



One Week, One Prep – Week 5

Cooking Without Power – Extra Guide

Top Cooking Tips:

- Store **3× more fuel** than expected.
- Practice cooking **before an emergency**.
- Use couscous/instant mash to **save water**.
- Line pans to **reduce washing up**.
- Rocket stoves = **quiet cooking**.

Fuel Usage Guide:

Fuel Type	Approx. Use Time
Butane Canister	2–3 days
Propane Tank (5kg)	2–3 weeks
Charcoal Bag (5kg)	4–6 BBQ sessions
Alcohol Stove (1L)	8–10 boils

Meal Ideas:

- **Breakfast:** Oats + dried fruit, cereal + UHT milk, bars.
- **Lunch:** Couscous + tuna, crackers + peanut butter, tinned soup.
- **Dinner:** Pasta + jar sauce, curry mix + rice, noodles + beans.
- **Snacks:** Nuts, dried fruit, chocolate, tea, coffee, hot chocolate.

Safety Reminder: ■ No gas/charcoal stoves indoors. ■ Store fuels safely. ■ Keep a fire extinguisher nearby. ■ Use a CO detector with gas heaters.