

Action Plan – Emergency Cooking

This worksheet is designed to help readers develop an emergency cooking action plan using information provided in Chapter 15 (Emergency Cooking) of *The Practical Prepper: A Common Sense Guide to Preparing for Emergencies*.

Creating Your Plan of Action

We have calculated our needs for each scenario that we might need to cook in. Consider how you might be able to cook inside, outside, summer, winter, and during an evacuation. This is our list, specific to our circumstances and preferences. Yours will likely be different. We have planned for a specific cooking device and fuel for each situation. Some of them can be used in several scenarios. The goal for this plan is to ensure you have a safe strategy to cook in each scenario.

Jones Family Cooking Fuel Needs		
Situation	Device	Fuel Type
Indoor	Wood Burning Stove Sterno Stove EcoQue Portable Grill (alcohol)	Wood Canned Heat Canned Heat
Outdoor	Solar Oven Volcano/Dutch Ovens Paper Box Oven	Sun Charcoal Charcoal
Summer	Solar Oven Volcano/Dutch Oven Camp Chef	Sun Charcoal Propane
Winter	Wood Burning Stove Sterno Folding Stove EcoQue Portable Grill	Wood Canned Heat Canned Heat
Evacuation	Pocket Folding Stove Sterno Folding Stove	Fuel Tablets Canned Heat

We have also included our plan for a *One Year Supply of Cooking and Heating Fuel*. Because we use a wood burning stove to meet both cooking and heating needs simultaneously, it is easier for us to combine our fuel needs into one chart. Develop your plan however it makes most sense for you.

Jones Family One Year Cooking and Heating Fuel Storage Plan				
Fuel	Size	# Needed	# Hours	Cost
Alcohol	Quart	8	40	\$ 25
Canned Heat	6 hr Can	36	216	\$ 40
Charcoal	15 lbs	10	180	\$ 150
Propane	20 lbs	5	75	\$ 55
Wood	Cord	4	Oct-May	\$ 400 or less
Solar	Oven	2	Unlimited	FREE
				\$ 670

Copyright 2014 Your Family Ark LLC

www.theprovidentprepper.org www.yourfamilyark.org

We have chosen not to calculate the actual number of required cooking hours, because we have our wood burning stove to cook on from October through May which will also heat our home. The solar ovens provide us with an unlimited number of cooking hours whenever the UV index is 7 or greater. Conservation methods are regularly employed in our cooking strategies. We have planned for alternate methods to ensure we will be able to cook in a wide variety of situations. Depending on the type of foods you have stored, 2 to 3 hours a day may be a reasonable place to start if you use your fuel wisely.

Calculating Fuel Requirements

Review the *Sample Fuel Planning Guide* for a basic foundation of estimated fuel consumption using a few longer term food storage items. Due to a wide range of variables it is not possible to calculate exact fuel requirements. We offer the chart as a starting point. As you practice, you will be able to get a much better feel for what your specific requirements will be. Exact fuel requirements vary with weather, temperature, altitude, and food products. For instance, a loaf of homemade bread may take 30 minutes to bake one day and 40 minutes another day in the same oven. There are too many variables to create exact cooking times or fuel amounts. Experiment and discover approximately what your usage will be.

Calculate fuel for all items on the menu. Beans, rice, and corn bread will each need to be calculated separately for an accurate estimate of this meal. One pot meals, such as stew, will require less fuel overall. Develop your action plan by taking into consideration the unique circumstances of your location, resources and needs.

Cooking Fuel Planning Guide	
Food Item	Possible Cooking Device Options
<p>Dry Beans</p> <p>Older beans can take much longer to cook...sometimes they will never soften up unless cooked in a pressure cooker.</p> <p>Transferring boiling beans to a hay box/wonder box will result in significant decrease in fuel consumption.</p> <p>Cooking larger batches will not take significantly more fuel.</p>	<p>Butane Stove will require 1-2 canisters (1-2 hours burn time on one 8 ounce canister)</p> <p>Camp Chef propane stove will require 1.5-2 pounds of propane (15 hours in 20 pound tank).</p> <p>Coleman Stove will require one pint (2 hours with both burners on high will burn 2 pints).</p> <p>Dutch Oven using charcoal briquettes. Plan on 46-60 briquettes (15 coals on top and 8 on bottom for 350 degrees – need to replace coals a couple of times).</p> <p>Dutch Oven in Volcano Grill will require 12-15 briquettes (12 coals for 350° will last up to 3 hours).</p> <p>Heat Pal 5100 using denatured alcohol. Will burn 1-2 cups of alcohol (5 hours on 1 quart).</p> <p>Kerosene Sock Wick Stove will burn 1-2 cups of kerosene (13 hours on one gallon).</p> <p>Wood Stove will require 1-2 hours of cook time. (4-6 logs)</p> <p style="text-align: center;">****Make the Most of Resources****</p> <p>Hay Box/Wonder Box will significantly decrease fuel consumption. Bring the beans to a good boil (11-14 minutes) and place it in the hay box. You will cut your fuel consumption by 80 percent or more!</p>

