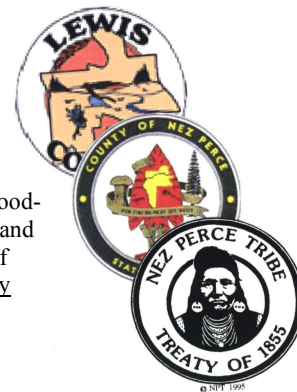


# Get Pandemic Ready



Your Office of Emergency Management plans and prepares for disasters, ranging from localized flooding to worldwide events. Preparation includes local government, the private sector and individuals and families. Pandemic flu is a rapidly emerging threat affecting all of us. The purpose of this series of articles is to inform citizens of what they can do to protect themselves. We recommend each family have three months of food, water, medications, and other supplies on-hand.

## Issue 9: Food - Cooking the Pantry

### Emergency Cooking - Heat Sources

#### 1. Outdoor only

- Charcoal briquettes
- Campfire
- Coleman fuel stoves or equivalent
- Propane gas grills

#### 2. Indoor or outdoor

**WARNING :** If used indoors, provide ventilation with a window or door open 1 inch, with the cooking device placed close to this opening

**WARNING :** Place all open flame emergency heaters on a fireproof surface

- Fondue pots
- Candles
- Canned heat (sterno, etc.)
- “buddy burners” -- wax-filled cardboard in a can

#### 3. Indoor if used/installed properly

- Kerosene heaters/stoves
- Woodstove
- Fireplace
- Natural gas stoves/ovens

4. Solar cooker: make your own. <http://www.solarcooking.org/plans/minimum.htm>. For an alternative lid, unscrew the door from a microwave oven and use it

### Emergency Cooking - techniques

1. To get the most cooking from the least fuel, use a pressure cooker

2. Covered pans cook faster

- Lids for pots
- Tin foil for cake pans and other open dishes

3. Non-electric crockpot

- Use a box or bucket big enough to pack 4 inches of insulating material on all sides, top & bottom
- Line the inside with aluminum foil
- Put insulating material on the bottom (newspapers, cloth, sawdust)
- Using a 3-6 quart pot, bring food to boil & place in box or bucket
- Put insulating material on sides and top of bucket and let ‘cook’ for up to 4 hours

#### Contact #'s

#### Clearwater County

Emergency Management  
476-4064

#### Idaho County

Emergency Management  
983-3074

#### Latah County

Disaster Services  
883-2265

#### Lewis County

Emergency Management  
937-2380

#### Nez Perce County

Emergency Management  
799-3084

#### Nez Perce Tribe

ERWM  
843-7375 ext. 2377

For more information, or to participate in local pandemic flu planning, contact your local Emergency Manager.