

PREPAREDNESS *minute*

A MONTHLY FLIER

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Stuffed Pepper

**Hamburger
Green/Red Pepper
Foil Paper**

Directions:

Place seasoned hamburger in the center of a green pepper from which the top has been removed and the insides cleaned out. Cover it with the lid or top, wrap it in tin foil. Place it on hot coals from the fire or on charcoal briquettes or bury and bake it in the hot coals for 15 to 20 minutes.

✕ Survival Cooking ✕

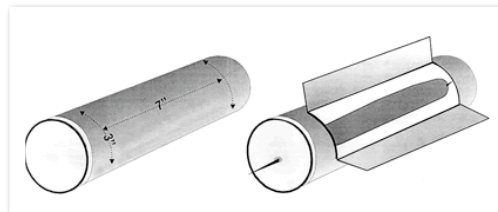
Just as we store food for emergencies and for rainy days, likewise we learn alternate methods for cooking, indoors and outdoors. Outdoor cooking on an open fire without messy,

black pots and pans is a chef's dream. And happily, there are methods and means

that make this possible. These methods are not only unique and convenient but also fun for patio and backyard parties, short excursions and camping. It is also a wonderful and effective way to prepare your family for emergencies by learning how to cook without electricity or your standard

home appliances. Cooking outdoors can vary from elaborate Dutch-oven meals to simple tinfoil dinners. But cooking and eating outdoors takes some knowledge and preparation.

With that in mind, we've put together a few tips and ideas that can help guide



you to alternate methods for cooking. See the following 2 pages for more info and pictures too. Find a few methods that will work well with your family and test them out.

Enjoy!

The Emergency Preparedness Committee

THE Activity

Pringles Can Solar Oven

Once you have eaten or otherwise disposed of your Pringles (and cleaned the tube), cut a slit about 7 inches long lengthwise in the tube. Cut 2 shorter slits at each end of

the long slit, so you have something like the letter I. Fold back the cut sections; the "wings" will be the solar reflectors. Now line the open space with some heavy plastic -- an oven bag works well. Do not use plastic or saran wrap as it will melt. That's basically it. Put some food

(e.g., a hot dog or some marshmallows) on a skewer and run it through the tube, place it in a sunny area, and wait for it to cook. They are fun quick and easy to use if the sun is shining.

Idea found on: EnergyWhiz.com