



POWERLESS COOKING

75 SECONDS

IF YOU ARE STILL WITHOUT POWER, YOU MIGHT WONDER HOW YOU WILL FEED YOUR FAMILY.

COOK MEALS USING A FIREPLACE, CAMP STOVE, OR CHARCOAL GRILL. BE SURE TO USE THE CAMP STOVE OR GRILL OUTSIDE BECAUSE THEIR FUMES CAN BE DEADLY.

HERE ARE SOME OTHER HINTS:

- CHOOSE FOODS THAT COOK QUICKLY. PACKAGED SURVIVAL OR CAMPING FOODS ARE GOOD CHOICES.
- PREPARE AND EAT COMMERCIALY CANNED FOODS IN THEIR ORIGINAL CONTAINERS WHEN POSSIBLE.
- SUBSTITUTE CANNED AND POWDERED MILK FOR FRESH MILK.
- MIX POWDERED MILK WITH BOTTLED OR BOILED WATER ONLY UNTIL YOUR WATER SUPPLY IS CERTIFIED SAFE TO USE.
- USE LIQUIDS FROM CANNED VEGETABLES AND FRUITS FOR DRINKING AND COOKING.
- DRINK BOTTLED WATER, FRUIT JUICE, OR DRINKS, NEVER WATER FROM QUESTIONABLE SOURCES.
- IN VERY HOT WEATHER, YOU MAY WANT A SPORTS DRINK.

FOR FURTHER INFORMATION, CONTACT YOUR COUNTY EXTENSION CENTER OR CALL THE U.S.D.A. HOTLINE AT: 1-800-535-4555.