

EVERY NEEDFUL THING

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

Living on 72-hour Kit Food

Have you ever tried actually eating the food from your 72-hour kit? It's something you might want to try before packing it up and thinking, "I've got all I need in my 72-hour kit should a disaster strike."

Last month, Utah executed a statewide earthquake drill known as The Great Utah Shakeout. From all accounts, it was very successful. Nearly one million Utah residents participated in the exercise, and with all the media coverage in local print and broadcast media, emergency preparedness was on a lot of people's minds.

How as it on my mind? You may have read last month how I decided to eat only the food from my 72-hour kit over a three day period, just to see what the food tasted like, and get a handle on the quantity, too.

In looking at the three-day menu, I knew right off the bat that I was probably going to be hungry. I wasn't disappointed with that fact. Here was my menu for the first two meals:



Breakfast:

- Hot chocolate (60 calories)
- Granola bar (190 calories)

Lunch

- Lipton Cup-A-Soup (50 calories)
- Fruit Roll-up (50 calories)
- Beef jerky (45 calories)
- Peppermint (20 calories)

Doesn't seem like a lot, does it? Well, it isn't. I usually don't eat a whole lot for breakfast, so I was okay with the granola bar and hot chocolate. But after eating my lunch, and even spacing it out over 40 minutes, my stomach was far from satisfied.

While working at my desk, I had that constant rumble in my stomach, begging for a little more food. Imagine how I would have felt had I been expending a lot more energy helping my family and neighbors out of whatever situation we found ourselves in following a large scale disaster.

Averaging 200+ calories a meal is not going to give me the energy I would need to help with search and rescue, organize my neighborhood, and follow up on all the needs of even my own family. And what if I were injured? I would need even more to help the healing process.

As for the other meals of the 72-hour food trial... I had to call the experiment quits. I didn't want to eat half a brick of top ramen, while my family ate hamburgers, green beans and potatoes. Then I had breakfast and lunch meetings the following two days. But I think my experience determined one thing - if I don't find something to supplement the food I have in one of those pre-packaged food kits for my 72-hour kit, I am going to be hungry for those three days. ☹

From the Editor

Last month I had Emergency Preparedness on the brain for almost the entire month. Working as a communication specialist at a large hospital is enough to keep me pretty busy. But when a disaster strikes (mock disaster or not), life gets interesting.

During the Great Utah Shakeout, I helped coordinate traditional media outlets that came to the hospital to cover the fact we were doing a disaster drill. At the same time, I was coordinated social media messages about the disaster via Twitter and Facebook.

More and more people are turning to Twitter for news and information in a more real-time format. My job was to provide information to those interested in knowing what was happening - damaged areas of the hospital; number of wounded received; access routes to the hospital, etc.

Social media is something that all businesses should think about when putting together their disaster plan. It should include providing information to the public, but also responding to questions and concerns from the community. Social media is social, and should be that way in a disaster, too. ☹



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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

Home Fires are Biggest Disaster Threat

Monday, April 30, 2012 — The American Red Cross responds to big disasters such as floods, hurricanes, tornadoes, wildfires each year, but the most frequent threat people face is a fire in their home - last year Red Cross chapters responded to nearly 63,000 fires.

Recently the Greater New York Region Red Cross Chapter responded to a fire in the Bronx which left 31 people homeless. In Bridgeport, the Connecticut Red Cross Chapter gave assistance to ten people after a recent fire.

On the other side of the country, the Mount Rainier Red Cross Chapter is assisting 26 people after a fire destroyed several units at an apartment complex near Tacoma, Washington. The Greater Salt Lake Area Chapter is helping ten people who are homeless after a fire destroyed a duplex in Midvale. The Red Cross provided shelter, food, and other necessities after all these fires.

SAFETY INFORMATION

The Red Cross responds to an average of 170 home fires a day – that's one fire every eight minutes. People can take the following safety steps to prevent a fire in their home:

- Keep items that can catch on fire at least three feet away from anything that gets hot, such as space heaters.
- Never smoke in bed.
- Talk to children regularly about the dangers of fire, matches and lighters and keep them out of reach.

Many fires begin on or around the kitchen stove. People should remain in the kitchen when frying, grilling or broiling food. If you leave the kitchen for even a short period of time, turn off the stove. Other cooking safety steps include:

- Stay in the home while simmering,

baking, roasting or boiling food. Check it regularly and use a timer to remind you that food is cooking.

- Keep anything that can catch fire—like pot holders, towels, plastic and clothing—away from the stove.
- Keep pets off cooking surfaces and countertops to prevent them from knocking things onto the burner.


SMOKE, CARBON MONOXIDE ALARMS

- Install carbon monoxide and smoke alarms on every level of the home and outside sleeping areas.
- If the carbon monoxide alarm sounds, move quickly to a fresh air

- Replace smoke alarms every ten years.

Making sure all members of the household know what to do during a fire is one of the most important steps people can take to stay safe. Everyone should know two ways to escape from every room of the home, and set up a meeting place outside in case of fire.

Practice escaping from the home at least twice a year and at different times of the day. Teach household members to stop, drop and roll if their clothing should catch on fire.

For more information on what you can do to keep you and your loved ones safe, visit the **“Help Prevent Home Fires”** section of our website. 



location outdoors or by an open window or door.

- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area.
- Check monthly that smoke alarms are working properly by pushing the test button.
- Replace batteries in smoke alarms at least once a year.

About the American Red Cross:

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies more than 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or join our blog at <http://blog.redcross.org>.

