

## Alternate methods for Cooking

Finding creative ways to deal with power outages however can mean the difference between living comfortably through times with no lights and going hungry. There are quite a few alternate sources of heat for cooking; without realizing it, many people have a couple of these backup sources in their homes.

### Backup / Alternate Sources for Cooking:

- Portable Butane Stove
- Camp Stove – propane or white gas
- Backpack Stove – canned fuel or white gas
- Dutch Oven
- Gas or Charcoal Grill
- Fire Pit
- Buddy Burner
- Canned Heat (Sterno)
- Solar Oven
- MRE Heater

There are other methods available, so do some research and select the ones that best fit your family's needs for fun and in emergencies.

**WARNING:** Outdoor cooking equipment must stay out doors! Never bring a gas or charcoal grill inside of your house or use it in an enclosed space. Store extra fuel, charcoal and/or wood for your devices.

### Portable Butane Stove

(Indoor/Outdoor Use)



These stoves are very portable and can be used indoors. Typically you see them used in grocery stores for cooking demonstrations.

### Camp Stove

(Outdoor use only)



Camp Stoves come in propane or white gas models; as well as table top units (Coleman) or standalone units (camp Chef). Any cooking you can do on your stove-top in our home can be done on one of these stoves outdoors.

### Backpack Stoves

(Outdoor Use Only)



There are many makes and models, but only two basic variations. There are 2 basic types, stoves that operate on canned fuel or white gas. They are viable for use of 1-2 people or one pot item.

### Dutch Ovens

(Outdoor Use Only)

Dutch ovens provide the opportunity to bake, roast, cook and fry. Even the lid can be inverted to cook pancakes. They are a very versatile, all-in-one cooking tool. To get good at it will require practice but almost anyone can pick up the basics quickly.



### Gas Grill / Charcoal Grill

(Outdoor use only)



Everyone loves to BBQ! If the power goes out and you have a grill, you are

prepared. Grilling in this situation can also serve as a morale booster for your family.

### Fire Pit

(Outdoor use only)



An outside fire pit can be used to cook on with wood or charcoal. What is an emergency to you can become an adventure for the children as they

always enjoying sitting around a fire and gathering wood. Consider roasting hot dogs on a stick, this would involve children in the meal preparation and keeps them occupied.

### Fire Place

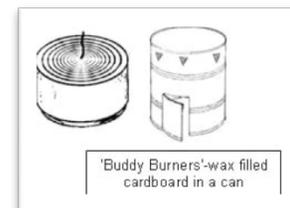
(Indoor Use)



A fireplace provides you the opportunity to bring your cooking inside on the hearth. This method was common in colonial America and among the pioneers who crossed the plains. Make sure that your chimney is opened to properly vent the smoke and gases from your home.

### Buddy Burner

(Outdoor Use Only)



Simple creation made from a No. 10 can and a tuna can. The No. 10 can is the stove and the tuna can is filled with cardboard and melted wax with a wick to create the heat source. If it will cook on a griddle or fry pan, you can cook it on a buddy burner. One word of caution with buddy burners, they are single use stoves. Do not re-use a buddy burner once it has cooled down.

## Canned Heat (Sterno)

(Indoor/Outdoor Use)

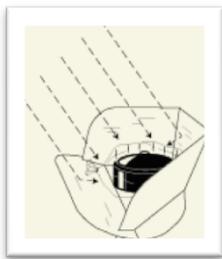


With the large can turned into a stove or foldable stove kit, it will heat up soup, tea, ravioli, hot chocolate, and a lot of those other canned/liquid goods.

Great thing is, it can be relit as many times as necessary. Can also be great in 72 hour kits.

## Solar Oven

(Outdoor Use Only)



Will take about twice as long as in a conventional oven. However, when the time required to obtain fuel/wood and tend the fire are considered, solar ovens usually demand less of the cook's time once you've built the box. Also, since

your food very seldom burns in a box cooker, there's no need to watch the cooker or stir any food as it cooks. Go to

[www.solarcooking.org/plans/](http://www.solarcooking.org/plans/) to learn how to make a solar oven.

## MRE Heater (FRH)

(Indoor/Outdoor Use)



If you have MREs (Meals Ready to Eat) they do not need to be heated. However, it can be nicer to have a warm meal in the winter months. Each Flameless Ration Heater (FRH) is individually packaged in a sturdy, leak-

proof poly bag which serves as the heating container for the MRE. Heats food without the need for fire - safely and quickly. In just 12 minutes - enjoy a hot meal anytime, anyplace. They are 1 time use and need to be discarded.

MRE Heaters or FRHs are nice to have in your 72 hour kits, but you should not plan on trying to heat a lot of food this way. If you have MREs and need to feed a larger group, another method of heating MREs is placing them in a pot of hot water until they reach desired temperature. This can be achieved using some of the previously mentioned cooking sources.

## Safety Note:

NEVER use an *Outdoor Use Only* cooking source indoors for the following reasons:

1. Fuel sources that burn produce noxious gases including carbon-monoxide (CO). carbon monoxide is a deadly gas that robs the body of oxygen and can cause injury or death!
2. Burning fuel sources also can present a real risk of fire. *Outdoor Use Only* units are not set up for safe use inside the home. Always use caution.
3. Solar Ovens do not pose a risk of noxious gases or burning fuel. However, it does need direct sunlight to cook and this likely will only be achieved outdoors during sun light.
4. If inclement weather is driving you to seek shelter to cook, you could cook on a covered deck or patio, making sure the wind is blowing the smoke away from you & your home. This method is not recommended because there are homes that have burned down because BBQs on the deck or porch. Cook in a garage ONLY if you do not store combustibles and the main garage door is open as well as a window.
5. We are not experts on these cooking methods mentioned. Please consult instruction manuals for proper use and instructions for building them if necessary. Always, have a Fire Extinguisher ready and available.

*\*All of the mentioned cooking methods provided, could cause a fire, injury or death if not used properly. Use at your own risk and practice before any real emergencies.*

# Alternate Methods for Cooking

Conserving energy is critical with an uncertain electricity or fuel supply. Equally critical is cooking safely. Practice to know what works indoors or outdoors and under what conditions.

Why would we use alternate methods for cooking?

1. Camping
2. Family Fun
3. No Electricity
4. Conserving Energy
5. Emergency Preparedness...

Provided by the Emergency Preparedness Committee of the Pleasant Grove 1<sup>st</sup> Ward.

**For more info go to: PGWard.org**