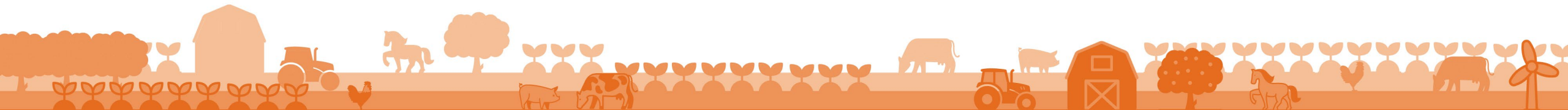


# Lights Out Cooking

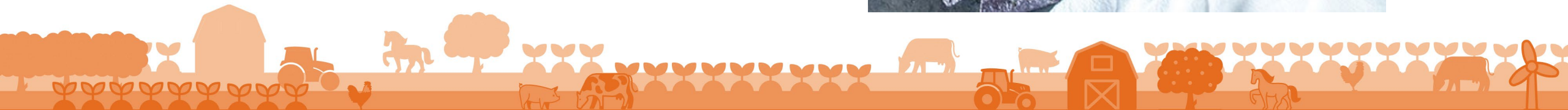
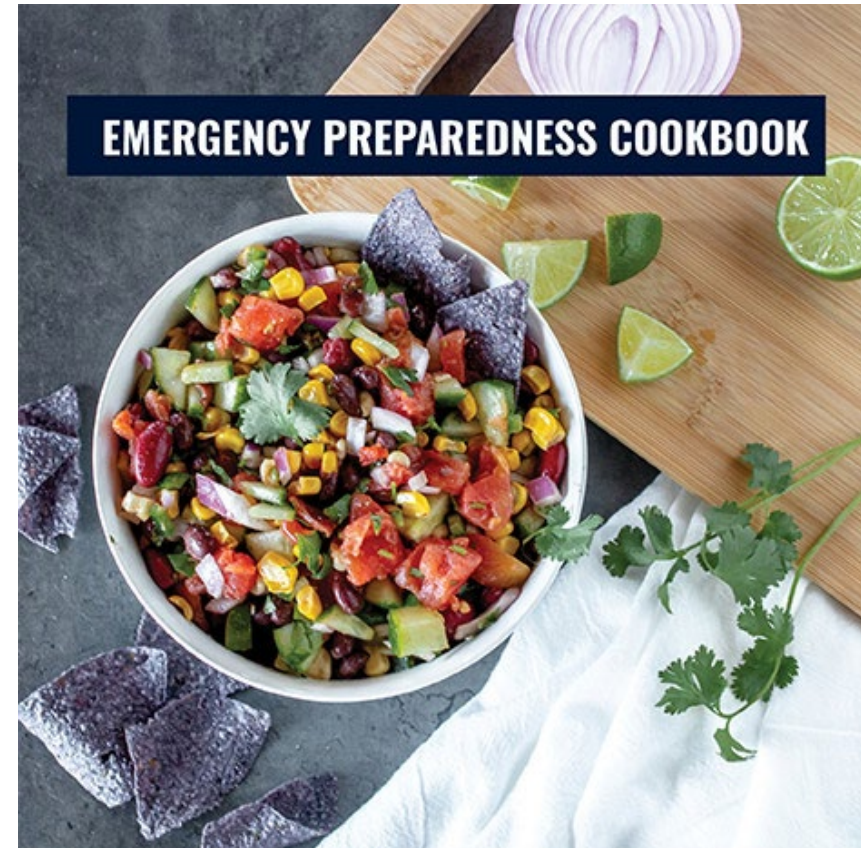
Cindy Brison, MS, RDN

Nebraska Extension



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

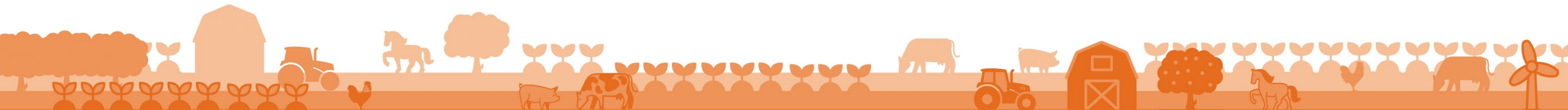
- “Keep your family safe and prepared for unexpected events or emergencies, such as natural disasters, loss of power, or fires.”
- The *Dinner Tonight* cookbook is a downloadable file that contains three days' worth of recipes that can easily be made with minimal preparation, ingredients, and resources.



