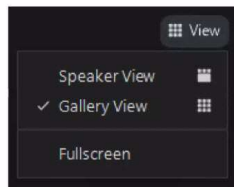


## We Recommend Speaker View

### Laptops and Desktops:

Hover your mouse over your screen to reveal **Speaker View** or **Gallery View** in the upper right-hand corner.

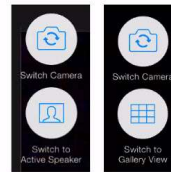
Click the button to toggle between the views.



### Tablets:

Tap the screen to reveal **Speaker View** or **Gallery View** on the left.

Tap the icon to switch views.



### Smartphones:

Swipe left and right to switch views.


[1:00]

Hi! My name is Karen. Before we get started, let's set up your device for the best experience. We recommend watching this in speaker view or speaker: side-by-side. How you do this depends on your platform. [Read the screen notes]

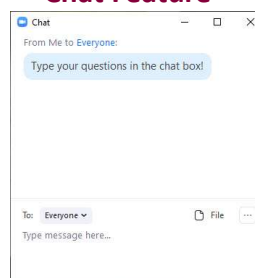
## How to Contribute?

Stay on **Mute** when  
speaker talks.

Click 

Type a question or note &  
press return. 

### Chat Feature



This will be an interactive meeting.

- When the speaker is speaking, given the size of our audience, please stay on Mute.
- At anytime, you can communicate your questions or comments via the chat feature. Click or tap the chat button, located on the bottom or top of your screen, type a note, and press return.
- Stan will be monitoring the chat feature, and if your questions aren't answered during the meeting, we'll answer them in the Q&A at the end.

**What's Cooking?**  
FOOD STORAGE & PREP FOR A DISASTER

FOR DOWNLOADS RELATED TO THIS PRESENTATION  
[HTTPS://TINYURL.COM/CHRCKOINGLINKS](https://tinyurl.com/chrcookinglinks)

WWW.CEDARHILLSREADY.ORG | WWW.QUAKEUPNW.ORG | FACEBOOK @CEDARHILLSREADY

(KAREN RH) (*INTRO SLIDE*) [1:30 mins] [SHARE screen & share audio. **TURN ON THE RECORDING!!!!!!**]

Let's get started. Hi Everyone. My name is Karen Ronning-Hall, your neighborhood preparedness evangelist.

Tonight, we will be talking about "Food Storage & Prep for a Disaster."

This program tonight is brought to you by Cedar Hills Ready! Quake Up!

**Our mission** is to create caring, connected, and resilient neighborhoods.

We are committed to making sure every neighbor is prepared and has the best chance of survival in the event of a disaster.

- Welcome. We have invited people not only from my neighborhood, Cedar Hills, but also from across the Portland metro area.
- Because Cedar Hills Ready! isn't just about my neighborhood, it's about yours, too. It's a movement to connect neighbors with each other; because there is strength (and fun) in numbers.
- We are making our content freely available to everyone. Feel free to share this information with all of your important people.
- We are recording this meeting so that we can make it available to others who could not make it tonight.
- If you happen to be from a neighborhood outside of Cedar Hills and you want to get prepared in your neighborhood, we'll help you get connected to the right people.



KAREN [0:30 ]

This program is part of an ongoing series.

Most of our meetings - Third Wednesday of the month at 7 PM on Zoom

Next month our focus will be on Neighborhood Preparedness and learning the 9 Steps to take right after a Disaster.

Topics subject to change, depending on speaker availability.

Because you've signed up for this meeting, you'll be getting follow-up email notifications for upcoming meetings.

(You can cancel the newsletter email at anytime.)



## Free Resources

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Find this booklet\* at:

<https://tinyurl.com/chrgetreadybooklet>

For links and downloads for this program:

<https://tinyurl.com/chrcookinglinks>


Contact:

[Info.CedarHillsReady@gmail.com](mailto:Info.CedarHillsReady@gmail.com)

\*Special thanks to Barbara Bracken & Tualatin Ready! for the source materials for this booklet!

[1:00] We're going to go over a lot of information today in a short period of time. You may want to take notes, but don't worry about writing everything down, because you'll have access to the slides and lists in this presentation and additional free resources. We will send these out after the meeting. Also, we make our "Get Prepared Now!" Booklet available to you for free on our website. Thank you to Barbara Bracken and the Tualatin Neighborhood Ready group for the original material for this booklet. This booklet has a ton of information about getting prepared, including inserts that you can use as tools in your planning. Topics cover family emergency plans, how to become earthquake safe, and a calendar for planning your disaster supplies, and more. Check out the links on this slide for more information.

## Cedar Hills Ready! Quake Up! Team



*Lincoln Thomas*  
Cedar Hills Neighbor Ready! Coordinator

*Bill Hall*  
Cedar Hills Ready! Co-founder

*Karen Ronning-Hall*  
Cedar Hills Ready! Co-founder

*Judy Janowitz*  
Waterhouse Neighbor Ready! Coordinator

*Stan Houseman*  
Quake Up! NW Prepared Founder

*Barbara Bracken*  
Tualatin Ready! Program Manager

*Cate Arnold*  
Former Beaverton City Councilwoman

*Want to get involved? Contact [Info.CedarHillsReady@gmail.com](mailto:Info.CedarHillsReady@gmail.com)*

4/21/2021      WWW.CEDARHILLSREADY.ORG      WWW.QUAKEUPNW.ORG      6

(KAREN RH) [1:15 mins]

This presentation is a product of the efforts of your neighbors and community members and leaders.

