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EXTENDING KNOWLEDGE >> CHANGING LIVES

Upcoming Webinars

- **March 4 - Food preservation all year - Fruit leathers, apple chips, jerky and more!**
- **March 11 - Debunking common vegetable gardening myths**

Julie Garden-Robinson, NDSU Extension food and nutrition specialist and professor

Esther McGinnis, NDSU Extension horticulturist and associate professor



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Presenter

Audio Settings ^



Chat



Raise Hand



Q&A

Leave

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- **Please complete the short online survey** that will be emailed to you after today's webinar. It will take just a couple minutes!
- Be sure to sign up for an opportunity to win a prize in the drawing. After submitting the survey, a form to fill out with your name/address will appear.

Acknowledgement: This project was made possible with funding from the North Dakota Department of Agriculture through the U.S. Department of Agriculture's Specialty Crop Block Grant program. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.



Feb. 25

The prepared consumer: From grocery aisle to emergency plan

Cindy Brison, University of Nebraska Extension educator



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mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442;

e-mail:
program.intake@usda.gov

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correo postal:
U.S. Department of Agriculture
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Farm Act - Revised Public Notice July 2016

Mile compradores a l'Farm Act - Revised July 2016



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2026

field to fork



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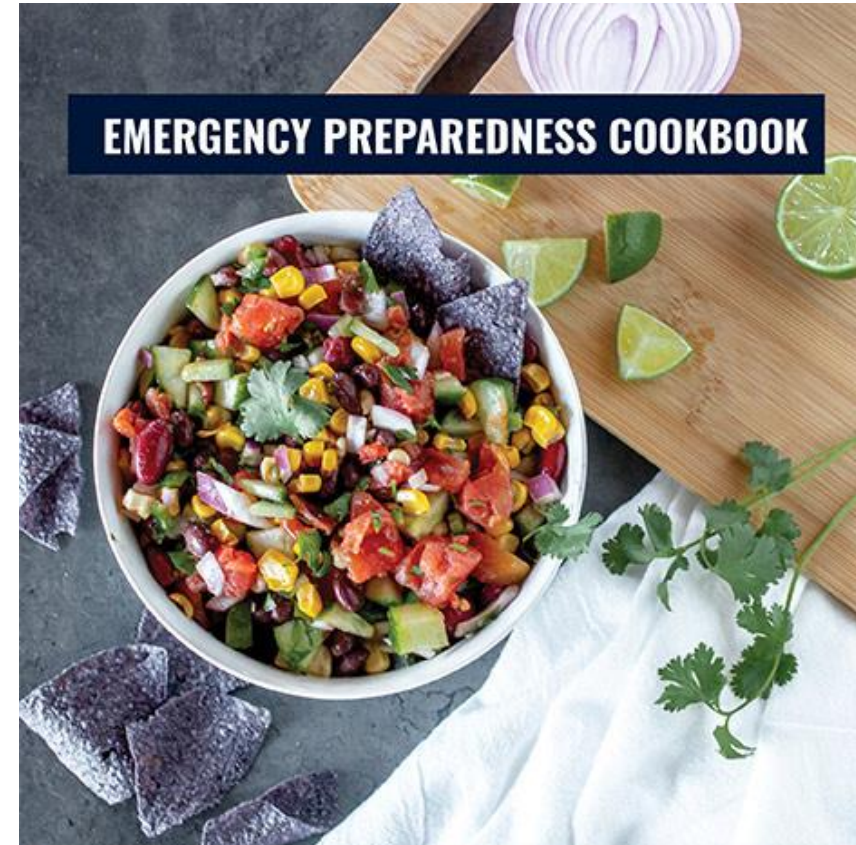
- Severe storms have led to an increase in extended power outages across the state. In these moments, families need:
 - Simple, nutritious meal ideas that don't require electricity
 - Clear food safety guidance on what to keep and what to toss
- Lights Out Cooking was created by the Nebraska EDEN team (adapted with permission from Texas A&M) to help families be:
 - Better prepared for outages and emergencies
 - More confident in their food choices so they are nourished during emergencies



History Behind the Cookbook

Texas A&M Extension's *Dinner Tonight*
Emergency Preparedness Cookbook

- “Keep your family safe and prepared for unexpected events or emergencies, such as natural disasters, loss of power, or fires.”
- The *Dinner Tonight* cookbook is a downloadable file that contains three days' worth of recipes that can easily be made with minimal preparation, ingredients, and resources.





