

# EVERY NEEDFUL THING

December 2012

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The Resource for  
Emergency Preparedness  
and Food Storage  
Specialists, and their  
family, friends  
and neighbors

## CDC Offers Tips for Healthy Travel

Whether you plan to travel to the tropics or hit the slopes at a snowy resort, don't forget to plan for your health! While every destination is different, these tips can help you plan for a safe and healthy trip.

### Learn about your destination.

Visit the CDC travel health website at [www.cdc.gov/travel](http://www.cdc.gov/travel) to learn of any health risks or travel warnings in effect in the country you're planning to visit. It is also important to understand the laws and culture of the places you will be visiting. You can learn about countries by using many different resources such as websites, guidebooks, and other media.

**Think about your health status.** No one wants to miss or postpone a trip, but there are times when staying home might be best for health reasons. Have you had any recent illnesses, injuries, or surgeries? Do you have any special health needs, due to disability, pregnancy or a compromised immune system? Take these questions into consideration before you leave home.

**See your doctor.** The best time to see your doctor is 4 to 6 weeks before traveling. If it is less than 4 weeks before you leave, you should still see your doctor. You might still benefit from shots or medications and information about how to protect yourself from illness and injury while traveling.

**Pack Smart.** If you're traveling abroad, it is important to bring copies of your passport and travel documents. Place a copy of your passport and travel documents in each piece of luggage, in case you lose the original documents. Don't forget to leave a copy with a friend or relative at home.



If you are traveling with prescription medications, bring a copy of your prescription. Pack a note on letterhead stationery from the prescribing physician if you are bringing controlled substances and injectable medications.

**Plan ahead for illness or injury.** Check your health insurance plan to see if they will cover your health needs abroad. Think about purchasing additional health insurance for your trip if your health insurance does not cover you while you are traveling. Pay attention to your health during your trip, and see a doctor if you are injured or feel ill. **E**

**For More Information**  
Visit <http://www.cdc.gov/travel>  
Call 1-800-CDC-INFO

## From the Editor

When people talk about how stressful the holidays are, I can relate. I really don't mind searching out gifts for family and friends. I enjoy seeing my kids eyes light up as we talk about the magic of Santa or the birth of Jesus Christ. The most stressful part is racing from house to house on Christmas day to make sure we hit all the family Christmas parties.

A few years ago, our family got caught in a hefty snowstorm as we all left grandma's house. My brother and his family were slipping all over the road. Our tires were holding fast for the most part, but not without a few moments of uncertainty.

In short, my brother's family ended up staying the night at our house to save them from another three hours driving 10 MPH in terrible conditions.

The lesson that we learned, and I hope others will learn, is that part of emergency preparedness is something as simple as assuring you have good tires on your vehicle - especially as winter storms can come as quite a surprise.

No one wants to spend the holidays in the hospital, so here's a subtle reminder to get your tires checked or changed, and have a safe, healthy and enjoyable holiday season.



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Do you have something you would like to share in an upcoming issue? Email it to us at **[newsletter@sunoven.com](mailto:newsletter@sunoven.com)**

## 10 Tips for Emergency Preparedness

### Preparedness Tip #1

Take a moment to imagine that there is an emergency, like a fire in your home, and you need to leave quickly. What are the best escape routes from your home? Find at least two ways out of each room. Now, write it down — you've got the beginning of a plan.

### Preparedness Tip #2

Pick a place to meet after a disaster. Designate two meeting places. Choose one right outside your home, in case of a sudden household emergency, such as a fire. The second place you choose needs to be outside your neighborhood, in the event that it is not safe to stay near or return to your home.

### Preparedness Tip #3

Choose an emergency contact person outside your area because it may be easier to call long distance than locally after a local/regional disaster. Take a minute now to call or e-mail an out-of-town friend or family member to ask him or her to be your family's designated contact in the event of an emergency. Be sure to share the contact's phone number with everyone in the family. During an emergency, you can call your contact who can share with other family members where you are; how you are doing; and how to get in contact with you.

### Preparedness Tip #4

Complete an emergency contact card and make copies for each member of your family to carry with them. Be sure to include an out-of-town contact on your contact card. It may be easier to reach someone out of town if local phone lines are out of service or overloaded. You should also have at least one traditionally wired landline phone, as cordless or cellular phones may not work in an emergency. Visit [www.redcross.org](http://www.redcross.org) or [www.ready.gov](http://www.ready.gov) for sample emergency contact cards.



