatic--powder, ointment, toothpaste, sunscreen, bug spray, lotions, utensils (because smell of food lingers on them) must be stored along with your food.
- 3) Leave nothing inside your pack overnight, and leave all pockets and compartments unzipped. This allows any nocturnal visitors to snoop around without tempting them to gnaw or shred your gear out of curiosity.
- 4) Store your food at least 100 feet away from your sleeping area. The food should be down wind of your site.
- 5) Do not wipe your cook hands and utensils on your clothing. You will be a tasty treat.
- 6) Do not have any food, candy, gum or anything on you or in your tent. You will have visitors if you do.
- 7) Here you could probably store your food in your car if it is close by. In Grizzly country you cannot. They know how to get in your car.
- 8) Cook only what you will eat and clean your equipment. NO LEFTOVERS.
- 9) If possible hang your food from a small branch of a tree high up so a bear cannot reach it.

BEGIN TO PREPARE WITH THE SUPPLIES YOU ALREADY HAVE

Start with your camping stove. Make sure it is in good working order. Purchase enough fuel to operate the stove for 30+ days. Make sure you have all the parts such as the connecting hose to the propane tank, etc. Keep the stove and fuel in a dry place that is easily accessible. An outside dry space would be better for your fuel than the garage where you park your car. If you plan to buy a stove, be aware of the kind of fuel it uses and how much you will have to store. Some stoves use twigs and dry sticks, some use propane or briquettes, or even wood pellets. A sturdy folding table or camp table should be kept with the stove. Some stoves are made to be use on the ground. Some stoves can be used inside. However, most stoves must be used outside. Choose a stove you will be comfortable cooking on and practice using it often to ensure it is in working order. Store your pots, pans, cooking utensils, and potholders with the stove. Some good web sites to check out stoves are www.REI.com/expertadvice , www.stovetec.com and www.BePrepared.com.

STOVES

Be sure to have several butane lighters and matches.

There are many stoves on the market, starting with a small folding stove and a heat cell, small collapsible stoves and fuel tablets to larger camp stoves and camp kitchens. When you choose your stove, make sure you store enough fuel to last 30+ days.

THE KELLY STOVE™ www.kellykettleusa.com

There is a fantastic video to view. Watch this before you make up your mind on what to buy. No gas or liquid fuel is used. Use sticks, dry grasses, pinecones, kindling, charcoal or pellets. The stove is compact and lightweight. It is great for cooking and heating water for one or two people.

THE STOVETEC ROCKET STOVE™ www.stovetec.net

The StoveTec™ stove also has a great video. They are located at 3400 Franklin Blvd. in Eugene. 1-541-515-4394. This is a very sturdy stove, that uses sticks, kindling, or charcoal for fuel. You feed the fuel through the opening as it burns so you control how hot and how long you want to use it to cook. This stove can use very little fuel so it can cook for a long time. The stove will boil 1&1/2 gallons of water with four (4) sticks in 20 minutes. Store a box of sticks, or kindling, in a box and keep it dry. It rains here often so pick up sticks, kindling, pine cones, pine needles and dry them. Then store them in sacks or boxes for later use. A water pasteurizer can be bought to go with the stove and/or a special cooking pot that securely sits on the top. The stove is wonderful and you can cook for one person or several people.

THE VOLCANO STOVE™ There are two sites with videos. This is a very interesting stove. Uses charcoal, wood or propane. www.volcnogrills.com and Emergency Essentials www.BePrepared.com

FIRE STARTERS

Fire starters can be purchased in many forms. Using a liquid fire starter is dangerous. It is easy and cheap to make your own fire starters with small 2 or 3 oz paper cups. Put dry pine needles in the cups and drizzle some melted wax over the dry pine needles. Melt the wax in a double boiler or in a saucepan on the stove. If you use a saucepan stay right with it. The wax can get to hot and ignite. Keep young children away from the hot wax. The children can put the needles in the cups. Used Candle wax in a large block can be bought at St. Vincent de Paul for about \$3.50 a block. You do not need to use food grade paraffin. After you make them just store them in a box till needed.

