

Recipes for

DISASTER

APHA's emergency
preparedness
cookbook



APHAGetReady.org

About Get Ready

Launched in 2006, the American Public Health Association's Get Ready campaign helps Americans prepare themselves, their families and communities for all disasters and hazards, including pandemic flu, infectious disease, natural disasters and other emergencies.

The Get Ready campaign offers free resources, including fact sheets, a blog, podcasts and graphics. Browse our website for free materials that you can use at your next health fair, community or campus event, and find information to help you get more prepared.

About Recipes for Disaster

In 2012, Get Ready held its Get Ready Emergency Stockpile Recipe Contest. The goal was to get people thinking about what they'd eat during an emergency — before the emergency happened.

We wanted to find out if people could use creativity and culinary skills to overcome constraints in the kitchen that happen during an emergency. Can people make good-tasting, nutritious food without electricity or cooking gas?

Thanks to the recipes in this collection, the Get Ready team has learned that it is possible to eat well during an emergency. We hope you are convinced, too.



Contents

Emergency preparedness stockpiling tips

- Your stockpile: What you need to know
- Stockpiling on a budget
- Stockpiling water

Recipes

- Easy Orange Curry Chickpeas
- Black Bean and Corn Salad
- Curried Chicken and Artichoke Salad
- Don't-be-a-Chicken Corn and Bean Salad
- Black Bean Casserole
- Southern Style "Barbeque"
- Emergency AAC Rolls
- Stuck-in-the-House Tuna Sandwiches
- Pandemic Peanut Butter Sandwiches
- Aloha Chicken Poppers
- Troubled Times Trifle

Checklists

- Stockpile checklist
- Grocery shopping list



Recipes for **DISASTER**

Stockpiling Tips

Your emergency preparedness stockpile: What you need to know

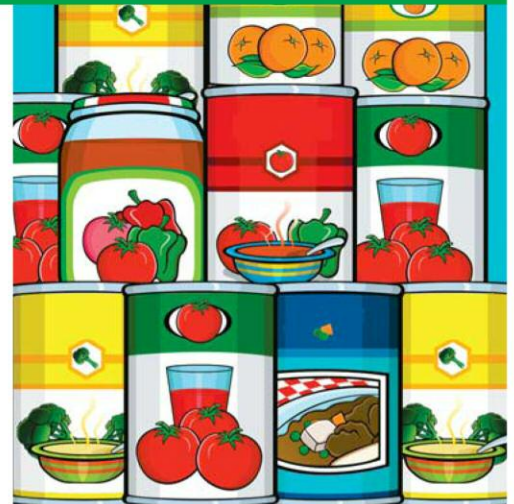
Emergencies — such as tornadoes, floods, storms, earthquakes or even disease outbreaks — can happen unexpectedly. You may be without electricity, refrigeration, clean tap water or phone service for days or weeks. In some cases, such as during a disease outbreak, you may be asked to stay home to keep safe. That's why having an emergency preparedness stockpile is important.



What should I put in my stockpile?

All Americans should have at least a three-day supply of food and water stored in their homes, with at least one gallon of water per person per day. If you have the space, experts recommend a week's supply of food and water. Choose foods that don't require refrigeration and are not high in salt. Your stockpile should also contain flashlights, a manual can opener, a radio, batteries and copies of important documents. Depending on your family's needs, you may also need medical supplies, pet food, contact lens solution or diapers.

If it's too expensive for you to buy everything for your stockpile at once, pick up one or two items every time you go to the grocery store. Stock up on canned vegetables or batteries when there is a sale. Bulk "club" stores can also help you save money on your supplies, especially if you split a case with a friend, co-worker or neighbor, who can serve as your "preparedness buddy."



Once you've assembled your stockpile, put it where you won't be tempted to "borrow" from it the next time you run out of batteries or need beans for a recipe. Remember: Your stockpile is for emergencies!

How do I store my stockpile?

Get Ready Stockpiling Tip

When it's time to change your clocks for daylight saving time, check your emergency preparedness stockpile. Replace anything that is expired or missing.

It's best to store your stockpile somewhere that is easy to access during an emergency. A cool, dark place is ideal. Be sure not to store your food close to any solvents or cleaners that can leak or transfer fumes, or in an area of the house that is at risk for flooding.