Research

- Research consistently demonstrates that individuals and communities prepared for disasters fare better during and after those events
- Preparedness, like having emergency plans, supplies, and knowledge, significantly reduces negative impacts such as physical harm, emotional distress, and property damage
- Every \$1 spent on ... preparedness can save communities \$13 in damages, according to the U.S. Chamber of Commerce
 - <https://www.uschamber.com/security/being-prepared-for-the-next-disaster-pays-off-new-study-shows> June 2024





Who Fares the Worst in Disasters

- Women, children, the elderly, people in poverty
- Especially people over the age of 60
- Experiencing higher mortality rates and slower recovery
- These groups face greater risks, including limited mobility, inadequate housing, and fewer resources to survive or recover

Create an emergency food preparedness kit:



- Based on the needs of a household (*children, special diets, pets*)
- **Pantry:**
 - Build it a little over time to fit your budget
 - Rotate items regularly to keep them fresh
 - Preparedness can be as simple as extra canned foods in a pantry
- Prepare **Go Bags** that can be used in any disaster
 - Example: a backpack with non-perishable foods for evacuations
 - Possibly one per family member
 - Don't forget your pets



Pantry--Shelf stable foods

- Canned proteins-tuna, chicken, beef, salmon, shrimp
- Peanut butter, nuts
- Canned fruits and vegetables
- Dried beans, pasta, rice
- Pasta sauces
- Cereal, oatmeal, tortillas



Diabetes-Friendly Pantry List

Fruits and Vegetables

- Fresh fruits and vegetables
- Canned fruit, in juice
- Unsweetened applesauce
- Canned vegetables (no salt if possible)
- Canned tomatoes
- Tomato sauce
- Salsa

Seasoning

- Cinnamon
- Garlic powder
- Onion powder
- Paprika
- No salt seasonings, such as McCormick Sunshine
- Italian seasoning
- Olive oil

Grains

- Whole grain pasta
- Quinoa
- Brown rice
- High-fiber cereals
- Oats (Steel cut or old fashioned)
- Popcorn (such as Skinny Pop individual bags)

Proteins

- Beans (canned or dried)
- Lentils
- Bean soups
 - Black bean
 - Minestrone
 - Tuscan white bean
 - Bean and barley
 - Lentil soup
- Canned salmon, chicken, or tuna
- Peanut butter
- Nuts and seeds
- Packaged roasted chickpeas
- Shelf-stable milk

Other

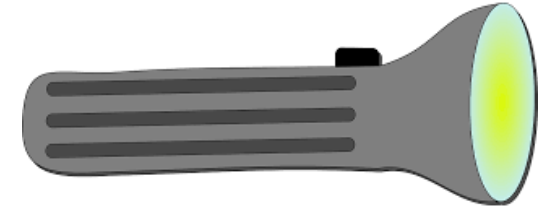
- Sugar free Jello
- Sugar free pudding

Rotate your stock

Best practice for storing:

- <https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>
- Rotate at least every six months
- Watch for signs of pests or can damage





Emergency Kit

- Flashlight with working batteries (check periodically) or rechargeable lanterns
- Important papers in a plastic zippered bag
- Meds
- Matches in a safe container
- Battery operated radio
- Charging cords
- Snacks/water



- Aftermath of a flood, fire or other disaster
 - Safe clean up-what to toss
- Managing food and water supplies:
 - Before (prepare), during (use) and after (restock) a disaster
 - What to use immediately
 - What to toss and when
 - Neighborhood party!



Frozen Canned Goods--USDA



- If the cans are merely swollen - and you are sure the swelling was caused by freezing - the cans may still be usable.
- Let the can thaw in the refrigerator before opening.
- If the product doesn't look and/or smell normal, throw it out. **DO NOT TASTE IT!**
- If the seams have rusted or burst, throw the cans out immediately, wrapping the burst can in plastic and disposing the food where no one, including animals, can get it.





Exposure to Heat and Sunlight

- Safety Risk: Exposure to heat over 100° can cause dangerous, undetectable, spoilage.
- Immediately throw away cans that are bulging, rusting, leaking, or damaged, as these suggest seal failure.
- Even if not spoiled, extended storage in heat causes faster nutrient loss, texture changes, and reduced shelf life.
- If a can has been in a hot car or storage shed for a long time, it is better to discard it.



Food Safety After a Flood

- <https://food.unl.edu/food-safety-after-flood/>
- Throw away any food that is not in a waterproof container if there is any chance that it has become contaminated
- Food containers that are not waterproof include:
 - Screw-caps, snap lids, pull tops, and crimped caps.
 - Cardboard juice/milk/baby formula boxes and home canned foods if they have come in contact with flood water



Food cans that are not bulging, open, or damaged

- Remove can labels.
- Wash cans with soap and warm, clean water.
- Place in water and allow the water to come to a boil and continue boiling for 2 minutes OR place cans in mixture of bleach and water for 15 minutes. (3.2 TBSP per gallon of bleach)
- Allow to air dry.
- Re-label cans with a permanent marker.
- Use cans as soon as possible.



You don't have power, now what?



- Cooking options without power
 - Safe use of generators, grills and propane stoves
- Recipes to make without power
 - Many are NEP recipes—nutritious and easy to prepare
 - Meal ideas
- Resources
 - What to keep and what to toss



Create a Meal with Items in Your Pantry

- What would it look like?
- All food groups?
- Further preparation/cooking?
- Could you survive three days with the food in your home?





