



TUALATIN VALLEY
WATER DISTRICT

**ARE YOU PREPARED
WITH A PLAN FOR COOKING
AND KEEPING WARM?**

Your emergency kit should include portable, ready-to-eat foods that can be used in any situation. However, heating food and water can help kill pathogens and sitting down to a cooked meal provides comfort during a high-stress situation. Cooking also allows you to store lightweight items like freeze-dried camping foods or inexpensive options like bulk beans or rice, which need to be rotated out for freshness and quality.

Emergency Cooking Options

Not all cooking options are safe to use in enclosed spaces. When possible, use emergency cooking options outdoors. Be sure to read instructions before use.



Outdoor Grill or Smoker

Store an extra propane cylinder or a few extra bags of charcoal.



Camping Stove

Camping stoves are lightweight and portable. Keep them accessible – don't bury them with camping gear.



Emergency Stove

Folding emergency stoves are inexpensive and can be added to emergency bags.



Other Options

Other emergency cooking options include self-heating MREs, tiny wood burning stoves like the Emberlit, or "Buddy Burners" like you made at summer camp.

Keeping Warm

Weather can change rapidly at any time. Consider adding these items to your emergency kits:

- Kerosene or propane heaters. These produce carbon monoxide, so add a CO alarm and plan for ventilation if used indoors.
- Warm clothing for the entire family including gloves, hats and rain gear.
- Blankets or sleeping bags. Mylar emergency blankets are great for vehicle kits.
- Hand or toe warmers.

[Click here for past newsletters and other emergency preparedness tips](#)



How is your emergency kit coming along? We want to see it. Send pictures of your progress to communications@tvwd.org. We will feature customer photos in future newsletters.



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