

Are YOU ready for a disaster.....

The information contained in this brochure is to help you survive **WHEN** a disaster happens.

What will you need?

Food (and a way to cook it)

Water

Money (**cash** to purchase food, supplies and medicine)

Medicine

First aid supplies

And more...

The information contained here will help you prepare.

We have provided internet sources to purchase emergency food supplies, but you can stock up on many items from the grocery store.

START NOW!

It doesn't take a lot of money to get started. Buy a plastic container to hold your supplies. Every time you go to the store, purchase one or more items and put in the container. Put the container in a closet or somewhere out of sight so you won't be tempted to use the items stored there.

Read through this brochure and make a plan to start your emergency preparations TODAY.

WHEN A DISASTER STRIKES, you will need:

Water—one gallon per person, per day (2-week supply)

Food—non-perishable, easy-to-prepare items (2-week supply)

Cooking – You will need a way to cook your food. (see below)

Gas in your car – If the power is out, you can't get gas. Make a habit of always filling your tank, when it gets down to half. In an emergency, you will always have at least of half tank of gas.

Shelter – if your home is severally damaged (as in an earthquake) you will need shelter from the elements. (trailer, tent, etc)

Light – flashlights, electric or oil lanterns, solar powered lights, or candles.

Communication: Battery-powered or hand-crank **radio** (NOAA Weather Radio, if possible) (Extra batteries). If you have a land-line phone, you should have a phone that uses no electricity (one that has a cord to the headphone). These phones will work without electricity (unless phone lines are also down).

First aid - assemble a basic first aid kit and store it with your emergency supplies.

Medications – basic pain killers, prescription meds

Sanitation and personal hygiene items. Have a **2 week supply of toilet paper**, women's hygiene items, and plastic bags (for waste disposal).

Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies; stored in a **fire & waterproof container** if possible)

Cell phone with chargers (solar powered chargers are a good idea)

Family and emergency contact information (**printed copies** of phone numbers and addresses)

Extra cash – enough cash to purchase at least a week of food for your family.

We'll go through some of these items in more detail here.

All of your emergency supplies should be stored together in one area, a place that would be accessible in case of an earthquake or other event that might damage your house.

Consider the needs of all family members and add supplies to your kit.

Suggested items to help meet additional needs are:

Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc)

Baby supplies (bottles, formula, baby food, diapers)

Games and activities for children

Pet supplies (collar, leash, ID, food, carrier, bowl)

Two-way radios

Extra set of car keys and house keys

Manual can opener

Whistle

N95 or surgical masks

Matches / lighters

Rain gear

Towels

Work gloves

Tools/supplies for securing your home

Clipboard with paper and a pen attached*

Batteries

Extra clothing, hat and sturdy shoes

Plastic sheeting

Duct tape

Scissors

Household liquid bleach

Tent

Blankets or sleeping bags

Make a Disaster Preparedness Plan - Know What to Do in Case of Emergency

It is important to make sure that the entire family is prepared and informed in the event of a disaster or emergency. You may not always be together when these events take place and should **have plans for making sure you are able to contact and find one another.**

*If you leave your home after a disaster, write your destination on the clipboard and place it by the main entrance to your home. Anyone checking the house needs to sign-in on the clipboard.

If you have **elderly family members**, talk to them in advance, and reassure them that you will be coming to check on them in case of an emergency. Designate a family member to be the primary person to check on them. If they have a trusted neighbor, you might also ask them to check in on your family member until you can arrive.

Choose an out-of-area emergency contact person. It may be easier to text or call long distance (**out of state**) if local phone lines are overloaded or out of service. Everyone should have emergency contact information in writing or saved on their cell phones.

Let your family know you're safe

If your community has experienced a disaster, register on the American Red Cross [Safe and Well website](#) to let your family and friends know you are safe. You may also call 1-800-RED CROSS (1-800-733-2767) and select the prompt for "Disaster" to register yourself and your family.

EMERGENCY FOOD SUPPLIES

Designate a food storage area, where you can keep your foods without anyone being tempted to eat them. Plastic containers stored in closets work well. Storing foods in a garage in the heat is not a good idea, as foods will deteriorate quickly in the heat. Check the expiration dates on your food frequently and rotate the supplies.

Every time you make a trip to the store, purchase 2 or 3 extra foods to put into your storage. Try to find foods that are nutritious and easy to prepare. Here are some suggestions:

Peanut or almond butter	Crackers
Nuts / trail mix	Dry cereal
Granola / power bars	Dried fruits
Canned tuna or chicken	Canned soups, chili, stew
Canned vegetables and fruits	Instant oatmeal
Powdered milk	Bisquick (or other baking mix)
Sugar, salt, pepper, mustard	Multivitamins
Beef jerky	Hard candies

Baby food and formula (if you have small children)

Pet food

You will also want to purchase foods that can be stored for longer periods of time. If you have a food sealer, it is recommended that you remove the foods from their packaging and vacuum seal them for longer storage.

