

# EVERY NEEDFUL THING

September 2011

[www.sunoven.com/everyneedfulthing](http://www.sunoven.com/everyneedfulthing)

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

## Part II: Color-codes of emergencies

In an emergency, time is of the essence. The challenge is weeding out those who need immediate medical attention and those who need basic first-aid. If each household had three colored sheets of cardstock with their 72-hour kits, and if used properly, a lot of time can be saved in an emergency.

Immediately following a disaster, each household should evaluate their injuries and medical needs. Then, using

or abrasions, someone trapped in debris but not severely injured, etc.

**GREEN** indicates no need for medical attention or other immediate assistance.

While it is important to use the cards, it is almost more important the cards be used properly. A household using a RED card when the injury is a minor cut can delay responders reaching another household with greater medical needs. This triage system works




the following descriptions of each color, place either a green, yellow or red sheet of cardstock on the front of their house where it can be easily seen from the street.

**RED** indicates an immediate need of attention - profuse bleeding, severe life-threatening injury, someone pinned in debris, etc.

**YELLOW** indicates a delayed need for attention - broken bone, minor cuts

effectively for the neighborhood only when it is used properly.

One of the ways neighborhoods can assure each resident has these colored sheets on-hand is by encouraging a local Boy Scout to center his Eagle Project around emergency preparedness. The distribution of these cards to each household can be part of that project. 

## From the Editor

In light of recent events along the East Coast - Hurricane Irene and the earthquake in Virginia, our hearts go out to all those affected in the disasters. These types of events also serve as an important reminder about the swiftness and unpredictability of natural disasters.

September is National Preparedness Month, so we have tried to provide articles that will help families become a little more prepared. I would like to personally challenge everyone to take at least one preparedness item from this newsletter (i.e., color-coded cards, water storage, making a family plan, etc.) and focus on completing that one element of emergency preparedness.

Emergency preparedness isn't something that should overwhelm you or put you in debt. It is most easily accomplished by starting in one area, completing that task, and moving to the next.

Share what you are going to focus on in September by posting it on Sun Ovens Facebook page. Here's the link:

<http://www.facebook.com/SunOvens>



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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)

**READ MORE ABOUT NATIONAL  
PREPAREDNESS MONTH** on Page 3

## Water storage and purification vital to emergency preparedness



In an emergency, public water supplies may become disrupted or polluted, making it unsafe to drink. Since water is more essential to sustaining life than food, properly storing or purifying water will prove vital to getting your family through the effects of an emergency.

The general guideline for the amount of water to store is at least one gallon of water per person, per day - two quarts for drinking and two quarts for food preparation and sanitation. In hotter weather, everyone may require more water than this.

Another recommendation is to have a minimum two-week supply for your home. Three day's worth of water

should be included in your 72-hour kit.

Water should be stored in plastic, food grade containers such as water and beverage bottles. Glass and cartons should be avoided, as one can break and the other decomposes easily. If you have a water bed, that water should only be used for sanitation purposes. It is also important to remember to NEVER store water in old bottles of chlorine bleach or milk cartons, regardless of how well you cleaned them out.

There are multiple ways to purify water for drinking:

1. Boil water vigorously for 3-5 minutes. However, a Water Pasteurization Indicator (or WAPI) can help you use

less fuel and energy to heat the water to a temperature that will eliminate pathogens and make it safer to drink. If you are using a Sun Oven, the WAPI will indicate when the water has been heated long enough for it to be pasteurized. *See WAPI article on Page 3.*

2. Add unscented household bleach (5.25% sodium hypochlorite) as per the chart below. Stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand for 15 minutes. Use fresh bleach.

3. Water purification tablets (Halizone or potable agua). Different types of tablets are available at drug stores or sporting goods stores. Follow the manufacturer's directions. Do not use tablets that are yellowish in color and/or have a strong odor, and don't use products that are past expiration dates.

4. Iodine: Use 2% tincture of iodine to purify small amounts of water. Add three drops per quart of clear water. Let stand for 30 minutes. NOTE: According to the Department of Environmental Quality, Division of Drinking Water, pregnant or nursing women or people with thyroid problems should not drink water with Iodine.

5. Water from swimming pools can be safely treated and used as drinking water. Let the pool water stand for at least 72 hours to reduce the chlorine level. Do not add chemicals to the pool during this time. Use a combination of ceramic and carbon filter purifying pump/filter to extract water from the pool. This type of filtration system is effective in removing organic contaminants and enough chlorine to render the water safe to drink. Most of these filter types can safely convert up to 13,000 gallons of water before the filtration system needs to be replaced.

