

FREE GUIDE • HOMESTEAD

Cooking Without Power

Your meals, your heat source, your fuel and a week of pantry dinners, written down.

Hey, I'm Randall. I'm a former Marine Combat Engineer, and my wife, Robbie, is a registered nurse. When the power goes out at four in the afternoon, dinner should not be a debate. Fill this in now. Pencil is fine.

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"She looketh well to the ways of her household, and eateth not the bread of idleness."

Proverbs 31:27 (KJV)

Step 1: Food That Needs No Cooking

Ready.gov: stock canned foods, dry mixes and other staples that need no refrigeration, cooking, water or special preparation, and include a manual can opener and eating utensils. Commercially canned food may be eaten out of the can without warming. [S1]

☐ Manual can opener with the food

☐ Eating utensils, plates, cups

☐ Several days of no-cook food

☐ Special diets and baby food covered

Step 2: Worksheet A, Meals and Fuel

People: _____ Days: _____ Hot Meals Per Day: _____ Total Hot Meals (days X Hot Meals Per Day): _____

Hot Meal: _____ What It Takes (boil Water, 15 Min On A Burner): _____ Water It Needs: _____ Fuel Per Meal: _____

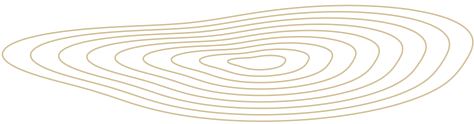
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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One Canister Or Tank Lasts (from The Label): _____

Fuel We Need On Hand (canisters = (hot Meals X Burner Minutes Per Meal) / (burner Minutes Per Canister), Rounded Up):

Fuel We Have: _____





STEP 3

Pick Your Heat, and Use It Safely

Ready.gov lists candle warmers, chafing dishes, fondue pots or a fireplace as emergency cooking sources, and says charcoal grills and camp stoves are for outdoor use only. [S1]

Carbon monoxide: the rule that does not bend

- Generators, camp stoves and charcoal grills always go outdoors, at least 20 feet from windows. [S2]
- Never use a gas stovetop or oven to heat your home. It raises the risk of carbon monoxide poisoning, fires and burns. [S2]
- Not in the garage, not on a covered porch, not just for a minute. Outside means outside.
- Battery-backup CO alarm on every level. If it sounds, get everyone outside right away. Then call 911.

Indoor option: a battery power station makes no exhaust. Check a kettle or hot plate's watts against the station's output rating first; heating drains stored power fast.

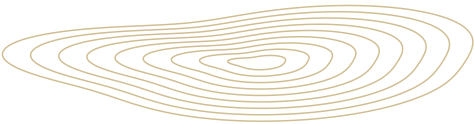
Our Outdoor Stove And Where It Is Kept:	Our Indoor Option, If Any:

Step 4: Seven Pantry Dinners

Day 1: cook fridge food first, within 4 hours of the power going out. The CDC says a closed fridge keeps food safe up to 4 hours; after that, throw out perishables. [S3]

Day:	Dinner (from Stored Food):	Heat Needed:





STEP 5

Fuel Store and Rotation

Store fuel the way its label says, away from the living space, and use the oldest first.

Fuel (canister, Propane, Charcoal):	How Much:	Where Stored:	Date Bought:	Next Check:

Gear for This Plan: Our Picks

- **Hot-water meals:** Mountain House Essential Assortment Bucket. About 17 cups of water to prepare every meal in it.
- **Indoor heat without fumes:** EcoFlow DELTA 3 Classic (1024Wh) or Jackery Explorer 1000 v2. Heating drains stored power fast.
- **Still on the list, no pick yet:** an outdoor camp stove and its fuel, and a manual can opener.

Read more on our site • The picks, with the tradeoffs:

Cooking Without Power: Gear for This Plan

Read more on our site • Size the power station:

Power Outage Family Plan

Read more on our site • The first three days of food:

72-Hour Emergency Food Supply for a Family

Sources

- [S1] Ready.gov (FEMA): Food. Updated 03/12/2026. Read 10/11/2026.
- [S2] Ready.gov (FEMA): Power Outages. Read 10/11/2026.
- [S3] CDC: Keep Food Safe After a Disaster or Emergency (Nov. 24, 2025). Read 10/11/2026.