Keep your supplies together in a box or plastic bin that can be kept tightly closed to protect contents from humidity or pests. It's also handy to keep all your supplies together in case you have to evacuate quickly, such as during a hurricane. In a pinch, a laundry basket can make an easy storage container.

If you live in an apartment or small home and are short on space, be creative. Compact wrapping paper bins can be used to store canned food. Risers can make more space under the bed. Many people also have unused space behind or under the sofa. Have a dishwasher but don't use it? Make the most of the empty space by storing your supplies there!

How often should I refresh or rotate my stockpile?

It's best to check your emergency preparedness stockpile once or twice a year. If you need a reminder, take a lesson from APHA's Get Ready: Set Your Clocks, Check Your Stocks campaign. When it's time to change your clocks for daylight saving time, take a look at your emergency preparedness stockpile. Discard anything that has expired or is leaking or damaged. If you've borrowed items from your stockpile, make sure to replenish them. Place the newer items in the back of your stockpile and rotate the older items to the front. You can even use stickers to mark the dates when you added supplies to your stockpile.

Don't forget to check the batteries in your smoke detectors as well when you change your clocks!



How can I tell if the supplies in my stockpile are still good?



The easiest way to tell if your foods are still usable is expiration dates. Bottled water can go bad eventually, so look for the stamped date on your water containers. Experts recommend rotating your bottled water supply every six months.

Sometimes canned foods don't have expiration dates or have dates that aren't legible. So how to tell if the food is still good? According to the U.S. Department of Agriculture, high-acid canned foods such as tomatoes, grapefruit and pineapple can be stored for a year to 18 months. Low-acid canned foods such as meat, poultry, fish and most vegetables will keep two to five years if stored properly.

Beyond expiration dates, you should physically examine the contents of your stockpile to make sure they are still fresh. Check that none of your boxes or food containers have signs of pests or have been crushed or have opened. On cans, look for rust, bulging, punctures, dents or leaks. Never eat any food if its packaging or contents has come into contact with flood water or has been in a fire. Look for leaks or corrosion on batteries and dispose of them carefully, recycling them if possible.

Cheap stockpiling: How to get prepared on a budget

Your first step should be to look at an emergency stockpile checklist. This will help you get an idea of the different things that should go in an emergency preparedness kit and help you come up with a plan for building your own kit.

Though the list may seem daunting at first, you'll likely find that you already own a lot of the items you'll want to include in your kit. Start the process by pulling together items that you have on hand at home. For example, you may have enough canned goods to start your food stockpile or extra bandages that can go into your emergency first aid kit. Once you've pulled together the items you have, check them off the list and start making a plan for the others.



Build your kit a little at a time



As you build your preparedness kit, don't feel like you have to do it all in one day. It will likely be easier on your budget if you spread out the items over several weeks or months.

Consider adding a few extra dollars to your weekly shopping trip and buy just a few items each time you go to the store. Another important thing to remember is to keep an eye out for sales. Carry your checklist with you so you'll know what you still need when you find a good deal.

Take a lesson from families that save on groceries regularly by shopping at stores that offer double coupons and by buying generic. Canned foods are often less expensive to stockpile than



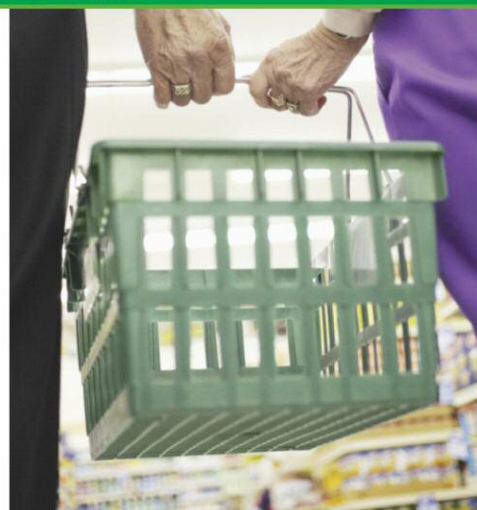
other ready-to-eat shelf food, but watch out for high sodium. You don't want foods in your stockpile that will make you thirsty, as clean water supplies may be limited during an emergency or disaster situation.