I want to thank a few members of the Cedar Hills Ready! QuakeUp! team who worked on creating this program. As you can see, we have an experienced group of people! We are always looking for new input, if you are interested in joining our efforts, please connect with us at [Info.CedarHillsReady@gmail.com](mailto:Info.CedarHillsReady@gmail.com).





Visit Us:  
[www.CedarHillsReady.org](http://www.CedarHillsReady.org)

Like us on Facebook:  
CedarHillsReady

Contact Us:  
Karen at 971-361-9348

4/21/2021

## Agenda

7:00 PM – Introduction & Welcome

7:10 PM – Food Storage & Prep for a Disaster

*Our Speaker: Maureen Quinn Lores*

- Water & Food
- Food & Cooking How Tos
- Hazards to Avoid
- Recipes & Practice

7:55 PM – Question & Answer

8:00 PM – Meeting Adjourns



[WWW.CEDARHILLSREADY.ORG](http://WWW.CEDARHILLSREADY.ORG) [WWW.QUAKEUPNW.ORG](http://WWW.QUAKEUPNW.ORG) 7

[1:00] Last month we talked about Go Bags and Emergency Supplies. Today, we are going to focus on how to survive for the long haul, with a focus on food and cooking in a disaster. Our speaker will be covering food and water, food & cooking how tos, Hazards to avoid, and recipes & practice.

- These will be interactive sessions where you'll have an opportunity to contribute and practice.
- At the end of the meeting, we'll have a Q&A session, which may go past 8 PM. Feel free to leave early if your questions are answered.
- Some of this info may not be new to you; if it isn't, hopefully, it will give you something to share with people you care about who aren't as knowledgeable. Having you participate will help all of us as you share your expertise during this meeting.

(KAREN RH) [1:15 mins]

I'm so excited to introduce to you our speaker for tonight!

- Maureen Quinn Lores is highly respected for her professional accomplishments as the Portland Metro Nutrition Education Program Administrator.
- She has written and co-written numerous publications, including "Seed to Supper – Oregon Food Bank and OSU Master Gardener curriculum."
- She has also won several awards for her work, including 1<sup>st</sup> Place State School Wellness Award, an Administrative Leadership Award, and the Community Partnership Aware – Cooking Matters Program.
- She is known statewide for her work with community partners to change the health of people and the communities where they live, work, and play.
- We are delighted and honored to have her with us today.

# Food Storage and Preparation for a Disaster

*Cedar Hills Ready!*

April 21, 2021



Oregon State  
University



The graphic features a white background on the left with a diagonal grey striped pattern. On the right, there is a photograph of a university building at sunset. The text is positioned on the white background. A red circle highlights the letter 'O' in the first word of the title.

**Oregon State  
University Extension  
and Engagement**

Send follow-up questions:

Maureen Quinn Lores  
Family & Community Health  
[maureen.quinn@oregonstate.edu](mailto:maureen.quinn@oregonstate.edu)  
503.380.9456



**I honor those who have already been through disasters.**

Today's Objectives in Food-Related Disaster Preparedness:

- Food and water needs
- Make a habit scaffold
- Act
- Plan First sometimes, then Kit: pandemic economics

One never knows who is in the room. However, we are all bringing our experiences, and this means some of us will already have experience with disaster, through our own lives or those of our loved ones.



This is our dog Rocco after Day 7 of no heat in the February weather event this year. People may be surprised by their own stress responses, which is why emergency preparedness experts emphasize practice as a way to internalize the most helpful actions for an emergency response.

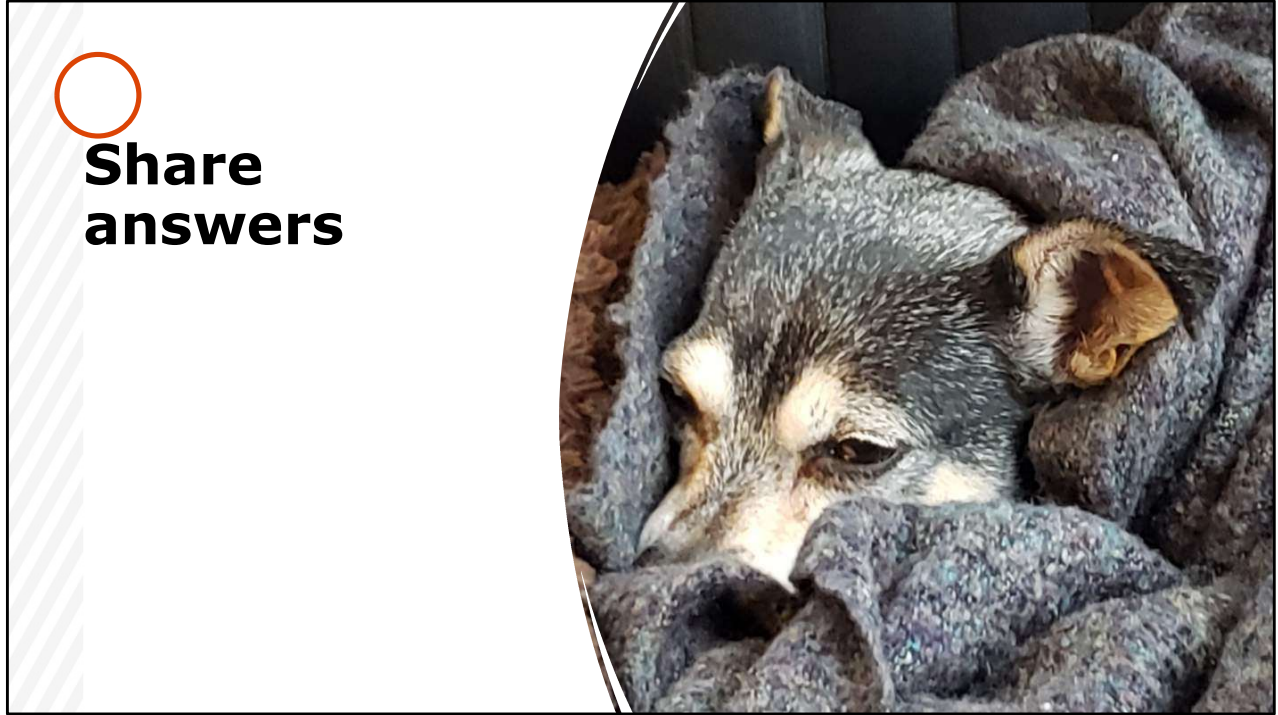
So tonight we will give some concrete examples of actions you can take and supplies you can organize to get ready.