# Nebraska:



- 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



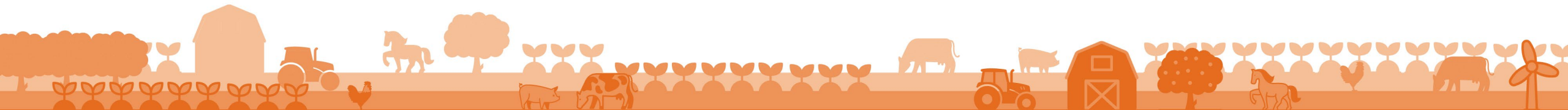
# Cookbook Creation

- Programming dollars used for printing and pilot studies
- Vista volunteer created all the design work and translation
- Numerous printings before it was considered correct for use



# Every Nebraska Extension Office Received a Cookbook

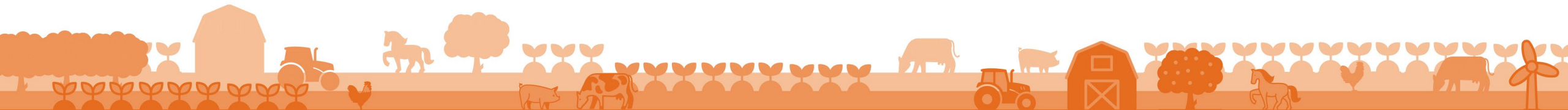
- Covering all 93 counties
- For use in programming across all of Nebraska Extension's focus areas
- A resource for all faculty and staff to help respond to questions from the public and stakeholders
- Facilitated a statewide training via Zoom on using the resource for programming
- Provided a professional development training for Food, Nutrition and Health educators to utilize the book in *any* training





# Research

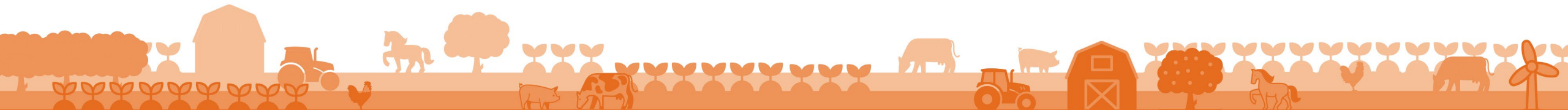
- Research consistently demonstrates that individuals and communities prepared for disasters fare better during and after those events
- Preparedness, encompassing factors like having emergency plans, supplies, and knowledge, significantly reduces negative impacts such as physical harm, emotional distress, 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