May's Solar Cooking Recipe: Almond Macaroons

INGREDIENTS

- 1 cup whole almonds, blanched
- 2/3 cup sugar
- 1 large egg white
- 1/2 teaspoon almond extract
- pinch salt
- 4 green candied cherries
- 4 red candied cherries

PREPARATION

Set Global Sun Oven out to preheat.

Line a baking sheet with parchment paper. Set aside 4 whole almonds. Process the remaining almonds and the sugar in a food processor, pulsing, until fine. Add the egg white, almond extract, and salt; pulsing until combined. Divide the mixture into 16 balls and arrange them, 2 inches apart, on the prepared



baking sheet. Using moistened hands, slightly flatten the cookies. Press the reserved almonds and the cherries onto the cookies. Bake until lightly brown, about 20 minutes. Cool cookies on a rack. Store in an airtight container. **E**

Training Block Captains so They Know What to Do

Have you organized your neighborhoods into blocks, appointing block captains to coordinate emergency preparedness efforts? If you haven't, it's something you should think about. If you have, do you block captains know what they should be doing?

Layton City (Utah) has put together a Block Captain Training Program that is available online as a resource for all neighborhoods and those interested in emergency preparedness.

The training begins by explaining the reporting process that starts with block captains and works its way up to the Department of Homeland Security.

Among the many important elements shared in the training is the fact that every person is a block captain. If a block captain is assigned, what's to say that the block captain will be at home, uninjured and full available to perform the role in the event of a real disaster. It's important to have alternate block captains so others can step up in the event the other is unavailable.

The training also outlines activities to be done in the "off season." This includes working with neighbors to identify resources that may be available in a disaster (i.e., generators, tools, lights, etc.). Block captains can also encourage neighbors to create 72-hour kits and provide information and resources available to the public.

In short, if you are a block captain, or think it's about time a block captain system was organized in your area, review this training and find ways to make it work in your neck of the woods. After all, the more people who get prepared, the better off everyone will be when a disaster strikes. **E**

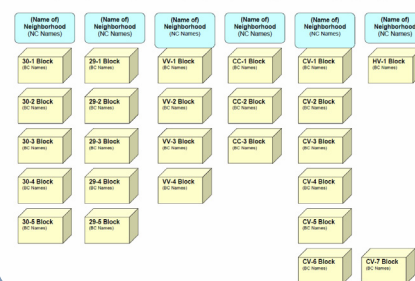


WHAT HAVE I GOTTEN MYSELF INTO?

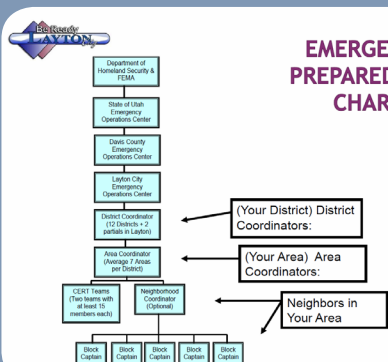
- Get to know your neighbors. Neighborhood Coordinators are responsible for about 3 - 7 Blocks. Block Captains are responsible for about 6 - 10 homes.
- Become involved in a Neighborhood Watch.
- Assist and serve your neighbors during times of disaster.
- Help the city quickly determine where our limited resources are most needed.



(YOUR AREA) NEIGHBORHOODS AND BLOCKS



EMERGENCY PREPAREDNESS CHART



Click Here
to link to the
Block Captain Training
Program

Preparing your Family for Non-Natural "Disasters"

When you think of emergency preparedness and food storage, what do you think of? Earthquake? Tornado? Flooding? Hurricane? Blizzard? All of those are potential disasters, but emergency preparedness can help prepare for other non-natural disasters.

If the bread winner(s) in the family became incapacitated or were laid off from work, do you have the resources to help tide you and your family over until the situation can be resolved?

Here are a few key things you can do to prepare for these types of disasters.

LIVE WITHIN YOUR MEANS

Some of the best ways to prepare for this is to live within year means. Far too often neighbors try to "Keep up with the Jones's," often ending up in massive amounts of debt, which creates a lot more stress. Living within your means can help you reduce debts increase your financial stability, even storing money for a "rainy day."

This may mean limiting the number of credit cards you have, or budgeting your money so you save up for items

you really want - like a flat screen LCD TV or a ski boat.

BUILD A SOLID FOOD SUPPLY

You've probably heard conversations about building a one year supply of food. Maybe it was a three-year supply. Either way, the larger your supply, the longer you would be able to navigate the uncertainty of unemployment or reductions in household income.

That's not to say you should go into debt to buy a year's supply of food. Rome wasn't built in a day, and food storage is built over time. Start by building a one month supply. Grow it to three months; six months; a year.

KNOW WHAT JOB RESOURCES ARE AVAILABLE

Watching the news can be so depressing. It seems like there is always a story about the national or local unemployment rates. While it's not easy to find a job, it helps to know what resources are available.

Local Department of Workforce Services could be a good place to start,

but the Internet is full of resources, too, you just have to be careful about which ones you decide to use.

One job resource website you can use is www.InDeed.com. You enter simple search terms and it searches job postings on Career Builder, Monster, and other sites, which saves you the trouble of visiting all of them individually. **E**



Hard-boiling an egg without water

You've probably never thought about hard-boiling an egg without using any water. Well, the Sun Oven allows you to do just that.

Simply preheat your Sun Oven, place the eggs in cardboard egg cartons and let the sun boil your eggs.

A dozen normal-sized eggs would take about 35 minutes, but if you're cooking the extra-large eggs, add an extra five minutes.

This method of hard-boiling an egg is ideal for freshly laid eggs which are difficult to peel due to the membrane sticking to the shell.

Hot air boiling eliminates the membrane so they can be easily peeled. Give it a shot. **E**