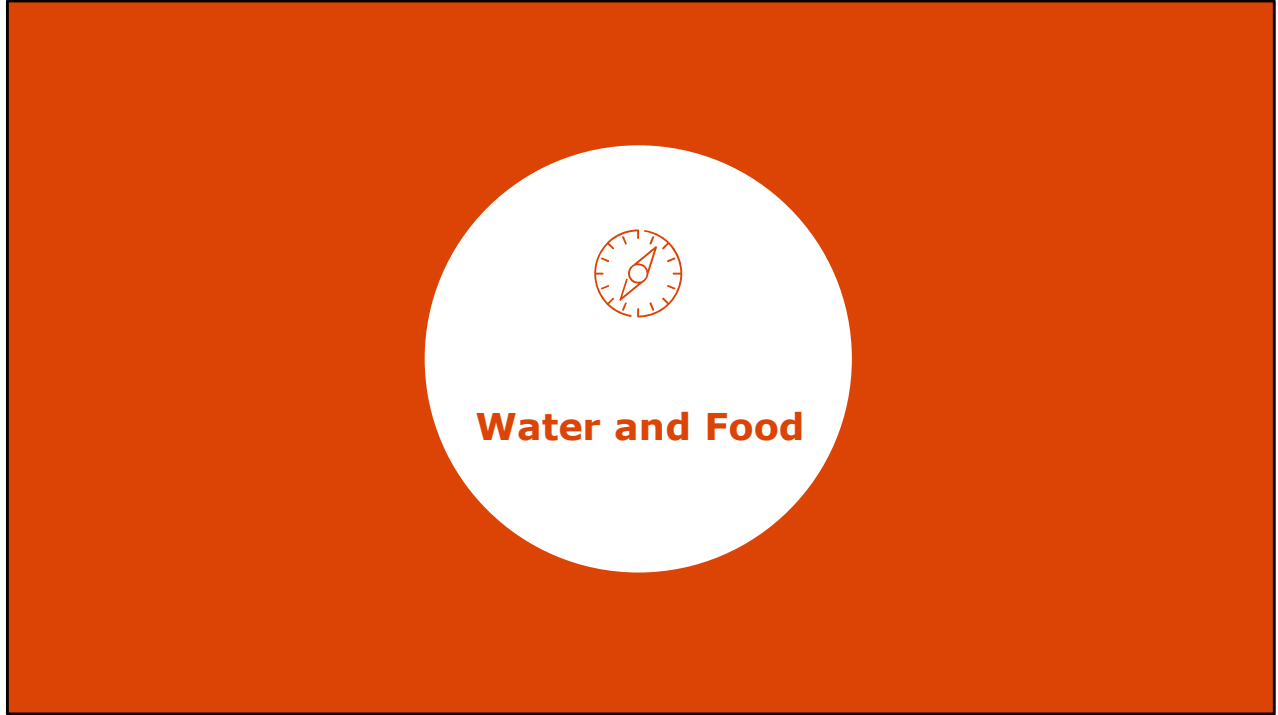
**Please add to  
the chat OR  
think at home:**

If I got stuck at home,  
right now,  
what would I enjoy eating-  
without cooking?





There is a strong likelihood you will wish for more variety than you'll have. With the challenge illustrated, let's head to the recommendations.





## Water Quantity Recommendations

1 gallon of water per day minimum

for each person, pet, and cooked item

such as rice or noodles - and the dishes-

for a minimum of three days and preferably two to four weeks.

Options: purchase, home packaging.

So how does one do this? Choose to address this ingredient in your supplies right now. How many of you are there? Then multiply by 3 to see how many gallons are needed for a day. In our house, it is two partners and 1 extra sister and a dog, equaling 4 gallons per day for prep x 3 days minimum, 12 gallons minimum. Or just say you and 4 weeks= 28 gallons.

If you're thinking noodles, or rice or ramen or rehydrating your special supplies... more gallons!

This is the baseline action. Without water, you are going to be FAR less secure during an emergency. With sufficient water, you can move on to cooking feats of brilliance.