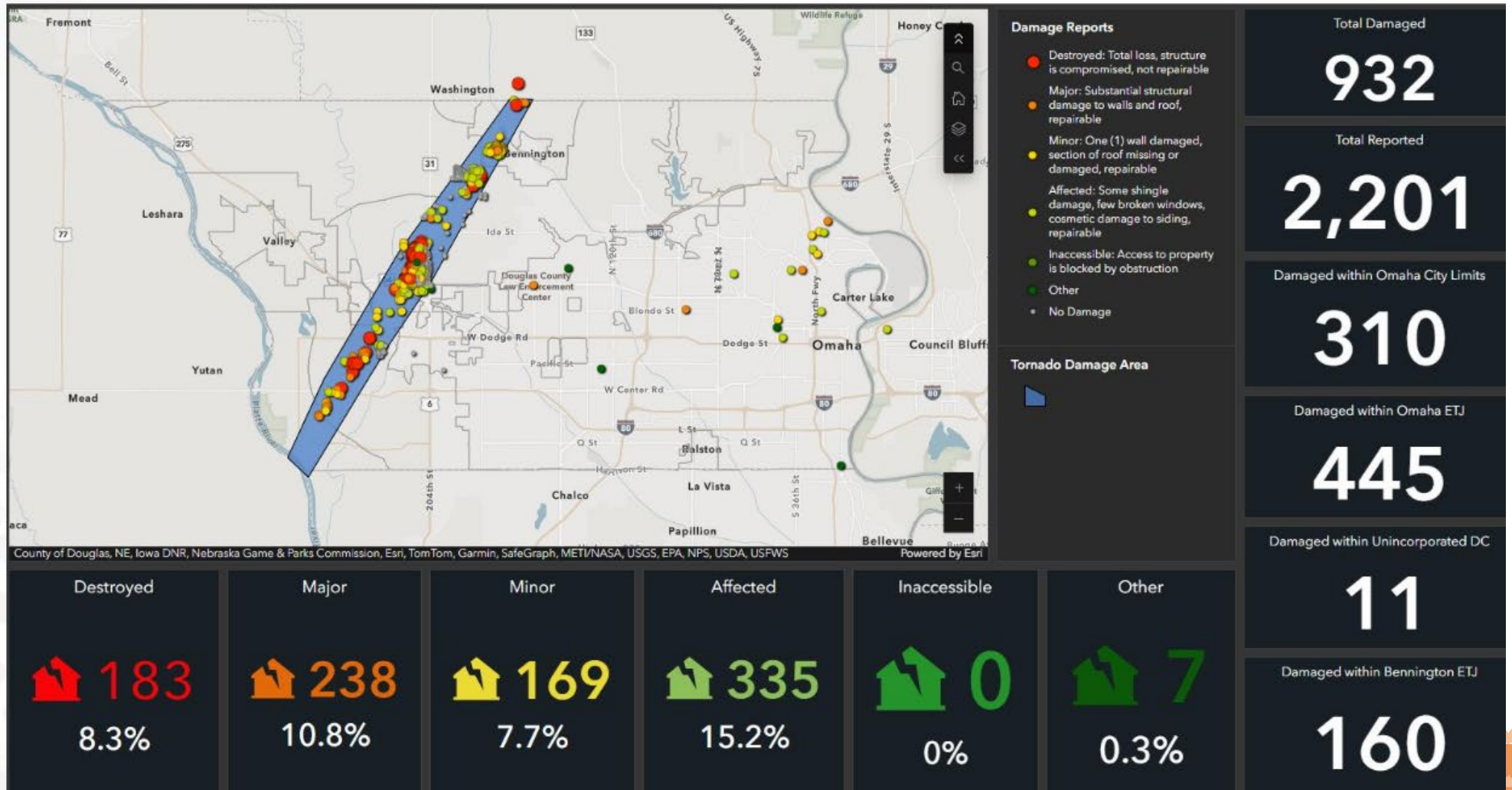
# 2024 Arbor Day Tornado Outbreak

## National Weather Service (NWS) Information

- Rating: 5 tornadoes were rated EF-3 or EF-4 (max wind speeds of 170 mph)
- 3:50 pm – 4:29 pm
- Max width: 1 mile
- Track length 31.2 miles
- Rating: Outcomes: 0 deaths, minimal injuries
- 932 Homes damaged/destroyed

