BEST PREP.

GUIDE 06 · PRINT IT AND KEEP IT WITH YOUR KIT

COOKING WITHOUT POWER

Hot food during an outage without putting your home at risk.



0	50%	2
grills or charcoal indoors	less fuel with retained heat	ways to light it: lighter and matches

01

CARBON MONOXIDE

- Invisible, odorless and deadly
- No grills or charcoal indoors
- No generators in garages or balconies
- Install a CO detector

02

PLAN A: DON'T COOK

- Canned food and beans
- Bread, crackers, nuts
- Saves fuel and risk

03

PLAN B: CAMP STOVE, OUTSIDE

- Canister stove on an open patio
- Fuel for a week
- Lighter and matches
- Quick foods: pasta, couscous

04

PLAN C: RETAINED HEAT

- Boil a few minutes, lid on
- Covered pot in a box with blankets
- Twice the usual time: it finishes itself

05

OTHER OPTIONS

- Solar oven on sunny days
- Power station: only briefly
- Fireplace or wood stove in good condition

06

KEEP ON HAND

- Stove and canisters
- Pot with lid and a small pan
- Manual can opener
- CO detector

! Headache, dizziness or nausea in several people at once: get outside into fresh air and call emergency services.