## Water Math for your list

This is conservative: 1 gallon of water per day

\_\_\_\_\_ each person and pet in your home

and \_\_\_\_\_ batches of rice or noodles you cook

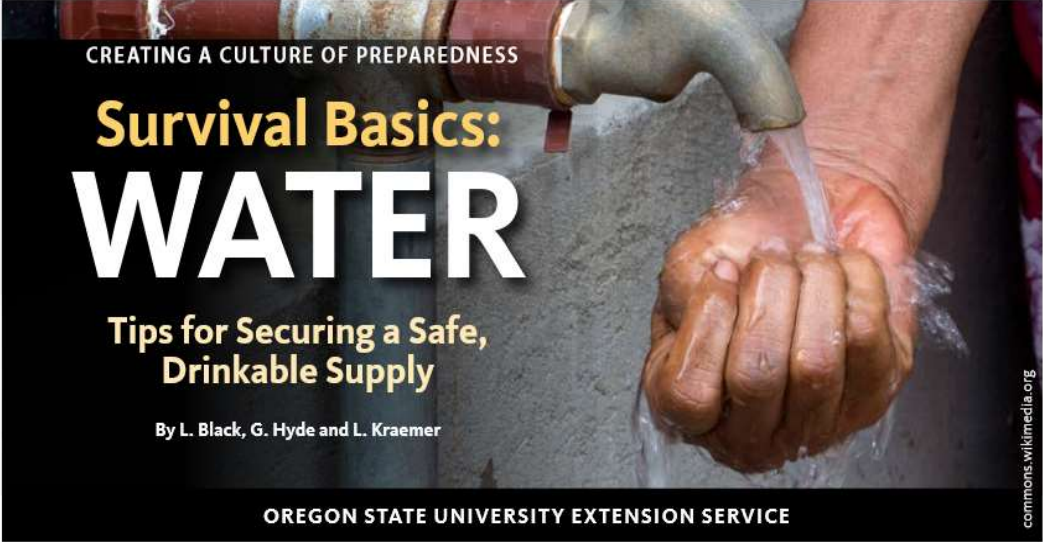
\_\_\_\_\_ x 3 days

Put \_\_\_gallons on your calendar or shop list now.

So how does one do this? Choose to address this ingredient in your supplies right now. How many of you are there? Then multiply by 3 to see how many gallons are needed for a day. IN our house, it is two partners and extra sister and a dog, equaling 4 gallons per day for prep x 3 days minimum, 12 gallons minimum.



**More water for cooking**



The image shows the cover of a brochure titled "Survival Basics: WATER". The cover features a photograph of hands being washed under a running faucet. The text on the cover includes: "CREATING A CULTURE OF PREPAREDNESS" at the top, "Survival Basics:" in yellow, "WATER" in large white letters, "Tips for Securing a Safe, Drinkable Supply" in yellow, "By L. Black, G. Hyde and L. Kraemer" in white, and "OREGON STATE UNIVERSITY EXTENSION SERVICE" at the bottom. A small circular logo with a compass rose is in the top left corner of the brochure. A vertical credit line on the right side of the brochure reads "commons.wikimedia.org".

**This is available from Cedar Hills Ready!**

If you are listening and thinking....I can't afford what's coming, you should know there are options. Do you have access to the hot water heater where you live? Maybe you will prefer learning how to turn it off safely and drain it. The Survival Basics brochure covers the hot water heater steps to successful water use. It also shares how to home-treat well water and how to store municipal tap water. This is where you will pick your "disaster style" . Stan, and the team will drop a link in the chat now, too, for your reference.





### **Federal advice starts with these:**


- Ready-to-eat canned meats, fruits, vegetables and a can opener
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Canned juices
- Non-perishable pasteurized milk
- High-energy foods
- Food for infants
- Comfort/stress foods

○ Source: <https://www.ready.gov/food>

Thinking back to your suggestions in the first sharing activity, we now have some ingredients to begin adding to your shopping list, whether it is a piece of paper or a memo on your phone.

Notice that federal guidance starts with easy, shelf-stable items. That way you can store supplies, and not rely on fuel that may be quite limited. Shelf stable foods allow one to eat without the stress of cooking if the disaster causes a “shutting down” reaction.

Add a couple of things that you would actually eat to your shopping list right now. This is the scaffold I referred to earlier: using this time that we have together to prepare yourself for the actions to complete when you are on your own.



## COOKING SOURCES

Alternatives in times of emergency:

- candle warmers
- chafing dishes
- fondue pots
- fireplace
- Source: <https://www.ready.gov/food>

If you pick fireplace then you will need to regularly maintain it so there isn't a fire hazard during an actual emergency, nor a risk of carbon monoxide poisoning.



## More Cooking Sources

- Camp stove
- Gas stove
- Wood stove and a cast iron pot or skillet which can withstand the heat
- Barbeque
- Firepits can be used with a Dutch oven

There's also the gas stove if you have one in your kitchen, and the emergency wasn't an earthquake that required shutting your gas line.

The dynamic tension between good indoor air quality and gas stove cooking is real, however the home consumer must decide. This is an option which will allow you to heat water for cooking easily.

If you picked Woodstove, cooking inside the box is not recommended. Practice cooking on the top surface so you increase the chance of a quality product during the emergency. In all cases have a fire extinguisher nearby, just as is recommended in your kitchen without an emergency.

If you picked barbeque, there is a strong case to be made for keeping an extra full container of fuel as a matter of habit.





The importance of location for safety stability and supervision of your alternative cooking source is the next step. A flat spot where your warmer won't be jostled nor forgotten is required. If there are young children or adults with balance issues in the house you will want a a very stable location.

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# Avoid Cooking Danger!