Use the buddy system to create a less expensive stockpile

Another good option for saving money is to look for deals at bulk grocery stores. The only catch is you may end up with more than you can store. To solve this problem, think about partnering with a neighbor or friend and building your kit together. This way, you both will be able to take advantage of discounts by splitting your purchases.



As an added benefit, partnering up with someone else is also a great opportunity to talk about your family's emergency preparedness plan and make sure that you are doing everything you can to be ready for emergencies.



Save more with these Get Ready stockpiling tips

Make sure and stock the right batteries

Don't stockpile rechargeable batteries in your emergency supplies, emergency experts advise.

While rechargeable batteries are an economical choice for items you use every day, they can lose their charge when left unused for long periods in storage.

To make sure that your emergency flashlights and other supplies are ready to go when you need them, stockpile only regular batteries.



Still need more ideas? Try some of these money-saving tips:

- ◆ Don't know what to do with those napkins and plastic forks and spoons you receive at fast food restaurants or with your take-out food? These freebies make great additions to your emergency supply kit.
- ◆ Free condiment packets such as mayo, ketchup, jelly or taco sauce can add some flavor to meals during an emergency. Expiration dates vary and aren't usually marked on the packets, so throw them out after a few months or if they are punctured, become hard or are rancid.
- ◆ Go veggie! You can save a bunch on your stockpile by bypassing meat products and loading up on canned veggies and fruits. Canned beans are a great option, as they are filling and pack a lot of protein.
- ◆ Take a tip from your grandparents and grow and can your own food. A few dollars of seed packets can yield enough canned tomatoes, cucumbers and green beans to last you for months. Look for canning information and supplies online.

Recipes for **DISASTER**

Stockpiling Tips

Your water supply: Do you have enough stored in case of an emergency?

Whether you're drinking, cooking or taking a shower, water is essential for everyday life. After an emergency such as a tornado, flood or earthquake, the water that comes out of your tap might not be safe to drink — if it's running at all. That's why you need to have at least a three-day supply of bottled water stored at home at all times.



How much water do I need to have stored?



You should have at least one gallon of water per person per day in your emergency stockpile. That means if you have three people in your family, you should have nine gallons stored, for example. And that's just for drinking.

The average American uses 80 gallons to 100 gallons of water per day, including flushing the toilet, showering, handwashing and cooking. In the case of a storm or unexpected water supply interruption in your community, you could be without water much longer than three days. So if you have the room, it's a good idea to store extra bottled water.



Take a look at your household and think about how much water you use. Keep in mind that children, nursing mothers and sick people may need more water. Don't forget to set aside a water supply for your pets, and if you live in a warm weather climate, you should stockpile additional bottles of water.

Beyond your home, it's also smart to have extra water at your workplace. Stash a personal supply under your desk or in your locker. Ask your boss to purchase emergency supplies such as water and food in case you have to shelter in place at work. The Federal Emergency Management Agency also recommends keeping water among the emergency supplies you store in your car.

Where do I get water for my stockpile?

For the safest and most reliable water supply, purchase commercially bottled water (the kind you find in your local grocery store). Keep bottled water in its original container and don't open it until you need to use it.

You can bottle your own tap water, but make sure you use the right kind of bottles (never reuse milk or juice bottles, for example, because they may have bacteria) and sanitize them first. FEMA's Web site, www.fema.org, has instructions on how to bottle your own water.



How do I store my bottled water stockpile?



Don't stack your water bottles, as this might cause them to leak. It's best to store your stockpile somewhere that is easy to access during an emergency. The ideal location is a cool, dark place away from any solvents or cleaners that can leak or transfer fumes. Be sure to keep your supply in an area of the house that is not at risk for flooding.

Look for the "use by" date on your drinking water for best quality. Rotate your stockpile at least twice a year and replenish any bottles that may have leaked. A good reminder is to check your emergency supplies when you change your clocks for daylight saving time.

When should I use my emergency water supply?

You'll definitely need to use your emergency water supply if your tap water stops working, but there are also occasions — such as floods or contamination — when tap water becomes unsafe to drink. In the event of an emergency, follow advice from local officials. Your health department or public water authority may issue alerts advising you not to use tap water for drinking, eating or brushing your teeth.

In an emergency where your only option is to use water that may not be safe as is, boiling the water or disinfecting it with chlorine bleach or tablets may be an option. The Environmental Protection Agency offers instructions for safely treating water on its Web site, www.epa.gov.



