

EVERY NEEDFUL THING

September 2012 www.sunoven.com/everynedfulthing

Volume 1 | Issue 15

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

Make National Preparedness Month a Year-Long Effort

During the month of September, thousands of news articles, blog posts, tweets and Facebook posts will talk about preparing for a disaster. But on October 1, the conversations shouldn't stop. Emergency preparedness is a topic that should be not only discussed, but executed year-round.

Here are three things families can do during the other 11 months of the year to keep emergency preparedness efforts moving forward.

REGULARLY DISCUSS FAMILY PREPAREDNESS

Dedicate one day of each month (i.e., the first Monday) to talk about preparedness with your family. Topics could include a practice fire drill, assembling 72-hour kits, gathering important phone numbers, executing a mock evacuation drill, or first-aid.



GRADUALLY BUILD YOUR FOOD STORAGE

The idea of organizing a one-year food supply has been widely discussed. But it would create a financial burden if you had to purchase the entire supply at once. Download the January 2012 version of Every Needful Thing for a complete list of a month-to-month acquisition list.

MOBILIZE YOUR NEIGHBORHOOD

Discuss emergency preparedness with your neighbors and find ways to bring everyone together for one common purpose. Each neighborhood will be at different levels of preparedness. Here are some suggested activities you can organize with a few neighbors, or an entire neighborhood.

1. Block Party to discuss an emergency preparedness topic, or even to assemble 72-hour kits.
2. Organize FRS Radio checks on either a weekly or monthly basis.
3. Distribute information kits (could be a great Eagle Scout project).
4. Organize or simply visit an emergency preparedness fair.
5. Host a neighborhood dinner cooked with Sun Ovens.

CONCLUSION

There is always something that can be done to help better prepare your family and neighborhoods for disasters. Don't think a single month will prepare you for the 11 others. The idea is to keep moving forward. **E**

From the Editor

For the past three years, I was heavily involved in emergency preparedness in my neighborhood. I helped coordinate preparedness fairs, organize large-scale disaster drills, and develop routine radio communication checks.

During the last 15 months, I have coordinated this newsletter, seeking to share important information about how families can be more prepared in a disaster.

My hope is that at least a few families are more prepared now than a year ago, and I hope to continue increasing that number. There are two ways to grow that number: (1) Provide useable content for the readers of Every Needful Thing; (2) Get the readers to share this newsletter with the family members, neighbors, church groups and community groups.

Every Needful Thing is a free newsletter with no obligations to purchase anything in order to receive the monthly PDF.

Help get more people prepared by sharing this PDF with five others during National Preparedness Month. They can sign up online at the URL listed in the blue bar at the top of this document. Thanks for your help. **E**



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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**

Enter the Be Sun Savvy Contest and Win Big

Many people have bought a Sun Oven to have on hand in the event of an emergency, but have never used it. To help you be better prepared for emergencies and discover the many taste, nutritional, and lifestyle benefits of Sun Oven cooking, Sun Ovens International is pleased to announce the **Be Sun Savvy Contest**.

FEMA has declared September National Preparedness month. The more you cook with the sun, the better prepared you will be for emergencies and the better your chance to win.

You can increase your chances to win by cooking, sharing recipes, photos, and videos, and spreading the word via social media. Get together with friends and family to cook in the sun to get even more entries and chances to win. You can help a family in Haiti receive a Sun Oven. For every 3,000 entries a Sun oven will be sent to Haiti.

Six Be Sun Savvy Winners each week!

1. Grand Prize Winner – Receive a GLOBAL SUN OVEN® *
2. Second Place Winners – Receive a Dehydrating and Preparedness Accessory Package
3. Third Place Winners – Receive a Multi-Level Dehydrating & Baking Rack Set



There are many ways to enter the **Be Sun Savvy Contest** and each entry gives you an additional chance to win. There are several Categories you may enter, you may earn 1 to 10 Entries and enter as many Categories as often as you like.

Categories include:

- Like Sun Oven Facebook Page = 1 Entry
- Share Photo of One Sun Oven Cooked Item = 1 Entry
- Share Recipe of Sun Oven Item = 1 Entry
- Re-Pin Contest Details on Pinterest Board = 1 Entry
- Share the Contest Link = 1 Entry
- Share Video of Sun Oven = 5 Entries
- Share the Sun and have a Meal with Friends = 10 Entries

You may enter into all the categories or just one. Enter as often as you like (Do you have 5 photos you want to share? You can enter 5 times. Don't have a Sun Oven? Like our Facebook Page and get an Entry. Do you use Pinterest? Share our Contest Pin on your Board and get an Entry). To enter into any category, click the graphic above and find the category you wish to enter. **E**

Contest Entry Periods:

- Contest Week 1 – September 1 through September 7, 2012
- Contest Week 2 – September 8 through September 14, 2012
- Contest Week 3 – September 15 through September 21, 2012
- Contest Week 4 - September 22 through September 28, 2012

Ready.gov Offers Instructional Videos

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 created instructional videos to help educate and empower Americans to prepare for and respond to all kinds of emergencies.

The first set of instructional videos, released in English and Spanish, are designed to detail how American families get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies in their community. **E**

Click on the graphic to view these videos online



September's Solar Cooking Recipe: Hot Tacos

Your kitchen will stay cool when you let this pork simmer in the Sun Oven, but be careful, it's very spicy.

Try making it with fewer chipotle peppers the first time, then if you like it hotter you can gradually increase the amount until you reach your preferred level of spiciness.

It can also be served as a stew but I like to use it as a filling for tacos and tostadas with bit of sour cream or some shredded cheese to offset the heat of the peppers.