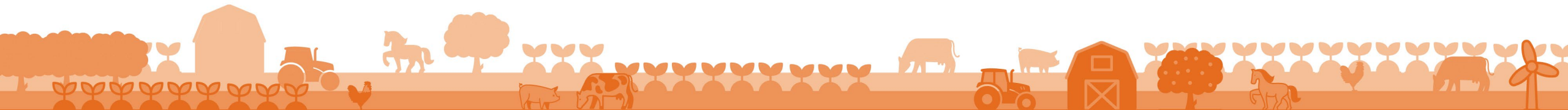


# Douglas County Tornado Damage

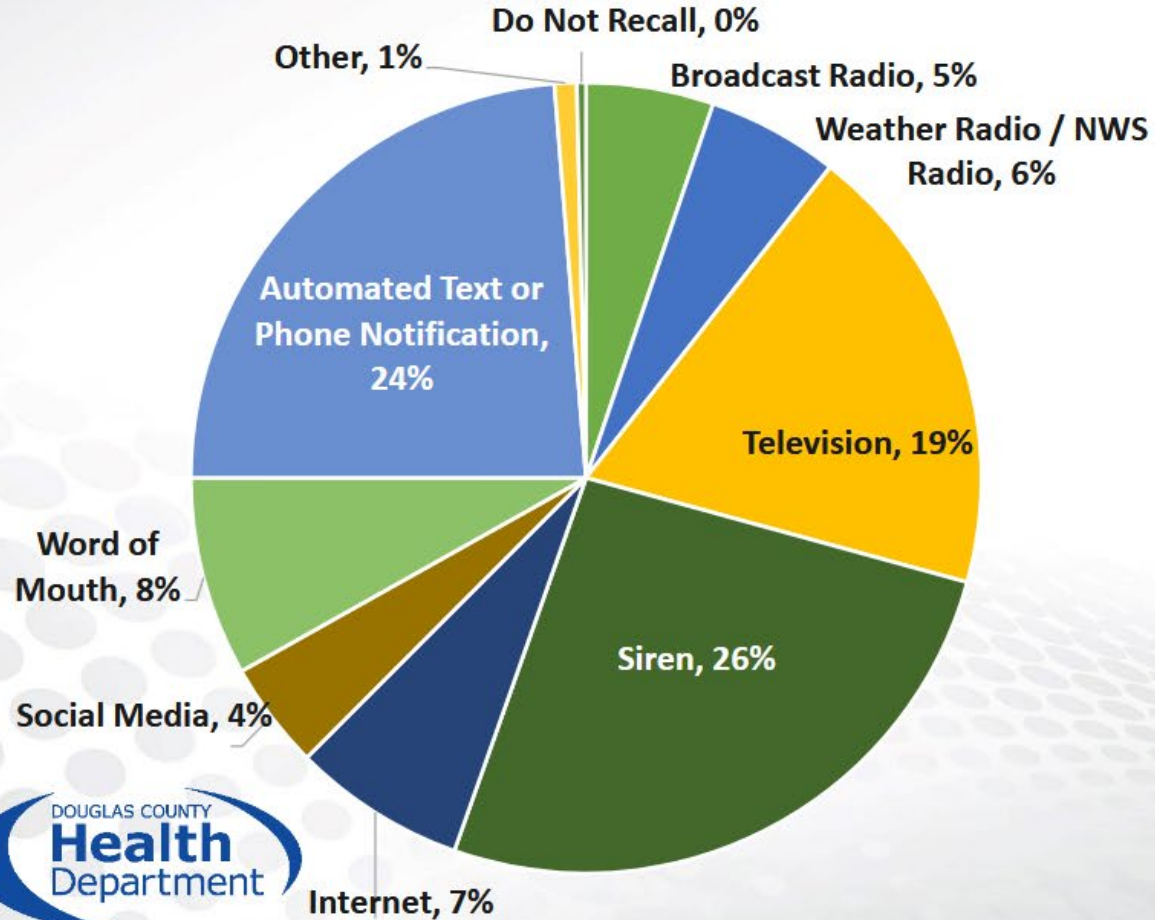


# Statistics from Douglas County, Nebraska

- 2512 surveyed June 2024 post-tornado
- 77% knew where to shelter safely
- 77% knew how to receive emergency alerts and warnings
- 61% knew how to contact family members if not together
- 40% knew how to get copies of important documents
- 29% had an exit route for evacuation
- 15% had an emergency kit, with 34% stating they used them (flashlight)



# Tornado Warning Communications



Siren – **78.6%**

Text message/cell phone – **71.3%**

TV – **56.1%**

Word of mouth – **24.5%**

Internet/online news source – **21.3%**

Weather radio – **16.23%**

Broadcast radio – **15.7%**

Social media – **3.4%**



Healthy. Vibrant.  
Everyone. Everywhere.



# Barriers to Protective Actions and Communications

## Complex Medical Needs

- Insulin reliance – **13%**
- Mobility assistance device use – **9%**
- Oxygen/ventilation reliance – **4%**
- Difficulty accessing services after tornado – **11%**

## Barriers to Effective Communication

- Impaired hearing – **5.2%**
- Impaired vision – **1.4%**
- Developmental or cognitive disability – **4.9%**



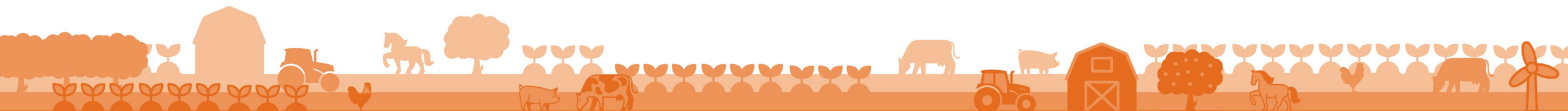
# Who Do We Want to Reach?