### Additional tips on water storage and purification

- Stored water goes flat. Aerate the water by pouring it between two containers.
- Immediately after a major disaster, prevent contamination of home water supply by shutting off the main incoming water valve. If water from the tap looks cloudy or has an unpleasant odor, don't chance it - PURIFY IT.
- Clearly label and date all storage containers, especially those reused from other products.
- Consider canned soups, juice from canned fruits and vegetables, bottled soft drinks, bottled juice, etc., as sources of liquid.
- Use water stored in the hot water tank, ice cube trays and toilet tank (not bowl)
- Dirty water can be strained through paper towels or clean cloth to remove particulates. Boil and treat with chlorine bleach as directed.
- There is no effective way for home decontamination of water which contains radioactive or chemical contamination. **E**



## September is National Preparedness Month

Is your family prepared? September has been declared National Preparedness Month, so it's a great opportunity to spend a little time to focus on making sure your family has a plan.

FEMA's Website, **Ready.gov**, has three simple ways to help families prepare - Get a Kit. Make a Plan. Be Informed.

### GET A KIT

In an emergency, rescue crews may not arrive for days or even weeks. It is important each member of your family has a 72-hour kit with adequate food and water. Additional items for the kit may include flashlights, batteries, whistle, dust mask and First-Aid kit.

### MAKE A PLAN

Disasters are unpredictable, and your family may not be together when one strikes. A family emergency plan can help you contact each other more quickly, whether via phone or text messages.

Ready.gov has a downloadable

Family Emergency Plan (FEP), which will help you in making your family plan and knowing what information to think about and plan for.

### BE INFORMED

Every part of the world is prone to different natural disasters. Take the time to learn about the potential disasters, natural or man-made, in your area, and then find out what state and local governments have in place to handle those emergencies.

### CONCLUSION

FEMA has many free resources available to families that will help in the emergency preparedness process. You won't regret spending a little time reviewing those resources and making your plans now - because in an emergency, every second counts. **E**

The screenshot shows the Ready.gov website with a green header and navigation bar. The main content area is divided into three columns: 'Featured Ready Content', 'Important Information', and 'Local Information'. The 'Featured Ready Content' column lists links for Hurricane Preparedness, National Preparedness Month Coalition, Pet Owners, People with Disabilities, and First Responders. The 'Important Information' column features a section for translated pages in Spanish, Chinese, French, Japanese, and Russian. The 'Local Information' column includes a map of the United States and a link to 'Jump to a Region...'. Below these columns, there are three featured images: 'A Time to Remember. A Time to Prepare.', 'NATIONAL PREPAREDNESS MONTH', and 'Ready Kids'. At the bottom, there is a section for 'Prepare, Plan and Stay Informed' with links for Flooding, Extreme Heat, and Tornado Information.

### Here's Something To Think About...

Ask your child's school for a copy of their emergency plan for you to keep at home or work.

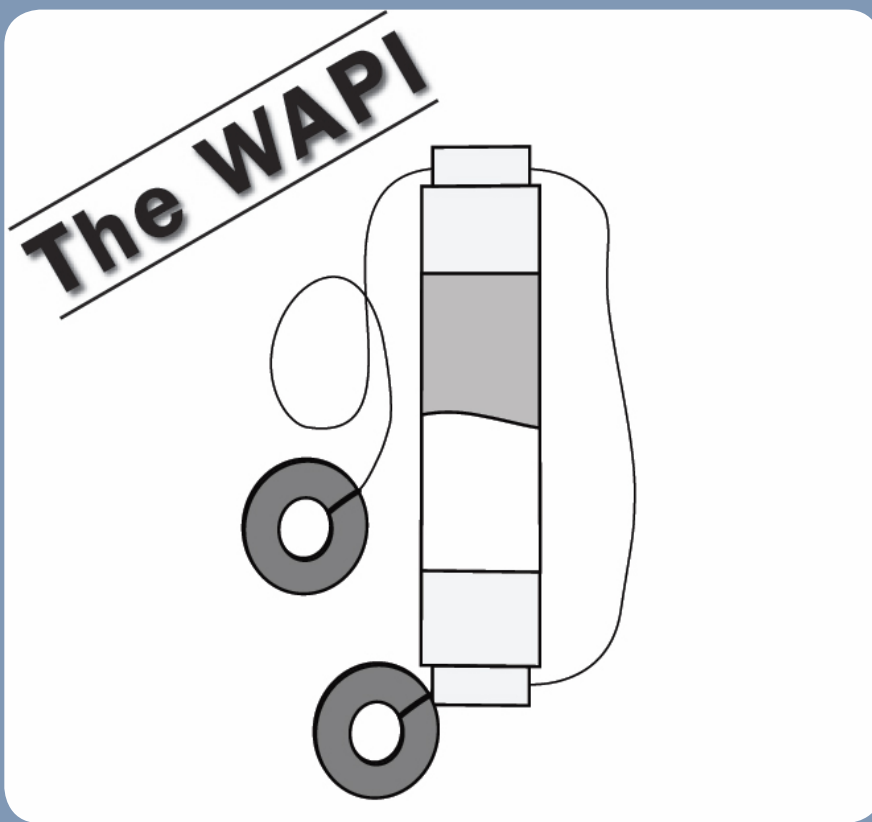
## What in the world is a WAPI?