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 1/2 pounds boneless pork shoulder, cut into 1-inch cubes
- 2 onions, chopped
- 1 (12-ounce) bottle of beer
- 3 to 5 chipotle peppers in adobo sauce plus 2 to 3 tablespoons sauce
- 2 teaspoons ground cumin
- Salt and pepper to taste

PREPARATION

Set Sun Oven out to preheat.

Heat the oil in a Dutch oven over medium-high heat. Add the pork, in two batches, and brown on all sides.

Transfer the pork to a bowl and set aside. Turn the heat down to low and add the onions, stirring to scrape up any browned bits.

Cover and cook, stirring occasionally, until the onions are golden, about 10 minutes. Add the browned pork, beer, chipotles, adobo sauce, cumin, salt, and pepper.

Give the mixture a good stir, replace the lid and transfer to the Sun Oven. Cook until the pork is fork tender, 1.5 to 2 hours. Transfer the pork to a cutting board. Using two forks, shred the chunks into small pieces. **E**



Reader Shares Story of Losing Everything in Fire

A couple of weeks ago, we received an email from one of our readers, sharing a recent emergency they had and how the Sun Oven quickly became a vital resource.

“Thank you for Sun Oven! After we lost everything in the High Park fire, one of the first things we replaced was our Sun Oven. Soon, we’ll be moving back to the site, to live in a camping trailer as we finish cleaning the site, and start the painful process of rebuilding both our home and our lives.

“Knowing that we can put something in the Sun Oven in the morning, and have hot, good food in the evening, and even “snitch”

from the Oven before then, helps tremendously.”

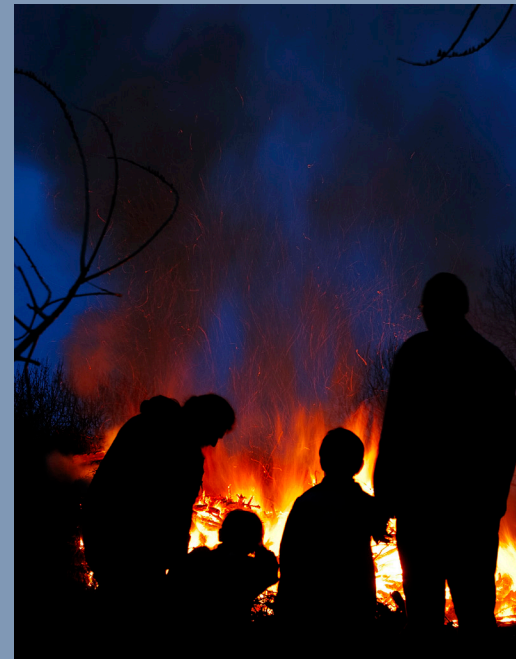
Kristine also included some words of advice:

“I encourage everyone to get a photo inventory of everything in your house NOW. Store it off site--Carbonite.com is one good “cloud” site for backup. Don’t rely on the backup drive next to your computer. When you have less than 5 minutes to get out, you might not grab it.”

If you have a story about how you’ve used your Sun Oven (either for fun or in an emergency) share it with us and your story may be mentioned in a future newsletter.

Thanks for the information

Kristine, and best wishes to you and your family as you continue to rebuild from the fire. **E**



Free Webinar - Social Media's Role in a Crisis


WEBINAR DESCRIPTION

During an emergency, it's imperative that those within your organization know how to communicate effectively. The need to communicate has led to increasing use of Social Media platforms during recent disasters across the globe. The most recent examples of expanded use of Social Media during a crisis include the Joplin Tornado and Virginia Earthquake. In each case, various social media tools were used not only to disseminate news about the disasters, but also coordinate the response and recovery.

Join the US Small Business Administration and co-sponsor Agility Recovery as we welcome Laura Howe, VP of Public Relations with the American Red Cross as she discusses the steps and best practices for developing

your own organization's strategy for Crisis Communications utilizing Social Media.

This webinar is part of an ongoing campaign by the SBA and co-sponsor Agility Recovery to promote preparedness among small businesses

through the PrepareMyBusiness campaign. Webinars occur monthly on a wide range of topics including 4 during National Preparedness Month. To learn more, please visit www.PrepareMyBusiness.org. 

**Wednesday, September 19
2:00 to 3:00 PM EDT**

**Click Here to
Register Online**

A Simple Recipe for Bottling Peaches

College football is underway, which means fall is in the air and gardens and fruit trees are ready to harvest. Are you able to eat all the fruits and vegetables produced before they go rotten? If your stomach isn't that big, then bottling may be the best option for you.

Many fruits are canned the same way, but this article is going to focus specifically on peaches and even walk you through the process. For other fruits or vegetables, you can often do a quick Google search and find numerous methods.

Steps to Canning Peaches

1. Clean the peaches in water.
2. Drop a peach in boiling water for 20 seconds, then immediately place into ice-cold water for 20 seconds. This will make it easier to peel.
3. Cut in half (you can cut in thirds or fourths - it's up to you).
4. Treat the peach to prevent

browning. You can treat with lemon juice or use Fruit-Fresh.

5. Repeat steps 2-4 for each peach.
6. Clean and warm the bottles you are planning to use for canning.
7. Add 3/4 cup sugar to each bottle.
8. Add 1/2 cup water.
9. Fill up each bottle with the peaches, leaving half to one inch of room at the top.
10. Wipe the tops of each bottle.
11. Boil a small pot of water and add bottle's lids (this helps soften up the rubber seal).

12. Place the lids on each bottle and tighten using the screw-on ring.
13. Fully immerse bottles in a large pot of warm water, leaving 1" of water above each bottle.
14. Bring water to a boil, then start a 30 minute timer.
15. After 30 minutes, remove each jar and place on a dry rag on the counter and leave, untouched, for 24 hours to help it seal properly.
16. Write the year on the top, then place with your food storage and consume as desired. 