- All Nebraskans, especially over 60
- Newcomers to Nebraska
- Participants in Nutrition Education Programs (NEP, SNAP)
- Community Partners and Stakeholders
- EDEN and Food Safety educators

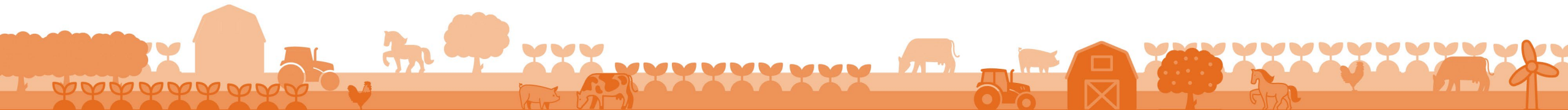


# What Does the Training Cover

- Create an emergency food preparedness kit:
  - Based on the needs of a household (*children, special diets, pets*)
  - Build it a little over time to fit your budget
  - Rotate items regularly to keep them fresh
  - Prepare Go Bags that can be used in any disaster
    - Example: a backpack with non-perishable foods for evacuations
  - Preparedness can be as simple as extra canned foods in a pantry



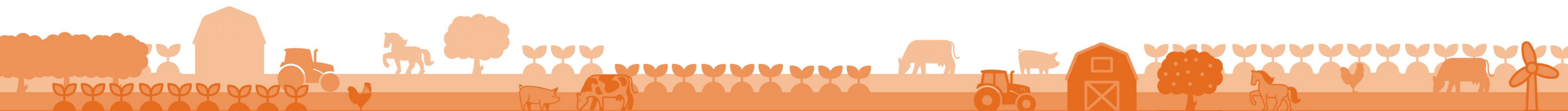
- Aftermath of a flood, fire or other disaster
  - Safe clean up-what to toss
- Managing food and water supplies:
  - Before (prepare), during (use) and after (restock) a disaster
  - What to use immediately
  - What to toss and when
  - Neighborhood party!



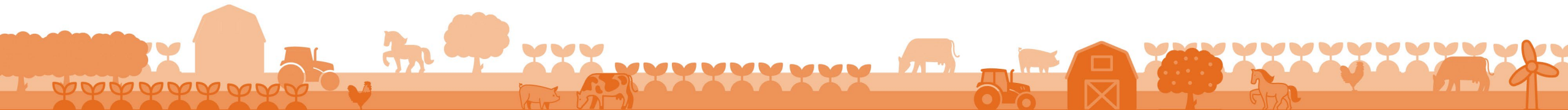
# You don't have power, now what?



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



# Power Point to use for Consumers during Class





# 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



# 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



# 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



# 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



# Emergency Preparedness University of Arkansas on EDEN Site

## PREPAREDNESS & RESILIENCY COOKBOOK



**DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION**

*University of Arkansas System*

Guide to help you and your family  
prepare and plan for 14 days of  
meals and snacks.