### Preparedness Tip #5

Dogs may be man's best friend, but due to health regulations, most emergency shelters cannot house animals. Find out in advance how to care for your pets and working animals when disaster strikes. Pets should not be left behind, but could be taken to a veterinary office, family member's home or animal shelter during an emergency. Also be sure to store extra food and water for pets. For more information, visit the Animal Safety section on [www.redcross.org](http://www.redcross.org) or visit the Humane Society website at [www.hsus.org](http://www.hsus.org).

### Preparedness Tip #6

Go through your calendar now, and put a reminder on it — every six months — to review your plan, update numbers and check supplies to be sure nothing has expired, spoiled, or changed. Also remember to practice your tornado, fire escape or other disaster plans.

### Preparedness Tip #7

Check your child's school website or call the school office to request a copy of the school's emergency plan. Keep a copy at home and work or other places where you spend a lot of your time and make sure the school's plan is incorporated into your family's emergency plan. Also, learn about the disaster plans at your workplace or other place where you and your family spend time.

### Preparedness Tip #8

Teach your children how and when to call 9-1-1 or your local Emergency Medical Services number for help. Post these and other emergency telephone numbers by telephones.

### Preparedness Tip #9

Practice. Conduct fire drills and practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on a map in case main roads are blocked or gridlocked. Practice earthquake and tornado drills at home, school and work. Commit a weekend to update telephone numbers, emergency supplies and review your plan with everyone.

### Preparedness Tip #10

A community working together during an emergency makes sense. Talk to your neighbors about how you can work together during an emergency. Find out if anyone has specialized equipment like a power generator, or expertise such as medical knowledge, that might help in a crisis. Decide who will check on elderly or disabled neighbors. Make back-up plans for children in case you can't get home in an emergency. Sharing plans and communicating in advance is a good strategy. **E**

**Get 20 more tips!**



## December's Solar Cooking Recipe: Sun Oven Chili Chicken

As the cold of winter chills to the bone, a recipe like this is bound to help warm your family up. A little chili powder and some chicken will do the trick.

### INGREDIENTS

- 1 tablespoon chili powder
- 2 teaspoons paprika
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 8 chicken thighs with skin and bone, rinsed and patted dry

### PREPARATION

Set Sun Oven out to preheat. Place a toaster oven-sized rack in a baking pan and coat with cooking spray.

In a small bowl, combine the chili powder, paprika, oregano, cumin, and garlic. Stir in enough water to form a thick paste. Gently loosen the skin on



the thighs and rub the paste under the skin. Arrange the thighs in a single layer on the rack, cover with aluminum foil and a dark tea towel or a silicone mat.

Cook in Sun Oven until juices run clear, 45 minutes to 1 1/2 hours.

Makes 4 servings. **E**

## Becoming a Red Cross Training Instructor

Being a Red Cross instructor is a fulfilling and rewarding experience. If you'd like to learn more about becoming an instructor, or if you're ready to get started, contact the Training Support Center at 1-800-RED-CROSS or support at [www.redcrosstraining.org](http://www.redcrosstraining.org) to begin the process.

Instructor training courses include:

- First Aid/CPR/AED Instructor
- CPR/AED for Professional Rescuers and Health Care Providers Instructor
- Emergency Medical Response Instructor
- Water Safety Instructor (teach Red Cross Learn-to-Swim classes)
- Lifeguarding Instructor
- Babysitting Instructor