FUEL

Strike anywhere matches are the best matches to use, keep them stored in a zip lock baggie. Buy several butane lighters, cigarette lighters, and 2000 matches (this number may seem like a lot but it is not for a yearly amount). Store the lighters and matches with the equipment you will use them with.

Sterno is light weight and safe for indoor use, ignites easily and is not explosive. It is not a good fuel for long term storage as it evaporates. A stick can be dipped into the Sterno and used as a fire starter.

Propane is a good fuel to store. It is safer, cheaper and stores for a long time. The tank should be stored upright outside in a well ventilated area, on a firm surface away from any source of ignition. A connecting hose for the tank and stove needs to be stored together.

Colman fuel (white gas)

Is an excellent fuel type, It has a tendency to evaporate even when the container is tightly sealed. Store in dry area away from any ignition source. Store in the upright position.

Charcoal is the least expensive fuel. You need only to store enough to cook for 30+ days. According to Terry Dittus, Product Specialist for Kingsford Briquettes, it must be stored in a cool dry place in a closed bag or airtight container because of the vast amounts of poisonous carbon monoxide (CO) it produces. It can be stored almost forever. Charcoal can be stored in 5 gallon plastic buckets with lids if you seal around

the top of the bucket with caulking and put the lid on tight. Store your fire starter, newspapers, and a charcoal chimney with your stove. Each briquette produces about 40 degrees of heat. If you are baking bread for example and need 400 degrees of heat, simply use ten briquettes.

One excellent way to cook is inside a cardboard oven. Take a cardboard box, about the size of an orange crate, and cover it with foil inside and out. Be sure the shiny side is visible so that maximum reflectivity is achieved. Turn the box on its side so the opening is no longer on the top but is on the side. Place some small bricks or other noncombustible material inside upon which you can rest a cookie sheet about 2 or 3 inches above the bottom of the box. Place 10 burning charcoal briquettes between the bricks (if you need 400 degrees), place the support for your cooking vessels, and then place your bread pans or whatever else you are using on top of the cookie sheet. Prop a foil-covered cardboard lid over the open side, leaving a large crack for air to get in (charcoal needs a lot of air to burn) and bake your bread, cake, cookies, etc. just like you would in your regular oven. Your results will amaze you.

By using a pressure cooker, you can cook with no heat. To cook dry beans you can place them inside a pressure cooker with the proper amount of water and other ingredients and place it on your heat source until it comes up to pressure. Take the pressure cooker off the heat and place it in a large box filled with newspapers, blankets or other insulating materials. Leave it for 2-3 hours and then open it, your meal will be done, having cooked with no heat. Plan ahead if you choose to do this by storing a large cardboard box that will hold your pressure cooker and the newspapers. Try this at home before the emergency so you will be comfortable with it. Be sure to add plenty of water in the beans so they do not burn dry. Practice will tell you how much to cook at one time. Remember, you do not want leftovers.

FIRED UP! EMERGENCY FUEL AND FIRE STARTER

Also is available from Emergency Essentials. The shelf life is 30 years. It is ideal for lighting a campfire, charcoal, or wood. No kindling is required and it is water repellent. It is a safe and reliable fuel source for cooking or heating in an emergency situation.
NO HARMFUL CHEMICALS.

Notes on Supplies, Stoves, Fire Starters, and Fuels:

COOKWARE

You can use what you already have or purchase lightweight camping cookware. Aluminum works well but interacts with some foods. Stainless is great but more expensive. Nonstick coatings make clean up easy but can't be used on an open flame. Be sure to have a pot grabber (lifter), potholders or high heat gloves. Cookware designed for camping and backpacking is lightweight and compact. The cookware usually doubles as your bowl, plate or cup. Keep it simple. Utensils for cooking in larger pots for more people will be needed if that is your plan. Match your utensils to the kind of cooking you plan to do. More than one set of eating utensils should be stored in case you ruin or lose one. If you enjoy coffee or tea, look at camping coffee pots. A hot cup of water from a small pot and instant coffee or tea could also work. It is also a great tool for cleanup, having a quick source for a small amount of hot water.

