

## **Cook Quick & Easy Food in an Emergency**

If there's an emergency, you probably won't want to cook a five-course meal. That's hard to do on a propane camping stove. So, what are the alternatives?

First, consider dried or powdered drinks. These include Kool-Aid, cocoa, powdered fruit drinks, hot spiced cider, etc. Some don't need heating.

Any drink that comes sealed in a can would be safe in a situation with polluted drinking water, or a nuclear emergency.

Second, consider food that can be eaten immediately. This includes snack foods like chips, cookies, bread, etc. There's nothing wrong with peanut butter sandwiches while the bread is still fresh.

Third, consider dried food that is reconstituted with water. Such foods include instant potatoes, soup mixes, Ramen noodles, pasta, oatmeal, and cream of wheat. In a pinch, you can use powdered cream substitute instead of milk on cereal. A quick broth made with bouillon cubes tastes good and can be a soup base for noodles, etc. Dried foods that are bland benefit from spices, tomato sauce, etc.

Fourth, consider foods that come in cans and can be eaten without heating. These include many fruits, vegetables, and some canned meats and breads.

Fifth, consider foods that come in cans and only need to be heated. These include canned ravioli, Spam, tuna, Vienna sausages, and many vegetables.

You may notice that no specialized dehydrated dinners are listed. You may buy these, but they're expensive. Most of what has been listed probably is in your cupboard right now. And that's the key - *eat what you have that's easy to prepare!*