If there is no water, how do I clean my hands?

When our hands are dirty, most of us grab some soap, turn on the faucet and scrub away without even thinking about how easy it is. But if you don't have running water, you'll quickly learn to miss that flow from the tap. To keep your hands clean during an emergency, include some alcohol-based sanitizer and moist towelettes in your emergency stockpile. Look for a sanitizer that is at least 60 percent alcohol, and save your bottled water stockpile for drinking.



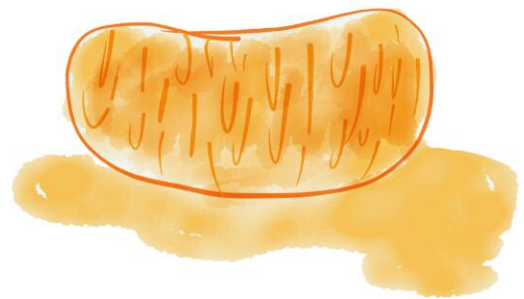
Recipes for **DISASTER** Recipes

Easy Orange Curry Chickpeas

Submitted by Jess A. of Berkeley, California
Serves 2

Ingredients:

- 1 (15 oz) can low-sodium or no-salt added chickpeas, drained
- 1 (11 oz) can mandarin oranges, drained (save 2 tablespoons of juice)
- 2 tablespoons raisins
- 2 tablespoons slivered almonds (optional)
- 2 tablespoons mandarin juice (saved from draining the oranges)
- 2 tablespoons olive oil
- 1 1/4 teaspoons curry powder
- 1/4 teaspoon cinnamon
- Salt and pepper to taste



Directions:

1. Drain canned chickpeas and mandarin oranges. Save 2 tablespoons of juice from oranges to make the dressing.
2. Combine chickpeas, oranges, raisins and almonds in a medium-size bowl and toss together.
3. Pour over chickpea mixture and toss to coat.

Black Bean and Corn Salad

Submitted by Judy W. of Evanston, Illinois

Serves 3-4

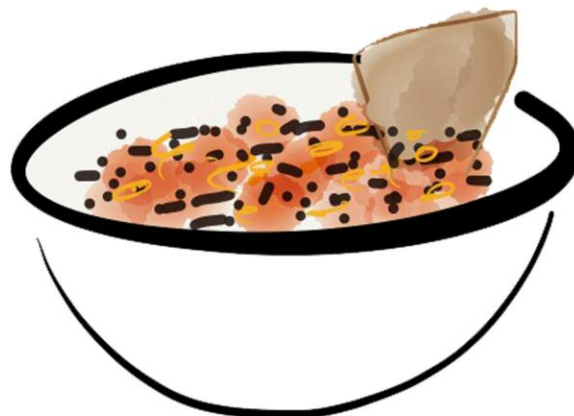
Ingredients:

- 1 can (15 Oz) of black beans
- 1 can (15 Oz) of corn kernels
- 1 can (15 Oz) of diced tomatoes
- 2 tablespoons of vinegar
- 1/2 cup of olive oil
- 1 teaspoon of pepper
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- 1 teaspoon of cumin powder
- Dash of chili powder (optional)
- Baked tortilla chips (or healthy chips of choice)



Directions:

1. Open and drain the cans of black beans, corn and diced tomatoes, and mix them in a large bowl.
2. Add the vinegar, olive oil, pepper, garlic and onion powders and cumin into the bowl. Mix thoroughly.
3. Top salad with baked tortilla chips.



Curried Chicken and Artichoke Salad

Submitted by Mary L. of Columbia, South Carolina

Serves 4

Ingredients:

- 1 can (10 oz) chunk white-meat chicken, drained
- 1 jar (6 oz) marinated artichoke hearts, drained and chopped
- 1/2 cup raisins
- 1 tablespoon olive oil
- 1 tablespoon rice vinegar
- 1 teaspoon curry powder
- 1/4 teaspoon garlic powder

Directions:

1. Toss chicken, artichoke hearts and raisins in a medium bowl.
2. Separately blend oil, vinegar, curry powder and garlic powder and gently stir into chicken mixture. Serve right away.