What Can You Power?

TABLETS, LAPTOPS, TVS, AND MORE...

Phone Charger	60 hours
Tablet	17 hours
Laptop	5 hours
Nintendo Switch	14 hours
CPAP Machine	6 hours
LED Lights	100 hours
Television	2 hours
Mini Fridge	4 hours



No Power—Problems for More than Food!

- Consider medical devices
 - O2 machines
 - CPAPS
 - Refrigeration for meds
 - Electric wheelchairs
 - Chair lifts in the house
- Refrigerators and Freezers
- Electronic devices





Basic Emergency Preparedness for the Community

a guide to staying safe
and ready in any situation



Why Emergency Preparedness Matters

- Natural disasters, power outages, and other emergencies can happen anytime
- Being prepared reduces panic and improves response
- Protects lives, property, and the community



Creating an Emergency Plan



- Identify local risks (flood, storms, wildfire, etc.)
- Establish emergency contacts and communication methods
- Plan evacuation routes and shelter locations
- Practice emergency drills regularly

DO YOU KNOW
the difference between a watch and a warning?

WATCH VS. WARNING



TACO WATCH

We have the ingredients to
make tacos



TACO WARNING

We're having tacos.
RIGHT NOW!

DO YOU KNOW

what the siren sounds mean?

Tornado/Storm Warning



long, steady siren in one tone for three minutes

Fire



alternating high/low tone for approximately three minutes

Ambulance



loud, wailing sound that alternates between high and low pitches

Building an Emergency Kit

Essential Items to include:

Water (1 gallon per person
per day for at least 3 days)

Non-perishable food for
at least 3 days

Flashlights, extra
batteries and candles



First-aid kit and
necessary medications

Important documents in
a waterproof container

Personal hygiene and
sanitation supplies

Staying Informed during Emergencies



- Sign up for local alerts and weather warnings
- Have a battery-powered or hand-crank radio
- Follow official sources on social media
- Know emergency contacts for fire, medical and law enforcement



Evacuation and Shelter Guidelines

- Follow local evacuation orders immediately
- Have a go-bag ready with essential items
- Identify nearest shelters and alternative locations
- If safe, help elderly neighbors and those with special needs



Where Do You Get Your Weather Information From

- Radio
- Cell phone
- Television
- Social Media
- Neighbors
- Rely on tornado sirens
- Other?



Emergency Preparedness for Families

- Assign roles to each family member
- Keep emergency contacts easily accessible
- Teach children how to call 911
- Have a backup location to reunite if separated
- Identify a family member or friend who can be your out-of-area or out of state contact



Community Involvement in Preparedness



- Join or start a community emergency response team (CERT)
- Organize preparedness workshops and drills
- Support vulnerable populations such as seniors and people with disabilities
- Work with local emergency services and authorities

Lights Out Cooking

A 72-Hour Emergency Preparedness Cookbook



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Managing an Emergency Water Supply



- Store at least one gallon of water per person per day
- Keep at least a three-day supply
- Boiling, disinfecting and filtering methods to purify water
- Replace stored water every six months

Managing an Emergency Food Supply



- Maintain at least a three-day supply or non-perishable food
- Choose foods that do not need cooking or refrigeration
- Store food in a cool, dry, dark area
- Rotate food to avoid expiration

Cooking Options without Power

- Use gas or propane stovetops safely
- Consider portable burners and camping stoves
- Use grills and outdoor fire pits with caution
- Have a manual can opener and disposable utensils
- Meat thermometer



Sample Emergency Recipes

- Maple Banana Nut Oatmeal
- Buffalo Chicken Salad
- Salmon Tacos
- Stir Fry
- Peanut Butter Energy Bites



Emergency Shopping List

- Instant oatmeal, canned beans, canned vegetables
- Canned chicken, tuna, salmon
- Shelf-stable tortillas, rice, peanut butter
- Spices, oils, and condiments for seasoning
- Manual can opener and disposable utensils

Lights Out Cooking Safety

- Use fresh produce first before spoilage
- Keep food in coolers if refrigeration is unavailable
- Never cook indoors with fire
- Ensure food reaches safe cooking temperatures

Conclusion: Be Ready, Stay Safe

Preparedness saves lives and reduces harm

Small steps today lead to better safety tomorrow

Encourage others to take emergency readiness seriously



UNL Marketplace:

- **Digital download** – <https://go.unl.edu/lights-out-cooking>
 - \$5.00 English, \$5.00 Spanish, \$8.00 for both---one-time download plus tax
- **Print Edition** – <https://go.unl.edu/lights-out-cookbook>
 - \$15 plus tax
 - Pick up from the UNL Warehouse | Shipping is available for a fee



Questions??????

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