KITCHEN CHECKLIST for OUTDOOR USE

There are many lists of what to put in storage for your outdoor kitchen. This one is intentionally extensive. Not every one will need every item. Choose what you want, get it together for storage with your other equipment.

Hardware Basics (for backpackers and campground campers)

Stove	Food-Storage Canister	Fuel
Windscreen	Water Bottles	Plates & Bowls
Fuel canisters	Mugs / Cups (measuring)	Cook set (1 or 2 Pots)
Utensils (with Knife)	Frying Pan	Pot Grabber
Matches (2000)	Butane Lighters	Fire Starters

Kitchen Deluxe (for campground campers)

Coolers	Cutting Board/surface	Paring Knife
Spatula	Whisk	Bottle Opener
Corkscrew	Can Opener	Measuring Spoons
Hot-cold Thermos Bottle	Coffee Maker	Grill Rack
Foil	Hand Sanitizer	Dish soap
Pot Scrubber(s)	Quick-Dry Towels	Clothes Line & Pins
Trash Bags	Camp Sink	Water Containers
Funnel	Saw & Axe	Dutch oven
Tablecloth	Lantern Candle	Griddle

Mornings (choose according to person tastes and needs)

Coffee	Dry Cereals	Quick-fix Oatmeal
Breakfast Bars	Batter Mix	Syrup
Tea	Powdered Milk	Freeze Dried Eggs
Freeze Dried Breakfast	Cocoa	Drink Mixes
Dried or Canned Fruit	Jelly & Jam	Sugar Splenda

Midday or Evenings

Energy Food Bars	Trail Mix	Indian Fry Bread
Pilot Crackers	Freeze Dried Meals	Quick rice
Freeze Dried Vegetables	Cooking Oil	Bug Spray
Salt & Pepper	Spices & Herbs	Soups
Cookie Mixes	Drink Mixes	Pasta
Chocolate	Hard Candy	Sauces

If your choices are not the long-term storage kind you will have to rotate them every six months to keep them fresh.

Sprouting seeds and grow container if you store extra water to do this.

The foods featured in this class for long-term storage will work best for the 30+ days and store well since we do not know exactly the date of the disaster. Once you have your purifier, water storage, food, and gear organized you can forget about the disaster and enjoy your life. Being prepared gives you the best chance to survive a disaster in your life, with a relatively small upfront cost today. More importantly, the building your storage for your life, teaches you basic skills and disciplines on how to save for what you need for your success in this life, about delayed gratification, and about planning for a higher reward from the effort you do for yourself today that you can use in all aspects of your life.

Notes on Cookware and Kitchen Checklists:

RECIPES

Make sure you store the ingredients of all recipes you will want to cook.

Indian Fry Bread

3 cups all-purpose flour
1 Tablespoon baking powder
1/2 teaspoon salt
1 1/2 Cups warm (purified) water
Oil for frying

Put flour, baking powder, and salt in a large bowl. Mix well, add warm water and stir until dough begins to ball up. On a lightly floured surface knead dough. Do not over-work the dough. After working dough, place in a cool place for 1/2 to 1 hr. Heat oil to 350 degrees in a frying pan or kettle. Lightly flour surface and pat and roll out baseball (not softball) size pieces of dough. Cut hole in middle with a knife (so dough will stay flat) to 1/4-inch thickness and place in oil and cook till brown and flip over and cook the opposite side until the same golden brown. Dough is done in about 3 minutes depending on oil temperature and thickness of dough. After fry bread is done top with your favorites: butter, sugar, cinnamon, jam, jelly, or chili beans and rice for a taco.

Homemade Pancake Mix

5 cups all-purpose flour 1/4 cup of baking powder
1 1/4 cups powdered milk 1 Tablespoon salt
1/4 cup white sugar

Combining flour, powdered milk, sugar, baking powder, and salt in a large bowl. Stir to blend. Store mixture in an airtight container (Snap-ware) and use within eight (8) months. Purchase the ingredients for long term storage and make it up as you need it when camping out. Just add water to the right consistency for you and fry. Toppings: powdered sugar, syrup, peanut butter, jelly, cinnamon sugar. The syrup, jelly, peanut butter should be rotated into the house and replaced in the storage every six months.