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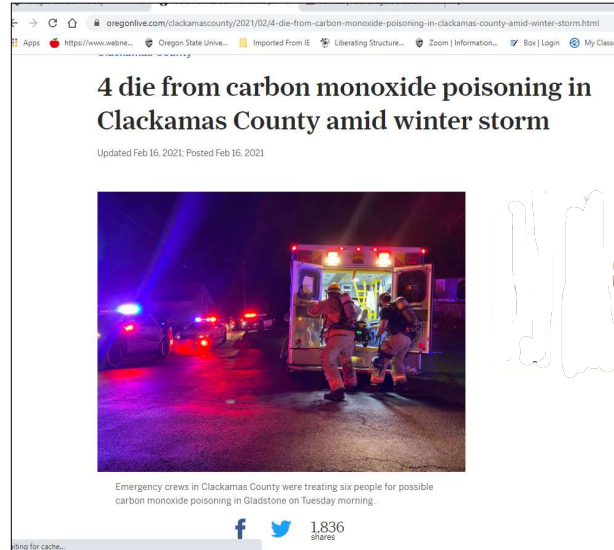
- Charcoal grills and camp stoves are for outdoor use only.

Do not use an attached garage use for cooking either. The gas build up can enter the home.

## Cooking Safety

- Distance is safety. Place grills and camp stoves AWAY from the house.
- Poison gas can move through wall vents or doors open nearby.
- Generators need to stay outside and away, too.

Article Source: OregonLive



During Oregon's February cold snap this year, there was yet another tragedy in which local residents became ill from carbon-monoxide poisoning from a dangerously-located device.

But once you have a cooking device safely located, you can begin with the chef moves.



Order of operations:

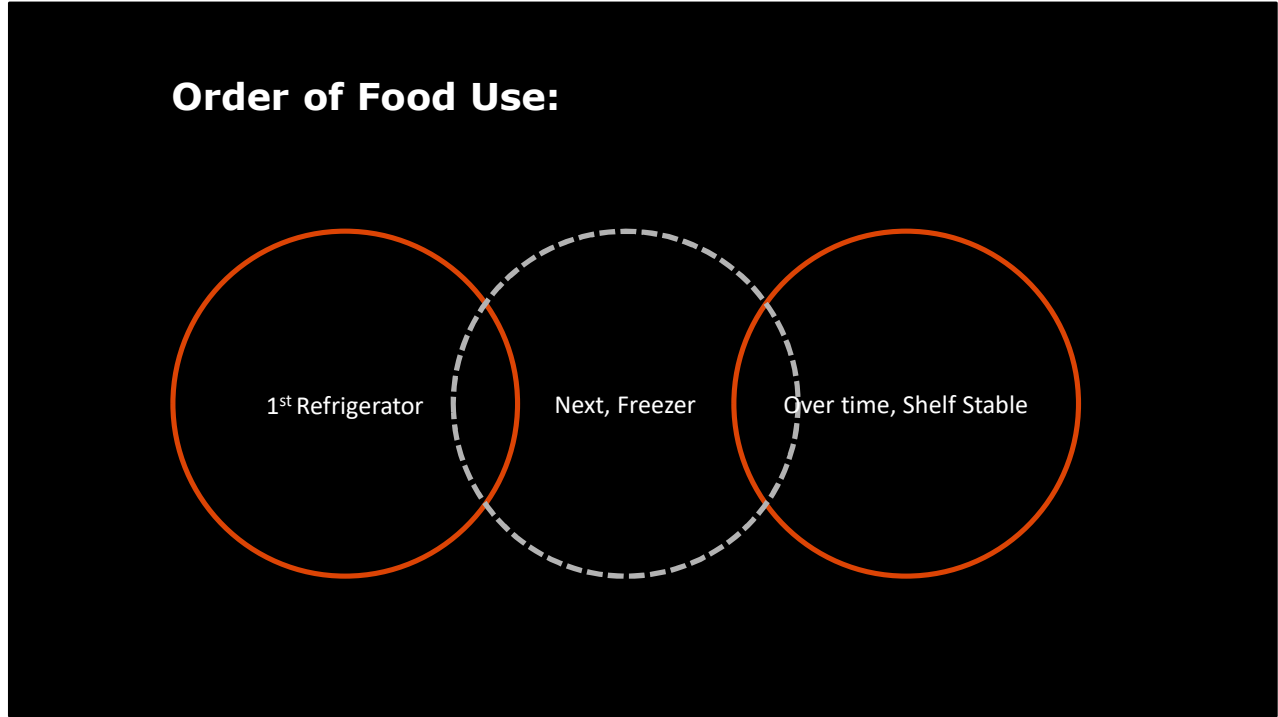
- 1) Refrigerated items
- 2) Freezer food
- 3) Over time, shelf-stable food



There are a couple of schools of thought on recipes. Practice cooking things you already love and keep those ingredients on hand as a kit is ideal, because then you KNOW you have everything.

Think about a favorite recipe that would work when you are stressed, & add it onto your list or phone memo so you can buy those ingredients as a regular part of your next shopping trip.

However, you'll also need to use up your most treasured refrigerator item(s) in the limited time before they go bad.






Meal ideas that use the most valued refrigerated item(s) will make you feel satisfied that you could use those special ingredients.. Prevent foodborne illness with both strategy about what to prepare, and also ruthlessness: “when in doubt, throw it out”.

The order of food consumption: Refrigerator food first, then freezer food, then dry and shelf stable foods.

FoodSafety.gov has a couple of charts that can help you figure out the refrigerator and freezer foods and the time they will last. I suggest using the charts to consider what you might usually have on hand, so that if you like a little time to think through your solutions, you can do a little of that now before an emergency.