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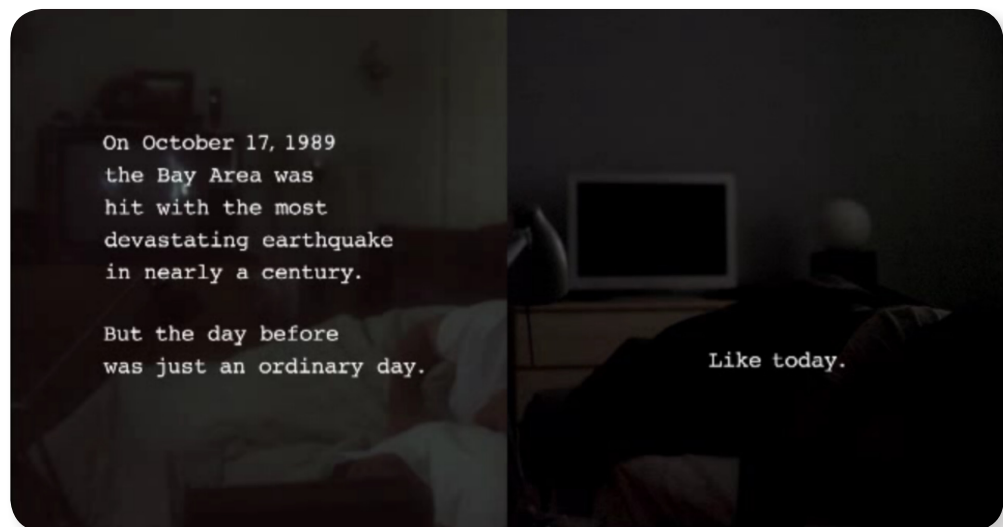
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Licensed Training Providers and Authorized Providers are collaborators with the Red Cross in providing quality Health and Safety Services training in local communities. Whether providing training for their own employees, volunteers, clients or members of the community, Authorized Providers have an obligation to provide the highest quality training possible. **Get started now.** **E**

## Ready.gov's PSA: The Day Before....

In order to encourage Americans to prepare themselves, their families, and their communities, the Federal Emergency Management Agency (FEMA), in partnership with The Advertising Council, has sponsored public service advertisements (PSAs) that educate and empower Americans to prepare for and respond to all kinds of emergencies.

The ads share the idea that the day before a disaster is a pretty normal day - a typical day of work; a wedding; graduation, etc. It's a great concept to keep in the back of your mind as you think about what tomorrow will bring. **Are you ready for it?** 



## Learn the 'F's of Sun Oven Cooking

Cooking in a **Food Friendly** SUN OVEN® is **Fresh, Flavorful, and Fundamentally** Nutritious.

It's **Fun**. It seems almost mysterious to put raw food into a black box and remove a moist, tender, sun cooked dinner. You can enjoy a leisurely day knowing the sun is hard at work gently cooking your dinner.

It's **Forgiving**. SUN OVEN® cooking is the most forgiving method of cooking you will ever experience. Sun cooked food does not burn or scorch, and is very difficult to overcook. A SUN OVEN® transforms unskilled cooks into outdoor gourmets.

It's **Financially Favorable**. After the initial purchase, there is no more money to spend. You do not need to use electricity, or buy charcoal or gas. You can cook outdoors throughout the summer and keep your house cooler, reducing air conditioning costs.

It's **Friendly** to the environment. The sun energizes food without hurting the environment. The air is not contaminated with smoke or

greenhouse gases, and no fossil fuels or electricity are required.

It's **Flameproof**. A SUN OVEN® can be used in parks that ban open flame cooking. There is never any danger of fire or of burning food or forests. It's Fossil Fuel Free. The sun comes up every morning, and harnessing the sun for cooking does not deplete the earth of its resources.

It's a **Family Favorite**. Using a SUN OVEN® can be one of the most satisfying events you can plan with your kids. You can turn off the TV and computer, let the machine pick up the phone, and go outside and make a sun snack. In addition to healthy food, the family can learn about the power of the sun, nature and the environment through a fun tasty object lesson.

It's **Flexible**. You have the option of choosing how long it will take to cook by choosing how often you refocus the oven toward the sun. SUN OVENS® are portable and easy to carry, enabling you to use them in your yard, at the park, on the beach or while camping or boating.

It **Frees** up time. You spend less time preparing, tending and cleaning up sun cooked meals. You can place a frozen meal in your SUN OVEN® in the morning, set the oven where the sun will be mid-day, and come home from work to a meal that has thawed and cooked while you were at work. Cleaning up is easy because the even temperature of your SUN OVEN® prevents the food from burning or scorching your pots or pans.

It **Foils the Forces** of nature. A SUN OVEN® enables self-sufficiency in the face of the increasing number of weather and natural disasters which lead to power failures. You can purify water or cook your dinner in the event of a black-out. 