

Off-Grid Cooking Means & Methods Checklist

4 Oct 2014

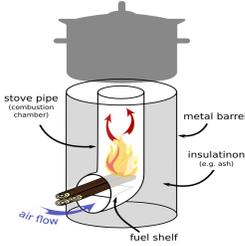
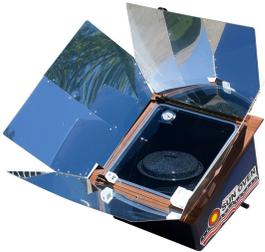
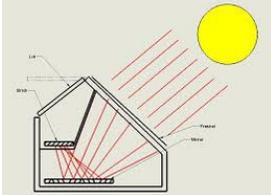
Purpose: To help you select and acquire everything you will need to cook meals; if there is no electricity.

From the following Off-Grid Cooking solutions, select 1 to 2 of these as your primary and 1 to 2 as backup means of cooking in an emergency situation where you are without electric power. If you have natural gas in your home, it will also go off when the power stays off for any length of time.

_____ 0) Write down the ways you already have of cooking off-Grid _____

_____ 1) Check out the solutions below for the ones that best fit your needs. Write down prices and your notes as you research.

Item	Picture	Price & Notes
Propane Barbecue Grill <i>Find at:</i> Home Depot Target Craigslist		
Camping Stove - Camp Chef <i>Find at:</i> Sporting Goods Store Target Ebay.com		Approx \$70 to 90
Backpacking Stove - MSR Pocket Rocket <i>Find at:</i> Sporting Goods Store Target www.campmor.com		Approx \$37
Sterno Cans and portable fold out stove <i>Find at:</i> Wal-Mart		
Rocket Stove - Silver Fire Survivor <i>Find at:</i> http://www.silverfire.us/stoves Amazon.com		https://www.youtube.com/watch?v=YxnpSZ6kKp0

<p>Silver Fire Scout <i>Find at:</i> http://www.silverfire.us/stoves Amazon.com</p>		<p>https://www.youtube.com/watch?v=AJMqbc5fbOY</p>
<p>Build your own Rocket Stove <i>Find at:</i> http://sustainablog.org/2011/09/how-to-build-a-rocket-stove</p>		
<p>Solar Ovens - All American Sun Oven <i>Find at:</i> Amazon.com http://eartheasy.com/all-american-sun-oven http://www.solarovens.net</p>		<p>https://www.youtube.com/watch?v=ayJ01wcuH5I</p>
<p>Build your own Solar Oven <i>Find at:</i> http://solarcooking.org/plans/</p>		
<p>Hexamine Stove - Esbits <i>Find at:</i> Amazon.com Ebay.com</p>		<p>https://www.youtube.com/watch?v=61_XWrDH39w Approx \$8 to \$28</p>

_____ 2) Research the tools and cooking implements you will need for the off-grid cooking methods you choose above. Write down prices and your notes as you research. As you cook with these off grid methods you will is cover different utensils and tools that you also will need.

Item	Picture	Price & Notes
Cast Iron Skillet - Lodge (brand name) <i>Find at:</i> Target Wal-Mart		
Cast Iron Dutch Oven - Lodge <i>Find at:</i> Target Wal-Mart		
Stainless Steel Mess Kit - MSR Stowaway 775 <i>Find at:</i> Amazon.com Ebay.com www.gandermountain.com/camping		
Titanium Mess Kit - Ketalist GSI <i>Find at:</i> Amazon.com Ebay.com		
Camping Cooking Utensils Case Iron Pot Handle Holders Light My Fire Titanium Spork Etc.		

- _____ 3) Finalize your research. Circle in pencil the items you will be getting then write down where to get them. Start acquiring the above items you need.
- _____ 4) Test each of you items to insure they work and work the way you expected. Return and replace anything that will not work for you.
- _____ 5) Now that you have all your off-grid cook method + backup systems, tools and utensils, practice cooking meals on each system. Prove to yourself you can cook great meals without electricity by cooking off grid once or twice a month and save money on your electric bill.