Dried beans	Flour
Rice	Cornmeal or masa
Dehydrated or freeze dried foods	

Dehydrated foods can be purchased in packets, #10 size cans (the size of a coffee can) or in buckets. The cans and buckets of food have a shelf life of 20 – 25 years. You can purchase cans of dehydrated foods that are singular foods (i.e., diced chicken or green beans or peaches), or you can buy ready-made meals (beef stroganoff, spaghetti, etc).

Listed below are a few **websites where you can purchase the dehydrated or freeze dried foods:**

mountainhouse.com
fullbellyinsurance.com
amazon.com
costco.com

beprepared.com
thrive.com
myfoodstorage.com

If you purchase dehydrated foods, consider buying a **Kelly Kettle** (see below) to heat the water.

BUG OUT BAGS (BOB)

A BOB is usually a backpack that contains the items one would require to survive for seventy-two hours when evacuating from a disaster. You should prepare a BOB for each member of the family and keep them together in an area that is easily accessible.

Each BOB should contain:

Food (MREs, dehydrated foods, granola bars, beef jerky, etc).	Flashlight
Water (3 days)	Toilet paper
First-aid supplies	Water purification
Shelter	Aspirin / Tylenol
Sunglasses/sunscreen	Prescription meds
Extra clothing (one pair pants, one shirt, sweatshirt, socks, underwear)	Toothbrush/paste
Plasticware, plastic cup, paper plates	
Comfortable walking shoes	
Plastic tarp	
sleeping bag	
Hat	

Adults add:	Duct tape	Knife
	Matches	paracord
	Radio	Extra batteries
	Hatchet	
	Tent (easy up shelter for family – extra item to carry)	

If you have babies / small children: add bottles, sippy cup, baby food, and some toys.

If you have animal(s), prepare a bag for them also, with a food, a dish, water and a blanket.



LET'S TALK ABOUT COOKING!

There are several ways you can cook food if you don't have electricity or gas. Plan ahead.

BBQ – if you have one, make sure you have extra charcoal or lots of propane (2 full tanks).

Fire pit – make sure you build a SAFE fire pit. Monitor it at all times when lit.

Fireplace – if you have a fireplace, have a good stock of wood. You can heat your house and cook at the same time. You will need to think ahead to purchase a metal rack where you can set your food on top of the fire to cook. Never allow children to cook in a fireplace.

Solar oven – if you have the supplies purchased ahead of time, you can build a solar oven, that is safe, clean and will cook your food. You will need glass jars for cooking (see below).

Kelly Kettle – a Kelly Kettle will heat water for rehydrated foods, with very little kindling. You pour water into the kettle, then find small sticks, grass, or leaves to stuff in the bottom opening. Light the kindling, and it heats the water.

[amazon.com/Bulk-Dehydrated-Survival-Food-Storage/dp/B0OAXBEXU](https://www.amazon.com/Bulk-Dehydrated-Survival-Food-Storage/dp/B0OAXBEXU)



Kelly Kettle

How to Make a Solar Oven

By [Rik DeGunther](#) from [Solar Power Your Home For Dummies, 2nd Edition](#)

Making and cooking with a solar oven is a cheap and easy way to minimize your power use. You can make a good solar oven for under \$40, and it works even if you do a messy job of construction. In fact, they're so cheap, building a sloppy test oven to learn the ropes is a good strategy. Then you can build yourself a quality unit that's more convenient and lasts a long time.

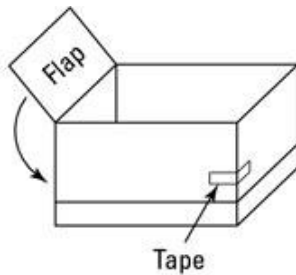
Here's a parts list for the oven itself:

- Plain old cardboard box, around 20 inches x 20 inches x 18 inches deep; double-walled corrugated cardboard walls are best.

- A sturdy piece of flat cardboard that matches the top of your oven; if the oven is 20 x 20, that's the size lid you need, with a little overlap.
- Tape. Good old duct tape works just fine. Masking tape also works, but not the kind for painting because the adhesive is too weak.
- Standard household insulation (not white styrofoam, but hardboard style), 1 inch thick; this stuff is around \$11 for a 4-x-8-foot piece.
- Aluminum foil, heavy duty with one shiny side at least, about 10 square feet.
- White glue.
- Flat, black spray paint designed for barbecue pits or woodstoves.
- Turkey bags or big roasting bags.

After you have collected you materials, follow these steps to assemble your oven:

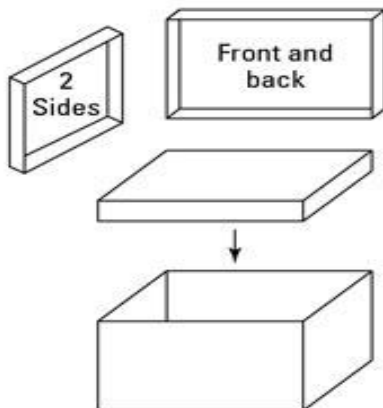
1. **Bend the flaps of the cardboard box out and down, and tape them down at the corners.**