**FoodSafety.gov**

**Refrigerated Food and Power Outages: When to Save It and When to Throw It Out**

Type of Food	Held above 40 °F for more than 2 hours
<b>Meat, poultry, seafood</b>	
Raw or leftover cooked meat, poultry, fish, or <u>seafood</u> ; soy meat substitutes	Discard
Thawing meat or poultry	Discard
Salads: Meat, tuna, shrimp, chicken, or egg salad	Discard
Gravy, stuffing, broth	Discard
Lunchmeats, hot dogs, bacon, sausage, dried beef	Discard

Protein foods may be some of the more costly foods in your fridge so deciding which to use right away will give you a chance to eat them is safe time. This is an example from the Refrigerated Food chart for decision-making from FoodSafety.gov revised January 28, 2021. Stan will put a link in the chat for both this and the Freezer information.

Consider making it a habit to add extra water into the freezer, which will help keep it full and cool, and will encourage you to keep more water available. The order of food use will be Refrigerated foods, frozen foods, then shelf stable.

The kind of disaster will matter to your cooking plan as well. A hot season will speed up the rate of food loss, a freeze may slow down the food loss, especially if you can use clean snow or ice to pack some of your food.



## Insulated cooking



Insulated cooking uses the heat of the food being cooked to complete the cooking process. Foods are heated to the boiling point then quickly insulated inside a container.

Insulated cooking uses the heat of the food being cooked to complete the cooking process. Foods are heated to the boiling point then quickly insulated inside a container, such as a cooler surrounded by thick layers of nonconducting material, such as batting, newspapers or straw. Take care to keep the food above 140°F during cooking. Due to their ability to hold heat, cast iron Dutch ovens work well for this technique.



Which way are you leaning? Will you be taking a few simple ingredients out and heating them? Will you be launching your first meal kit while using up a vegetable, or protein, or maybe a vegetable protein from your refrigerator?

I'd appreciate it if some of you will tell us your ideas in the chat, please, and share with us.

The screenshot shows the FoodHero.org website interface. At the top, there are social media icons for Instagram, YouTube, Twitter, Facebook, and Pinterest. To the right, there are links for "About Food Hero", "Media Center", and "Community Toolkit", along with a search bar labeled "Search FoodHero". Below the navigation bar, there are five teal buttons: "Home", "Recipes A-Z List", "Ingredients A-Z List", "Gardening", and "Español". On the left side, the FoodHero.org logo is displayed with the tagline "Where Healthy Food Is Fun, Fast, Tasty and Fits Your Budget!". The main content area features a teal header for the "Quick Lasagna" recipe. Below the header, there are "Notes" and "Video" buttons. The "Ingredients" section lists the following items: 1 pound lean ground beef (15% fat or less), 1 large onion, chopped; 1 clove of garlic, minced, or 1/4 teaspoon garlic powder; 2 cups (16 ounces) spaghetti sauce, divided; 1/4 cup chopped fresh parsley, or 4 teaspoons dried; 1 teaspoon oregano; 1 teaspoon basil; 1 pint (2 cups) low-fat cottage cheese; 3/4 cup shredded mozzarella cheese, divided; 6 uncooked lasagna noodles; and 1/2 cup grated parmesan cheese. To the right of the ingredients list is a photograph of a baked lasagna in a white pan, garnished with fresh vegetables.

Lasagna is a classic and there are a couple of one pan options on FoodHero.org recipe website that would be one-pan operations. You will need to understand how hot your cooking source gets so that you control the browning on the bottom of the one-pan lasagna.

There's also a spinach option if you like at FoodHero.org

# Food Safety:

- FoodHero.org recipes using common ingredients
- Cook recipes that are just the right amount with few or no leftovers

**Cooking with Oats**

**Savory Oatmeal**

**Ingredients:**  
½ cup non-fat or 1% milk  
1½ cups chicken broth  
½ cup steel cut oats  
¼ cup cheddar cheese, shredded  
¼ cup green onion, diced  
½ cup tomatoes, diced

**Directions:**  
1. Combine milk and broth in a medium saucepan over high heat. Heat until mixture starts to boil.  
2. Stir in oats and reduce heat to a simmer. Cook for 25 to 30 minutes, stirring occasionally, until liquid is absorbed. Oats should be tender and cooked through.  
3. Stir in cheese and green onion. Top with tomatoes.  
4. Refrigerate leftovers within 2 hours.  
**Makes** 2 ½ cups  
**Prep time:** 45 minutes  
**Cook time:** 25 to 30 minutes  
**Notes:**  
• To use old fashioned rolled oats, reduce the broth to ½ cup and cook for 5 minutes in step 2.

**Cranberry Oatmeal Balls**

**Ingredients:**  
1 cup quick-cooking rolled oats  
½ cup almonds, chopped  
¼ cup reduced-fat peanut butter  
¼ cup honey  
½ cup dried cranberries

**Directions:**  
1. In a medium bowl combine all ingredients until well mixed.  
2. Form oat mixture into 18 balls about 1 inch wide.  
3. Refrigerate balls in a single layer for 30 minutes. Serve cool to avoid stickiness.

**Note:**  
• Honey is not recommended for children under 1 year old.  
**Makes** 18 one-inch balls  
**Prep/chill time:** 45 minutes

**Overnight Oatmeal**

**Ingredients:**  
1 cup uncooked old fashioned rolled oats  
1 cup low-fat yogurt  
½ cup nonfat or 1% milk  
1 cup chopped fruit, fresh, frozen or dried

**Directions:**  
1. In a medium bowl, mix oats, yogurt and milk.  
2. Add the fruit now or just before eating.  
3. Cover and refrigerate oatmeal mixture for 6-12 hours. For grab-and-go breakfasts...

Visit FoodHero.org for quick and delicious recipes using oats.