Apple Fritters

3 Cups flour
1/3 Cup dried egg powder
1 1/2 Cup milk (or reconstituted from powdered milk)
4 tsp. baking powder
1 1/2 teaspoons salt
2 teaspoons sugar
2 Tablespoons Oil
1/4 Cup of water
1 cup dried apple slices (reconstituted)

Sift together dry ingredients. Combine milk, oil, and water. Add to dry ingredients. Mix well till moistened. Chop re-hydrated apple slices and add to batter. Heat 2" of oil in a skillet and drop batter by spoonfuls into hot oil. Fry, turning once until brown. Drain on a paper towel. Note: Reconstituted sweet corn can be add in place of the apples to make corn fritters.

Beans in the Ground

Dig a hole about 18" square. Make a fire in the hole and let it burn down to coals. Place a pot of beans in the hole with plenty of water in the pot, salt, pepper, dehydrated onions and bacon or bacon flavored TVP (Textured Vegetable protein) if you have it. Put on the lid tightly. Cover top of pot tightly with foil. Since we are on sand it would be wise to cover the entire pot tightly. Place coals and ashes around the pot and cover with dirt (sand). Cook for 6-8 hours.

There are several recipes that lend themselves to minimum effort and ingredients. Check through your favorite recipes, like no bake cookies, etc. and make a small recipe book to store with your supplies. Be sure you have stored the ingredients to make your recipes.

Notes on Recipes:

HEAT

You will need some heat to keep warm.

ROCKS

Warm up large river rocks near, not in, a campfire or in a pot of boiling water to slip into the bottom of sleeping bags. Always put on fresh socks at night to keep your feet warm. The socks you wore all day have moisture in them and will make your feet cold at night.

HOTTIES™ OR HOT HANDS™

Hand and body warmers from camping stores and Emergency Essentials are nice. Check how long they can be stored before you buy. These are also great in your sleeping bag to keep your feet warm.

MR. HEATER PORTABLE BUDDY™ AND MR. HEATER LITTLE BUDDY™

Both of these are indoor safe propane heaters. They require the fuel and an adapter hose. The Portable Buddy will heat up to 200 square feet and has a low oxygen shut off and tip over switch. The Portable Buddy heats up to six hours on the low setting and three on the high setting using a one-pound propane canister. The Portable buddy can be hooked up to a five gallon or more propane tank for longer usage. Be sure you have the connector hose if you choose the larger propane tanks. The Little Buddy with a propane canister will provide continuous heat for up to five and a half hours with a low-oxygen shut-off sensor and a tip over shutoff. These heaters and others like them can be found at Emergency Essentials, Bi-Mart and Sporting Good Stores. There are other brands of indoor heaters. Choose the one that will work best for your needs and make sure you have the adapters and fuel for 30+ days.

www.BePrepared.com for Emergency Essentials

www.Mrheater.com

www.campingworld.com

Notes on Heat:

LIGHT

Light sticks are a good safe source of light. Place them at the top of your pack for easy access. The light will be bright enough for you to look through your stuff and find your flashlight. The light sticks are great for children. These sticks have a code on them so be sure to check how long they will last.

LED flash lights (light-emitting diodes)

They excel in energy efficiency while offering good, all-purpose proximity lighting for camp chores, reading a map, and close up work. The children and the elderly, and all of us, should have a lanyard with necessary items hanging on it. There are small LED flashlights that burn for many hours. Each person should have a good flashlight and extra batteries or two or three LED lights. My lanyard has a small LED flash light, a small can opener, a small pair of scissors, a whistle, a small felt pen, and a flash drive that holds all my information.

LED wind-up lights.

Various kinds, they need no batteries.

Check amount of light given off and how hard or easy it is to wind up before you buy.

SOLAR POWERED LIGHTS

These lights are available now. Research them carefully. We might not have enough photons from the sun to fully charge your light.

HANDS FREE HEADLAMP

A battery operated lamp attached to a head strap. This is a hands free source of light.

100 HOUR PLUS EMERGENCY CANDLE

Like all candles you need to be careful. The candle burns liquid paraffin for more than 100 hours of continuous light. It is smokeless and odorless.