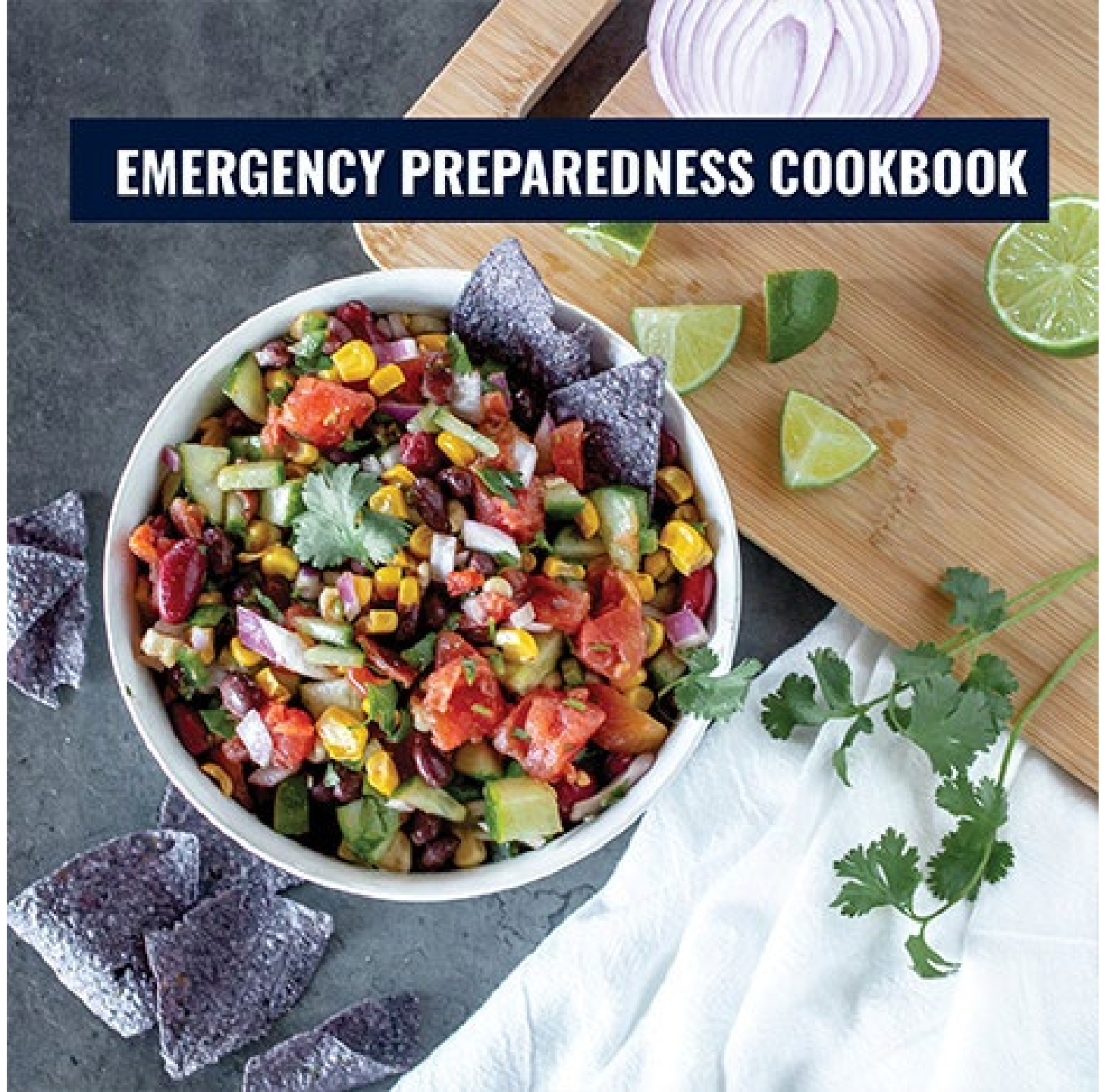


### ACKNOWLEDGMENTS

Recipes and content provided by:  
Houston Department of Health and Human Services  
Stephen L. Williams, M.Ed, MPA  
Raouf Arafat, MD, MPH, Norma Atherton, MS  
Margaret Raber, Olalade Coker, MPH  
Oregon State University's Food Hero  
University of Guam EFNEP SNAP-Ed