Don't-be-a-Chicken Corn and Bean Salad

Submitted by APHA Staff

Serves 4-6

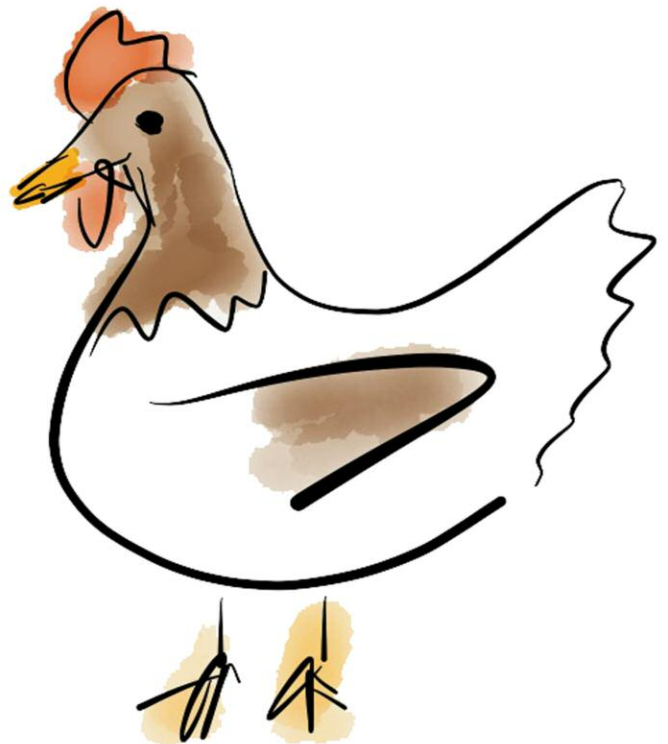
Ingredients:

- 1 (16 oz) can corn, drained
- 1 (16 oz) can black beans, drained
- 2 (2 oz) pouches chicken, drained
- 1 (14 oz) can diced tomatoes

Directions:

1. Mix in large bowl.

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Black Bean Casserole

Submitted by Sandy D. of Springdale, Arkansas

Serves 4-6

Ingredients

- 1 (15 oz) can of black beans
- 1 (5 or 10 oz) can or pack of chicken (or tuna if you prefer!)
- 1 (15 oz) can of corn, whole kernel
- 2-3 tablespoons peanut butter (crunchy or creamy)
- Whole wheat, low-sodium crackers

Directions

1. Open up cans of black beans, corn and chicken; drain.
2. Mix ingredients in a bowl; stir in peanut butter.
3. Crumble crackers on top (or serve mixture on top of crackers).

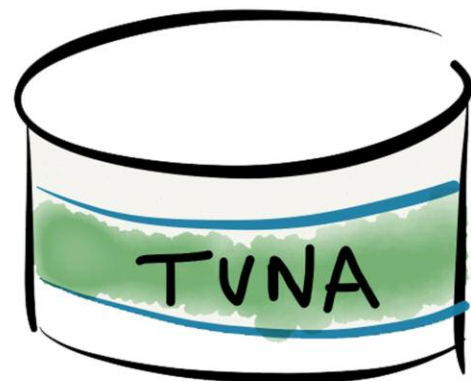
Southern Style "Barbeque"

Submitted by Jennifer S. of Terra Alta, West Virginia

Serves 2

Ingredients

- 3 tablespoons barbeque sauce
- 1 (6 oz) can of tuna
- 10 saltine crackers



Directions

1. Drain the can of tuna and stir in barbeque sauce (stir in can for easier clean-up).

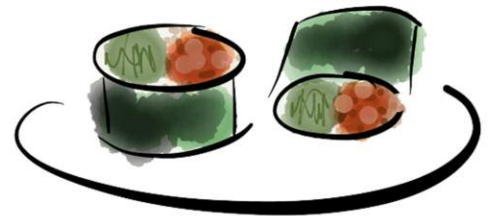
Emergency AAC Rolls

Submitted by Kellie F. of Salem, Wisconsin

Serves 6-8

Ingredients

- 2-3 tablespoons alfalfa seeds
- Bottled water
- Nori (sheets of dried seaweed)
- 1 can of asparagus
- 1 can of crab
- Low-sodium soy sauce
- Wasabi powder, mixed with water per directions to form wasabi paste



Directions

1. To sprout seeds: Place in a jar or container with holes poked in the lid. Add 1 cup water and soak for 8-12 hours. Rinse and drain; repeat this process for 3 days. Then place jar and seeds in a space that has light (even a little bit of light will work). Keep rinsing and draining for 2-3 more days; you will have a lot of sprouts at this point!
2. Lay out nori sheets.
3. Drain cans of crab and asparagus.
4. In the first 1/3 of the sheet lay out sprouts, asparagus and crab.
5. Roll everything up and seal the outer edge of the nori sheet with a little bit of water.
6. Cut each roll into 5-6 pieces. Serve with soy and wasabi paste!

