

COOK IN A CRISIS SITUATION

- THAT'S HOW YOU PREPARE

Many begin their path to becoming more crisis-oriented by focusing on the food issue in particular. Maybe because food can be experienced as something concrete we think about every day? Here we go through the two parts of emergency cooking – how to plan your supply of food and how to cook food without electricity.

What do I need to plan in advance?

Be sure to calmly plan your food supply in advance so you know what you have and how you will use it. Then it will be much easier to handle a crisis situation. Feel free to write down a list of what you should always have at home and check it off from time to time. Based on it, you can also create a weekly menu. Having a plan to start from day one gives you a clear picture of how to lay out your meals, which can also minimize anxiety.

Remember that everyone's life situations look different and when you plan it is important that you start from your particular situation - how many people will the food be enough for? Are there small children? Does anyone have a need for a special diet? What do you usually eat? Do you have pets that also need food?

What kind of food is good to have at home?

During a crisis situation, it is more important that you get some food than none at all. Don't focus too much on counting calories and making sure all the nutrients are balanced. Instead, make sure you have plenty of food with a long shelf life that you can eat in the event of a crisis. Buy food you like and what you usually eat. It's perfectly fine to have your food supply in your pantry, stock up on new food from the back and nothing gets old.

In general, it is good to buy extra canned goods and dry goods for your pantry. The food must be able to be stored at room temperature, be energy efficient to prepare and be able to be prepared quickly and require little water to become edible, or be eaten without cooking.

Dry goods:

- Hard bread
- Powdered milk
- Oats
- Powder moss
- Instant pasta, noodles and rice

Canned food:

- Casserole bases and pasta sauces
- Crushed tomatoes
- Ready-cooked lentils and beans
- Canned meat and fish
- Ready-made preserves, (pea soup, meat soup, ravioli)

Other things that might be good to have in the pantry:

- Chocolate and energy bars
- Fruit and berry preserves
- Jam
- Honey
- Berry and fruit cream and soup



How do I prepare the food?

When you have planned and gone through the food in your pantry, you also need to feel safe about cooking it without electricity. It's important even if you plan to eat food that doesn't need to be cooked because you may also need to boil and purify water if necessary.

Outdoor kitchen

The very simplest is to use an outdoor kitchen. There is a plethora of outdoor kitchens on the market. Which outdoor kitchen you should choose is up to you and your situation, how many of you there are, which fuel you prefer, how you will use the kitchen and so on. In the outdoor market, there are many special kitchens developed to cope with specific situations. Outdoor kitchens can be adapted for winter, high altitude, or be super light to be easily carried. But ask yourself what you need - perhaps you can start by finding a good outdoor kitchen at a second-hand market. Many older outdoor kitchens work just as well today as they did 30 years ago.

Open fire and grill

An open fire or the outdoor grill can also be used in a crisis situation. A fire is both warming and cozy, but should the power go out when the snow blows and it's -30 degrees outside, not everyone enjoys lighting the grill, then it might be nice to have an outdoor kitchen as a backup.

Cooking indoors

First of all, you should light your open-air kitchen outdoors. There is always a fire hazard with lighting it indoors. If the crisis situation really requires you to be indoors, you can light your outdoor kitchen inside. Then it is important that you have plenty of space around your outdoor kitchen and make sure that you do not light it near any combustible material. Be careful when handling gas and flammable liquids. Please have a cover under your outdoor kitchen that cannot catch fire. Make sure to ventilate so that there is plenty of oxygen in the air. Never light your outdoor kitchen under your kitchen hood as it can easily start a fire. Also think through how you can put out a fire if something happens. Fire extinguishers and fire blankets are good to have close at hand. You don't want to make a crisis situation worse.

Start practicing now!

When you have acquired what you need – both raw materials and equipment, it is time to start practicing. To practice is to prepare. Pack the ingredients for a lunch or dinner, some water and your outdoor kitchen in a backpack. Invite friends and neighbors for a walk in nature with a long break to cook and eat together. There is probably no better way to practice. Get out and enjoy!

Scan the QR-code to visit:
Crisis preparedness from MSB
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