Have you ever heard of a WAPI? It is a very simple, yet useful tool for emergency preparedness.

The WAPI (Water Pasteurization Indicator) is a specialized thermometer used to indicate when water has been heated to the pasteurization point and is safe to drink.

A WAPI has a temperature-sensitive wax in a transparent tube that melts and drops to the bottom at 150° F (65° C). Once that temperature has been maintained for five minutes or more, the water is then safe for consumption.

Extensive research has shown that dangerous pathogens and microbes, such as E. coli, Rotaviruses, Giardia, etc., are killed when exposed to more than 150° F, and don't need to be heated to boiling (212° F). **E**



## September's Solar Cooking Recipe: Sunny Peach Cobbler

### INGREDIENTS

#### Filling

- 3/4 cup sugar
- 1/4 cup all-purpose flour
- 3 pounds peaches, pitted and cut into 1/2-inch wedges
- 1 tablespoon unsalted butter, melted
- 1 teaspoon pure vanilla extract

#### For topping

- 1 1/2 cups all-purpose flour
- 1/2 cup cornmeal
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 tablespoons cold unsalted butter, cut into cubes
- 1 cup plus 1 tablespoon heavy cream, divided
- 2 teaspoons sugar

#### Preparation

Set Global Sun Oven out to preheat. Butter a large baking dish.



#### Make filling

Toss together filling ingredients in a large bowl. Spread out in baking dish and bake until just bubbling, 30 to 40 minutes. Make topping while filling bakes.

#### Make topping

Whisk together flour, cornmeal, baking powder, and salt. Blend in butter with fingers or a pastry blender until mixture resembles a coarse meal. Add 1 cup cream and stir just until a dough forms.

Turn dough out onto a lightly floured surface. Lightly dust dough with flour, then roll out with a floured rolling pin into a 1/2-inch round. Cut out biscuits with a lightly floured cutter. If necessary, gather scraps and reroll to cut out more biscuits.

Arrange biscuits 1/2 inch apart over hot filling. Brush tops with remaining cream and sprinkle with sugar. Bake until fruit is bubbling in center, 40 minutes to an hour. **E**

## Sun Ovens Facebook challenge to benefit Haitian families

Sun Ovens International has been working in Haiti for more than 14 years. **During National Preparedness Month (September), Sun Ovens will donate one Global Sun Oven to a family in Haiti for every 250 new LIKES to their Facebook page.**

By "Liking" Sun Ovens on Facebook, you not only contribute to helping a family in Haiti, but you will see solar recipes, Sun Oven promotions, and other emergency preparedness tips in your Facebook News Feed. **What's not to like about that?**

#### DID YOU KNOW?

Sun Ovens International strives to help people in North America save energy and prepare for emergencies. A portion of the cash flow from US

sales is used to empower women in deforested developing countries, such as Haiti, to cook with the sun.

With this in mind, Sun Ovens is cutting back on advertising this fall and is using the savings to send additional Sun Ovens to Haiti. Sun Ovens believes their Facebook friends will get the word out by making people aware of the many benefits of cooking with a Sun Oven, so the money normally spent on advertising will be used to provide Sun Ovens to Haitian families. **E**

Click on the Facebook logo to be linked to the Sun Ovens page.