Stuck-in-the-House Tuna Sandwich

Submitted by APHA Staff

Serves 6

Ingredients:

- 1 box rye crisp bread
- 2 cans tuna (use only as many cans as you will need for a six-person meal, to avoid having leftover tuna)
- 1 small jar pimiento olives, chopped
- 6 mayonnaise packets

Directions:

1. In large bowl, combine tuna and mayonnaise.
2. Add chopped olives.
3. Spread tuna mixture on crisp bread.

Pandemic Peanut Butter Sandwiches

Submitted by APHA Staff

Serves 6

Ingredients:

- 1 or 2 cans plain or raisin brown bread*
- 1 jar peanut butter
- 1 jar jam or jelly



Directions:

1. Cut brown bread into half-inch slices.
 2. Spread with peanut butter and jelly as desired.
- *Can substitute rice cakes for brown bread.

Aloha Chicken Poppers

Submitted by Kadija B. of Deerfield Beach, Florida

Serves 4

Ingredients

- 1 (8 oz) can crushed pineapple in pineapple juice
- 2 (12 oz) cans fully cooked chunk chicken breasts, drained and flaked
- 15 mayonnaise packets (light mayo)
- 4 dozen crackers
- 1/2 cup chopped nuts (preferably unsalted; optional)
- Pepper (to taste; optional)

Directions

1. Drain the pineapple, reserving the juice to drink.
2. Combine the chicken, pineapple, mayonnaise and black pepper. Mix well.
3. Top each cracker with a teaspoonful of chicken salad. Garnish with chopped nuts, if desired.



Troubled Times Trifle

Submitted by Heather K. of Troy, Ohio

Serves 8

Ingredients

- 1 (16 oz) box of milk (or milk powder pouch reconstituted with bottled water to make 2 cups)
- 1 box instant vanilla pudding
- 1 box plain vanilla cookies or animal crackers (there will be some left)
- 1 can raspberry pie filling
- 1 small can mandarin oranges (drain liquid into a cup and enjoy it as a sweet beverage)
- 1/2 cup slivered almonds (optional)

Directions

1. In a 3-cup container with a tight fitting lid, combine milk and instant pudding. Put the lid on and check it twice! If you have children, let them take turns shaking the container for about 3 minutes, or until the pudding is thickened.
2. Layer the ingredients in this order:
 - 16 crumbled cookies
 - 1 cup pudding
 - Pie filling
 - 16 crumbled cookies
 - Rest of the pudding
 - Mandarin oranges
 - Optional slivered almonds



Recipes for **DISASTER** Checklists

My emergency preparedness stockpile checklist

Pack the following items in a clearly labeled, easy-to-carry, sealable container and store them in a place that is easy to access. Check your stockpile once or twice a year. A good rule of thumb is to check your stockpile when you change your clocks for daylight saving time. Replace any supplies that are missing or have expired or have been damaged.



Emergency supplies

- Flashlight and batteries
- Manual can opener
- Battery-operated radio (and batteries) or hand-cranked radio
- Matches in waterproof container
- Utility knife
- Paper and pencil
- Cash, traveler's checks and coins
- Paper cups, plates, plastic utensils, paper towels
- Garbage bags
- Pet food
- Whistle
- Small, canister ABC-type fire extinguisher
- Needles, thread
- Plastic sheeting
- Duct tape, scissors
- Extra set of keys and IDs
- Local maps



- Small tent, compass and shovel
- Household chlorine bleach and medicine dropper
When diluted nine parts water to one part bleach, this can be used as a disinfectant. In an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use bleach with added cleaners or bleach that is scented.