	<p>Pressure Cooker will reduce cook time resulting in fuel savings. Total cook time will be less than 20 minutes. Once it comes up to pressure (13-15 minutes) cook time is only 1-3 minutes (release pressure naturally).</p> <p>Global Sun Oven cook time will vary depending on UV index. Figure 2-4 hours of cook time due to lower temperatures.</p>
White Rice	<p>Liquid or Gas Fuels described above will need to cook for 30 minutes (10 to bring to boil, 20 to cook)</p> <p>Dutch Oven in Volcano Grill allows multiple ovens to be stacked on top of one another. The oven containing the rice could be stacked on top of the beans an hour into cooking. New coals would need to be added for the rice. (12 coals for 350° will last up to 3 hours).</p> <p>****Make the Most of Resources****</p> <p>Hay Box/Wonder Box is a good option for rice. Bring rice to a boil (8-10 minutes) and place in insulated box to finish cooking.</p> <p>Global Sun Oven will cook depending on the UV index. Allow 30-45 minutes.</p> <p>Vacuum Insulated Bottle works great for cooking white rice. Bring rice to a boil (8-10 minutes) and pour into the bottle.</p>
Corn Bread	<p>Apple Box Oven can bake the corn bread with 10-14 charcoal briquettes. (One coal for every 35 degrees will bake for 45-55 minutes.)</p> <p>Paper Box Oven fits a 9 x 13 pan and only uses 8-10 coals (8-10 coals will bake 350° for 60-75 minutes.)</p> <p>Dutch Oven in Volcano Grill allows multiple ovens to be stacked on top of one another. The cornbread and rice could both cook at the same time by adding more coals. (12 coals for 350° will last up to 3 hours).</p> <p>****Make the Most of Resources****</p> <p>Global Sun Oven cook time will vary depending on UV index. Figure 30-50 minutes of cook time. Bake the corn bread in the black pot that comes with the oven. It will turn out well even at lower temperatures.</p> <p>Wood Stove can bake the corn bread in oven while beans and rice are cooking on top without additional fuel.</p>
Regular Oatmeal	<p>Liquid or Gas Fuels described above will need to cook for 15 minutes (10 to bring to boil, 5 to cook)</p>

	<p>Global Sun Oven will cook depending on the UV index. Allow 15-25 minutes.</p> <p>Hay Box/Wonder Box is a good option for regular oatmeal. Bring to a boil (8-10 minutes) and place in insulated box to finish cooking.</p> <p>Vacuum Insulated Bottle works great for cooking regular oatmeal. Bring water to a boil (8-10 minutes) and pour into the bottle over the oatmeal.</p>
Potato Flakes	<p>Liquid or Gas Fuels described above will need to bring water to a boil (8 - 10 minutes).</p>
Wheat Berries	<p>Liquid or Gas Fuels described above will need to simmer for 60-90 minutes.</p> <p>Vacuum insulated bottle reduces fuel usage for wheat berries or cracked wheat. Bring to boil (10 minutes) and place in bottle for several hours or overnight.</p> <p>Hay box/Wonder box saves fuel and simplifies breakfast. Bring to boil in pot and place it in hay box overnight. Hot and ready for breakfast in the morning.</p>
Spaghetti Noodles	<p>Liquid or Gas Fuels described above will need to cook for 20-22 minutes (10 to bring to boil, 10-12 to cook)</p> <p>Global Sun Oven will cook depending on the UV index. Allow 30-45 minutes.</p>

Take time to write your plan down on the worksheet provided below. Adjust the plan as your needs change. Consider the options that appeal to you and practice with them. One cooking concept may sound perfect, but in reality it does not quite work out like you had thought it would. We learned it was much easier to use the solar oven on sunny days than start charcoal and use an apple box oven. Whatever you choose, start now to safely accumulate the required cooking devices and fuels. Try to make one meal a week using an alternative cooking source. Most importantly, make steady progress and enjoy the journey.

Always use and store fuel safely, legally, and according to manufacturer guidelines.



Cooking Without Power Action Plan

Number of People:

Daily Cooking Hours:

Fuel Storage Goal: 1 week 2 weeks 1 month 3 months 6 months 1 year

Cooking Methods		
Situation	Device	Fuel Type
Indoor		
Outdoor		
Summer		
Winter		
Evacuation		

Important Planning Considerations

Cooking hours will vary depending on the type of foods you have stored.

Canned or dehydrated foods will require very little cooking time and fuel. Dry beans and grains may need significantly more fuel to properly prepare unless you use conservation methods (i.e. pressure cooker, hay box).

Plan for alternate methods in the event one of your cooking strategies does not work as intended.

Practice! Practice! Practice!

Cooking Fuel Supply				
Breakfast hours: _____				
Lunch hours: _____ Cooking fuel hours goal: _____				
Dinner hours: _____				
Average daily cooking hours: _____				
Fuel	Container Size	# Needed	# Hours	Cost
Totals				