**Kids** When kids help make healthy food, they are more likely to try it. Show kids

Simple every day ingredients can be used for both savory and sweet flavors if you are inclined. The Cranberry Oatmeal Balls are an example of a snack little ones can help make if you need a project for them, as long as it is remembered: no honey for kids under one year old.

These are other examples of shelf-stable foods being used in simple meal preparation.



## What to cook: in Cans

Commercially canned food may be eaten out of the can without warming.

### To heat food in a can:

1. Remove the label.
2. Thoroughly wash and disinfect the can. (Use a diluted solution of one part bleach to 10 parts water.)
3. Open the can before heating.

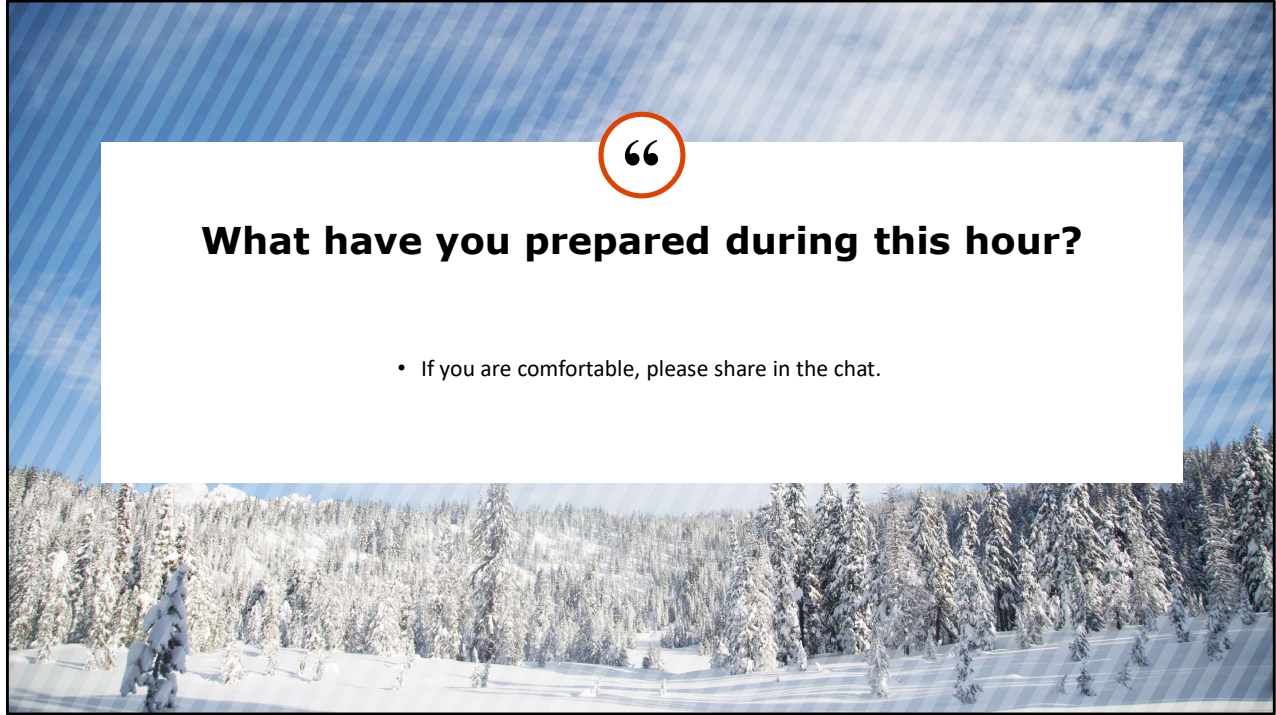
Source: FEMA, <https://www.ready.gov/food>



Meal planning may later include cans. A can of chili, a fresh salad from something in your fridge, and a dessert of canned fruit or something from a shelf-stable package. Perhaps this is where breakfast for dinner comes in, using up some of your milk before it is out of safe temperature. Here are the Federal Emergency Management Agency instructions if you just want something simple to happen.

Though it seems basic, using the can to cook in will keep you from washing a cooking dish and using water. Over the course of an emergency, this is a reasonable strategy despite its simplicity.





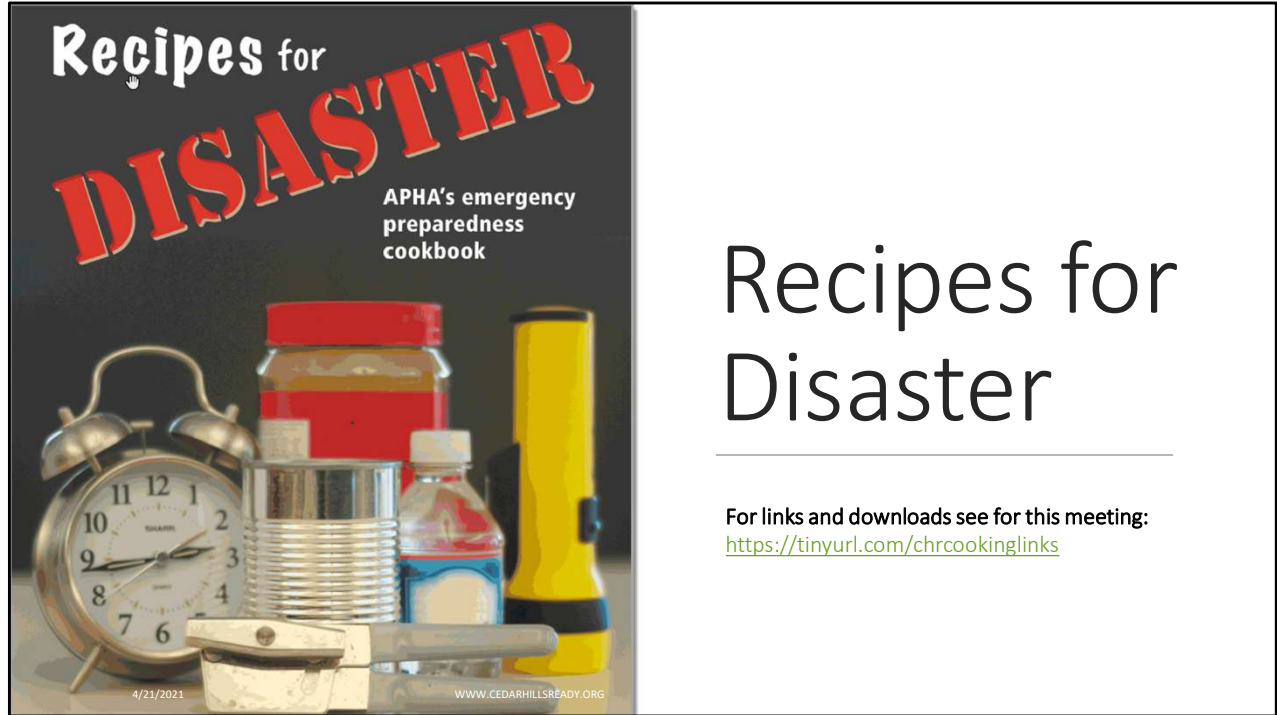
# THANK YOU!