Food and water

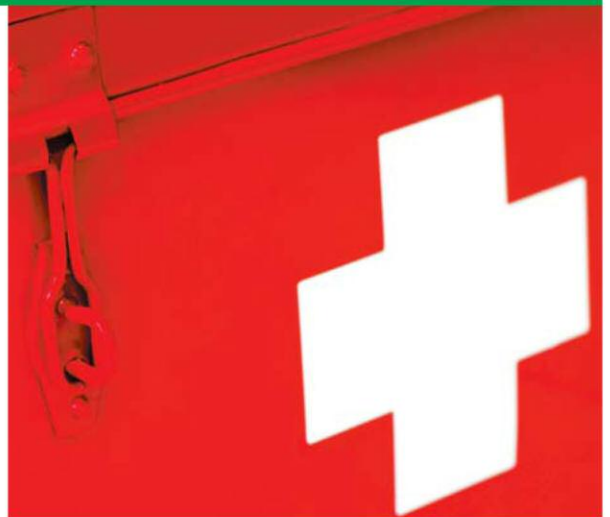


- Three days worth of drinking water, with one gallon of water per person per day. Do not stockpile soda.
- Three-day supply per person of non-perishable foods. Take into consideration special dietary needs. Avoid salty foods that make you thirsty and include canned foods with high liquid content.

Recipes for **DISASTER** Checklists

First aid and emergency medical kit

- First aid manual
- Bandages, including gauze and bandage tape
- Germicidal hand wipes or alcohol-based hand sanitizer
- Antiseptic wipes
- Non-latex gloves
- Antibacterial ointment
- Scissors (small, personal)
- Tweezers
- CPR breathing barrier, such as a face shield
- Prescription medications (such as heart and blood pressure medications or asthma inhalers) and medical supplies, such as insulin and blood-pressure monitoring equipment, if applicable
- Non-prescription medication, such as acetaminophen, ibuprofen, anti-diarrhea medicine, antacids and laxatives



Personal items

- Extra prescription eyeglasses, if applicable
- Denture and contact lens supplies, if applicable
- Hearing aid batteries, if applicable
- Diapers and infant supplies, if applicable
- Sleeping bag or warm blanket for each person. Additional bedding if you live in a cold-weather climate.
- Complete change of clothing for each person, including a long-sleeved shirt, long pants and sturdy shoes. If you live in a cold climate, add jacket or coat, hat, mittens and scarf.
- Moist towelettes, feminine hygiene supplies, latex gloves and other items for personal sanitation

Important documents: Store in waterproof, portable container

- Birth, marriage and death certificates
- Insurance policies and will
- Contracts, deeds, stocks and bonds
- Passports, Social Security cards
- Immunization records
- Bank account numbers, credit card account numbers and company contact information
- Prescription information
- Inventory of valuable household goods
- Veterinary records for pets, as well as pet photos

Recipes for **DISASTER** Checklists

Get Ready Grocery Shopping List

- Bottled water
- Canned juice
- Canned or boxed milk
- Canned fruits and vegetables
 - Green beans
 - Corn
 - Peaches
 - Fruit cocktail
 - Pears
 - Pineapple
- Peanut butter and jelly
- Canned pasta or spaghetti
- Crackers (look for low-sodium)
- Canned meat and fish
 - Chicken Turkey
 - Tuna Vienna sausages
 - Salmon
- Soups (look for low-sodium)
- Dried fruit
- Protein drinks
- Granola bars
- Dried cereal
- Nuts (unsalted, preferably)
- Cookies, candy bars, hard candy

Emergency preparedness stockpile grocery list

Every American should have at least a three-day supply of food and water stored in their home, with at least one gallon of water per person per day. If you have the space, experts recommend a week's supply of food and water. Choose foods that don't require refrigeration and are not high in salt. Your stockpile should also contain flashlights, a radio, manual can opener, batteries and copies of important documents. Depending on your family's needs, you may also need medical supplies, pet food, contact lens solution or diapers.



If it's too expensive for you to buy everything for your stockpile at once, pick up one or two items every time you go to the grocery store. Stock up on canned vegetables or batteries when there is a sale. Bulk "club" stores can also help you save money on your supplies, especially if you split a case with a friend, co-worker or neighbor, who can serve as your "preparedness buddy."

Recipes for **DISASTER** Checklists

Extra checklist space - Add your own items!