Cardboard box
around 2' x 2' x 2'
Bend flaps out and
down, tape

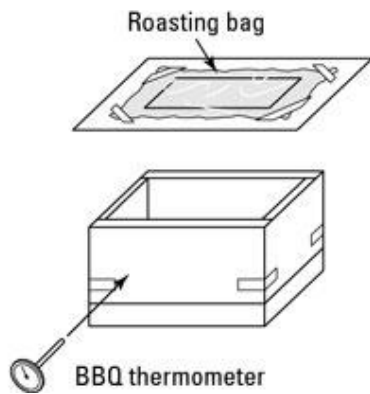
2. **Prepare the insulation and aluminum foil and glue them in the box.**

Cut the insulation to size to fit the bottom of the box, then the front and back, left and right sides of the cardboard box. For even better results, use two layers of insulation. Glue aluminum foil on one side of each piece of insulation, and spray paint the foil black. Glue the pieces of insulation into the box with the black facing the inside of the oven. If you're using fiberglass-based insulation, use gloves and eyewear; the insulation should indicate when these precautions are necessary.



- A. Cut bottom, front, back, 2 sides out of insulation
- B. Glue aluminum foil on one side of each insulation
- C. Spray paint foil black
- D. Glue into box with black inside

3. **Make sure that the cardboard lid is a little larger than the top of your oven. Then cut an opening in the lid to match the interior size of the oven. Cut the roasting bag and tape it over the opening in the lid.**

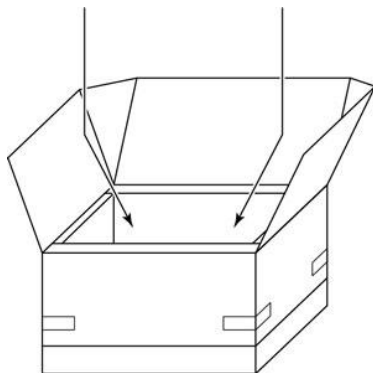


- A. Cut a lid larger than top of oven out of sturdy cardboard, or plywood
- B. Cut opening to match oven interior size
- C. Cut roasting bag and tape over opening in lid
- D. Poke BBQ thermometer through front of oven

4. Poke the barbecue thermometer through the front of the oven.

After you know how to build a basic solar oven, here are some ideas for improving the design:

- **Reflectors:** Cut some cardboard, glue aluminum foil to each piece (shiny side out), and tape the reflectors together and onto the oven.



- A. Cut reflectors as shown (cardboard)
- B. Glue aluminum foil to each piece
- C. Tape reflectors together and onto oven

You can boost the heat quite a bit with a reflector, which increases the amount of total sunlight radiation that gets into the oven cavity.

- **Mounting:** The best way to mount a solar oven is on a cart with wheels. That way, you can easily twist it around and point the oven toward direct sunlight.
- **Glass window:** Go to a window shop and get a piece of glass that looks around the size of a good solar oven lid. Glass is a much better insulator than a plastic bag. Double-pane glass is even better, as long as the seal between the panes isn't broken, in which case it's useless.

Be careful if you have an aluminum frame, which can get very hot. Wooden frames have such good insulation that you don't need a hot pad to move them.
- **Size:** With a good-sized, glass-windowed oven and reflectors, you may be able to roast a turkey on Thanksgiving Day, depending on the weather.
- **Plywood box:** The sturdiest boxes are made of plywood.

Solar Cooking

Jars: Boil and steam food in recycled jars, half-gallon or smaller in size. Painting them black will reduce cooking time, but leave a clear strip to see food by using tape when painting.

When cooking, don't overfill jars with beans and grains, as these foods expand. You can poke a hole in the lid or leave it on loose to avoid pressure buildup. If food is actively boiling, open jars slowly to release any built-up pressure. I've never broken a jar because of pressure buildup. If a lid sticks, tap around the edge, or pry up under it, to release any vacuum pressure. It should then open easily.

Learn to cook with more than one jar at a time. Start with the longest-cooking food, and when it is boiling, add more jars. Learn which foods (grains, potatoes, squash, lentils, etc.)—and what quantities of them—you can cook in one pass, so you can cook when you are gone all day. Learn cooking patterns that fit your lifestyle.

Beans: Use 2¼ cups of water for 1 cup of beans. If you boil them actively over a long time, add more water. Pintos take the longest.

Grains: Most grains cook better if you preheat the water in the solar cooker for an hour or so. Use a two-to-one water-to-grains ratio. Long grain rice can be put in the cooker in cold water.

Vegetables: These cook in jars with little or no water, or they can be added to beans and grains. Potatoes and sweet potatoes cook well on the rack, if lightly oiled. Otherwise, put them in jars. Winter squash cooks in its own skin. Corn on the cob steam-bakes in its own sheath.

Bread: Bread cooks best in dark, one-pound coffee cans. Oil the cans. Let dough rise in the cooker without collectors attached, then add the collectors when you're ready to bake. Bread shrinks, so it will come out of the cans with a gentle tapping when it's done.

Pizza and pies: Bake the crust first.

When the food is cooked, you can fold the collectors down over the glass. This provides good insulation, so the food stays hot until you are ready to eat.