Emergency  
Preparedness  
Texas A&M

**EMERGENCY PREPAREDNESS COOKBOOK**



**360**

**Extension  
experts**

**Working in all 93  
Nebraska counties**

**Connecting with  
1.9 million  
Nebraskans**

**In 8 major  
program areas**

# Nebraska Extension is...

**UNIQUELY LOCAL** We are where you are.

**COLLABORATIVE** We love working with our fellow Nebraskans.

**RELEVANT** If it's important to you, it's important to us.

**ACCOUNTABLE** We answer to the Nebraskans we serve.

**RESEARCH-BASED** You can count on us for unbiased information.

**INCLUSIVE** We're here to serve all Nebraskans.

**RESPONSIVE** We're ready when and where Nebraskans need us.

**INNOVATIVE** We're never satisfied with the status quo.

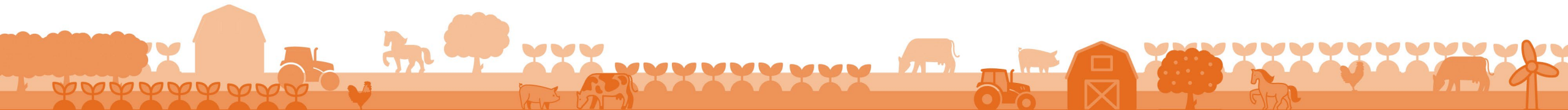


Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

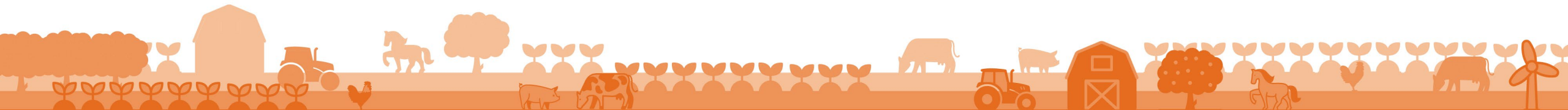
# Hands On Food Experience

- Discuss what types of food may work with their household versus recipes offered
- Offer suggestions for creating their kits
- Prepare one or two recipes from the book
- OR
- Layout a food items that may be in any household and ask them to create a snack or one meal item



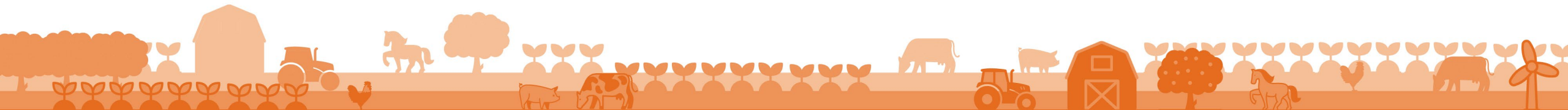
# Places to Offer the Presentation

- Loop presentations on a monitor at your local county fair or other community events
- We provided a booth with information and live demonstrations of recipes on August 26 at the Nebraska State Fair during Older Nebraskan Days
- Share with County Commissioners, Extension Boards, Partners and Stakeholder Groups, Community Organizations Active in Disasters (COAD)



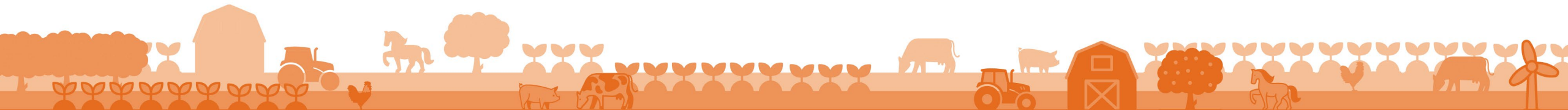
# Toolkit

- Power Point
- PEARS evaluation for the consumer
  - Can upload to PEARS or print out
- Postcard information for downloads/purchases



## UNL Marketplace:

- **Digital download** – <https://go.unl.edu/lights-out-cooking>
  - \$5.00 English, \$5.00 Spanish, \$8.00 for both---one-time download
  - **Discount Codes:** For Nebraska Extension programs/workshops/or public events
    - Value: \$5 toward a one-time download (Contact Cindy Brison ([cbrison1@unl.edu](mailto:cbrison1@unl.edu)) or Soni Cochran ([scochran2@unl.edu](mailto:scochran2@unl.edu)) for the code)
- **Print Edition** – <https://go.unl.edu/lights-out-cookbook>
  - \$15
  - Pick up from the UNL Warehouse | Shipping is available for a fee

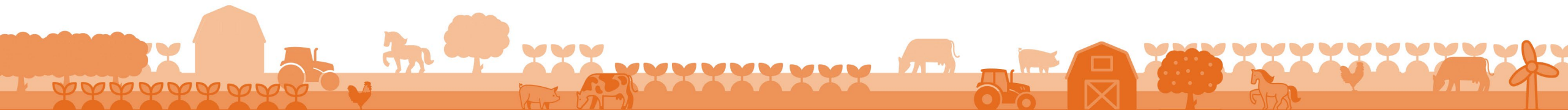


# UNL Marketplace:

- Email [unlextension@unl.edu](mailto:unlextension@unl.edu). . .
  - . . . to coordinate picking up the print version of the cookbook from the UNL Warehouse.
  - . . .if an organization is tax-exempt, and they want to purchase digital or print versions of the cookbook and not be charged tax.



- Add a copy of the book to your office or personal emergency kit
- Use in Extension programs
- Recommend to the communities you serve
- Purchase as a gift, door prize or raffle item



# Questions??????

- Cindy Brison, MS, RDN
- Nebraska Extension
- [cbrison1@unl.edu](mailto:cbrison1@unl.edu)
- 402-444-7872



**DISASTER EDUCATION**

disaster.unl.edu

