



One Week, One Prep – Week 5

Cooking Without Power

Why This Week Matters:

Being able to cook during a blackout keeps your family **safe, fed, and calm**.

Beginner Action Points:

- Buy **one emergency cooking method** (camping stove or similar).
- Get **three fuel canisters** or enough for one week.
- Buy a **manual can opener**.
- Stock **five easy shelf-stable meals**.
- Cook **one full meal this week** using no mains electricity or gas.

Advanced Action Points:

- Own **two different cooking methods** (e.g., camping stove + rocket stove).
- Stock **one month's worth of fuel**.
- Build or purchase a **rocket stove** for long-term resilience.
- Add a **solar oven or kettle** as a free-energy backup.
- Cook **two meals back-to-back** using only stored fuel and food.

Safety Reminder:

- Never use gas or charcoal stoves indoors — carbon monoxide kills silently.
- Store fuels in a cool, dry place away from flames and children.
- Keep a fire extinguisher nearby.
- Have a working carbon monoxide detector if using gas indoors for heating.