Maureen Quinn Lores  
Family & Community Health  
[maureen.quinn@oregonstate.edu](mailto:maureen.quinn@oregonstate.edu)  
Cell: 503.380.9456



Oregon State  
University





## Recipes for Disaster

For links and downloads see for this meeting:  
<https://tinyurl.com/chrcookinglinks>

Karen:

Thank you so much, Maureen! In the next few days, we'll send you a follow up email that will include links to the information and recipes to enable you to take further action.

We have links to a couple of Disaster Recipe booklets on our website. The one shown in this photo is produced by the American Public Health Association. We also have a wonderful recipe booklet submitted by a neighbor, Carol M. Frankel, who lives in Beaverton and attends Cedar Hills Ready! meetings frequently. It gave me the idea of building on her good work, and creating a crowdsourced Disaster Recipe booklet from our neighbors. The guidelines for a recipe would be that it is:

- Made from shelf-stable ingredients
- Requires no cooking or very little cooking, using cooking sources that don't require electricity

- Is simple to assemble & cleanup – few ingredients, steps, cooking utensils & pots  
We'd need some help with putting this crowdsourced booklet together, so if you are interested in helping, let me know! 😊

**Cedar Hills Ready!**  
Neighborhood Disaster Preparedness

**QUAKEUP!**  
Get Ready! Technical Support

# CEDAR HILLS READY!

**Natural Disasters Won't Stop Because There's a Pandemic**

## Time to Get NEIGHBORHOOD READY!

**Join us at 7 PM, May 26, 2021  
for a fun ZOOM meetup**

**Register Here**  [tinyurl.com/chrmyn5-26-21](https://tinyurl.com/chrmyn5-26-21)



**Learn the 9 steps to take after a disaster.  
Have fun and get prepared with your neighbors.**

For information:  
[www.cedarhillsready.org](http://www.cedarhillsready.org) or Karen at [Info.cedarhillsready@gmail.com](mailto:Info.cedarhillsready@gmail.com) (971-361-9348)

4/21/2021 [WWW.CEDARHILLSREADY.ORG](http://WWW.CEDARHILLSREADY.ORG) [WWW.QUAKEUPNW.ORG](http://WWW.QUAKEUPNW.ORG) 39

Before we go into our Q&A session, I'd like to tell you a bit about what's up next for our next meeting May 26<sup>th</sup>. Next month, our topic will be, "How to Win Friends & Survive a Disaster: 9 Steps to Neighborhood Preparedness." Please note that we are shifting our meetings to the 4<sup>th</sup> Wednesday evenings of the month.

If a natural disaster strikes, your survival may depend on your neighbors, because emergency services will be overwhelmed. Your best chance of survival is to be surrounded by people who are knowledgeable and prepared — people who have your back and know what to do. Your neighbors are your first responders! Why wait for a disaster to get connected?

In this meeting, you'll learn the 9 Steps to Take after a Disaster, you'll get to know some neighbors, and see how easy it is to your neighbor meeting. Let's get Disaster Ready! with our friends and neighbors and have fun doing it. **Join us on Zoom at 7 PM on Wednesday, May 26th, 2021.** Everyone is welcome. Share and invite all of your important people. **Register in advance:** URL is [tinyurl.com/chrmyn5-26-21](https://tinyurl.com/chrmyn5-26-21)



## Wrap Up & Q&A

To register for next month's meeting:

"How to Win Friends & Survive a Disaster:  
9 Steps to Neighborhood Preparedness"  
7 PM, Wed, May 26<sup>th</sup> (Forth Wednesday)  
<https://tinyurl.com/chrmy5-26-21>

For links and downloads:

<https://tinyurl.com/chrcookinglinks>

Contact: [Info.CedarHillsReady@gmail.com](mailto:Info.CedarHillsReady@gmail.com)

So, now I'd like to turn this over to Stan for our Q&A portion of the presentation. Maureen will stay after for a bit to answer your questions. If you'd like to leave, that's also fine. Questions?

[Respond to the questions or comments that have been made and unanswered during the presentation. Then close the meeting. Reinforce address, website, phone number, etc.]