A protective sleeve can be purchased to fit over the sides of the flame.

FLASHLIGHTS

Choose the weight and strength of the beam you feel you need for camping out. This should be a big flashlight for casting a large beam around the area and for walking out away from camp at night. Store enough batteries to operate the flashlight for 30+ nights. For more information go to www.REI.com

CHOOSING A LANTERN

There are several types of lanterns:

ELECTRIC LANTERNS are battery powered and offer you a choice of lamps,

LED: Best for long battery life; good light output; can handle rugged use,

FLUORESCENT: Larger fluorescent models produce high light output; fluorescent tubes require special disposal procedures,

INCANDESCENT: Good light output; modest battery life; most use bulbs containing a bright-burning pressurized gas such as Krypton; more fragile than an LED lamp.

Pros: Quiet; no exhaust; safe around kids-no heat. **Cons:** Battery usage and disposal.

FUEL -BURNING LANTERNS

Gas powered lanterns can run on several fuel sources:

- 1) Kerosene; Burns smokeless clean, but not very bright.
- 2) White gas/auto gas tanks; efficient and can generate powerful light.
- 3) Propane: Refillable tanks; efficient; generates powerful light.
- 4) Butane: Disposable canisters; compact; easy to use; high light output

Pros & Cons, Benefits of Gas/Oil Lamps and Lanterns -vs- Electric Lantern types:

Gas models have stronger light intensity than electric models, but can be noisy.

Using gas requires ample ventilation, and models are not intended for small enclosed spaces. Both generate heat (considerable caution is required when you operate them around children or flammable materials).

PORTABLE CAMP LANTERNS

The camp lanterns can be used indoors if you have some ventilation. Coleman canisters and propane are the most popular fuels for lanterns.

Check to be sure the one you choose will be safe for inside a tent, trailer, motorhome, or inside your home. Coleman makes some battery powered lanterns that would be great for children and seniors.

www.coleman.com

www.coleman.com/products/1010/propane-lanterns

ALADDIN HURRICANE CHIMNEY LANTERN™ WITH MANTELS

This gives of a LOT of light! The lantern uses lamp oil and mantels.

WARNING! THE HEAT COMING OUT OF THE TOP OF THE CHIMNEY (750 DEGREES) WILL BURN YOU AND SET FIRE TO ANY COMBUSTIBLE MATERIAL ABOVE IT. It is great on a stable surface in your home where it won't be knocked over and nothing is above it.

For all other uses I prefer Coleman products. They are safer to use inside and outdoors. www.Aladdin.com

More information on lanterns can be found at www.REI.com/expertadvice/articles/lantern.html

Notes on Lanterns:

SHELTER

To effectively shelter, you must first consider the hazard and then choose the place in or out of your home that is safe for that hazard;

- 1) Know the safe spots in each room, under sturdy tables, desks or against inside walls. Know the danger spots-windows, mirrors, hanging objects, fireplaces, tall furniture bookcases.
- 2) After the disaster event, if you are going to a community shelter, it will be necessary to take your food, water, clothing and medications with you. Be sure to take your pet food, paper work in a sealed plastic bag, and a pet carrier. Your pet will not be allowed in the shelter with the people. A place out side could be provided if the shelter plans ahead.
- 3) Conduct practice drills. Physically place yourself and your children in safe locations. Make sure the elderly in the home know where to go.
- 4) Learn First Aid and keep a good First Aid book in your camping medical supplies.
- 5) Keep a list of emergency phone numbers in a handy spot and in you medical supplies.
- 6) Decide where your family will meet if separated
- 7) Choose an out of state friend or relative whom family members can call after the disaster to report your whereabouts and condition.

HOME PREPAREDNESS

- 1) Know how to shut off Propane tanks, water and electricity, pack your drains tightly with rags or towels to prevent sewage back flow. Water turns off at the street. Turn off the valve nearest the house. Electricity shuts off at the electric panel. Remember to shut off all the individual switches then the main switch.
- 2) Check chimneys, roofs and wall foundations for stability. Make sure your home/ mobile home is bolted to the foundation or has earthquake straps.
- 3) Secure your water heater to the wall with wide metal bands attached to the studs in the wall. Secure appliances that could move enough to rupture utility lines. Example: the stove and refrigerator.
- 4) Keep all breakable and heavy objects on lower shelves,
- 5) Put latches on cabinet doors to keep them closed during the shaking.
- 6) Secure hanging plants, heavy picture frames, TV's, and if you have any pictures or other items over your bed, put them somewhere else.

- 7) Keep flammable or hazardous liquids such as paints, pest sprays or cleaning products and Clorox in separate areas. Do not keep ammonia and Clorox stored near each other. If they spill and mix together the fumes are deadly.
- 8) Store three (3) or four (4) millimeter (mil) plastic sheeting, duct tape, lath boards, nails and a hammer to secure you windows if they crack.
- 9) Maintain emergency food, water and other supplies, including your medical grab 'n' go bag, first aid kits, 72 hr. kits together so they are easily available.
- 10) Always keep a 30+ day supply of heat and eat foods in your home. With the new lightweight freeze dried foods it is easy to take a 30+ day supply with you to a shelter or eat at home.

For more on information on safe water and sanitation practices in an out of your home refer to the Water, Sanitation and Toilets, Hygiene Kits, and Medical Grab 'N' Go Bags Manual made available at the the Water Class.

CAMPING (SHELTER OUT- OF-DOORS)

You might do your camping on your own property, be prepared.

Living out of doors (camping) must be prepared for in advance of the disaster. Store camping gear, sleeping bags, clothes, cooking supplies, tent, cots, and toilet supplies, also a hammer, saw, nails, axe, hatchet, lots of sturdy rope, and tarps in one easily accessed area in your home or shed. In the garage near the 'man' door is a good place as long as the supplies do not fall over and block the door. Consider the wind and rain we get here in Florence. After erecting the tent(s) and covering it (them) with an additional waterproof tarp(s) you may want to build a lean-to or wood shelter to protect your tent from the wind. It might be necessary to tie down the tent or strap it to trees. Have enough rope and tarps, as they will be vital to camping outside for 30+ days. You need a privacy tent for the toilet (there are tents purposefully designed for this application), and canopy to cook under. Have enough tents, tent space, for all of the family to be comfortable. For those who cannot get up off the ground, a cot will be necessary. Have children's toys, color books, reading books for children and adults that all can enjoy together and store them in a waterproof container. Tents, folding camp chairs, sleeping bags, etc. can be stored in a large garbage can with a tight fitting lid and plastic cover secured over the lid. Each member can have their things in their own plastic barrel or can. The garbage containers will come in handy for trash or sanitary disposal after you empty them to set up camp in your yard.

If you plan to stay here and not be evacuated, you will need seeds to grow food. Canned Heirloom Garden Seeds from www.BePrepared.com are non-hybrid, open pollinating, which means you can harvest your own seeds giving you the ability to plant a garden from year to year. These seeds need to be stored in your refrigerator for best results. Store at least a years supply of food and fuel. Knowledge of outdoor survival skills can be vital. You need water, food, and shelter to survive!

TENTS

How to choose a Family or Base Camping Tent

Tents that sleep four or more comprise the 'family' or 'base camp' category.

Types of Family Tents:

Cabin-style tents: These upright styles offer the easiest in/out access.

Dome-style tents: The larger version of the backpacking domes. These offer superior strength and wind-shedding abilities, both of which are appreciated on a stormy night. They stand tall but their walls have more of a slope which slightly reduces livable space.

Guyout Loops: Higher-quality tents will include loops on the outside of the tent body for attaching guy lines. Guy lines allow you to batten down the hatches during high winds.

For further information go to web locator:

www.REI.com/expertadvice/articles/family+base+camping+tent.html

Once you know the size tent you want, your biggest decision is really the quality. You would be wise to invest in a quality tent to better ride out storms and provide dependable use.

Notes on Shelters, Home Preparedness, Camping, and Tents:

This Class and materials are made possible by:

WELOG (West Lane Emergency Operations Group), Siuslaw Valley Fire and Rescue, and the many volunteers that give freely of their time and knowledge so you and your family can be better prepared.

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