

# Food Storage Made Easy Powerless Cooking Class Agenda

Thursday May 10, 2012

7:00 – 8:15 Instruction Session

8:15 – 9:00 Booth Time

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## Instruction Session:

### Introduction

Welcome

Brief powerless cooking and fuel overview

### Product Overviews

Sun Oven: Paul Munsen - President of Sun Ovens Int.

Insta-Fire: Konel Banner – CEO/CFO of Insta-Fire

Volcano: Jodi and Julie - Food Storage Made Easy

Firebox: Ben Probst - Owner of Firebox

Humless: Malcolm Evans - Product Manager for Humless

Butane Stoves: Tami Girsberger- E-prep Expert/Prepare My Life Planner Creator

Wonder Jr: Jodi and Julie - Food Storage Made Easy

### Free/DIY Options

Cardboard Box Ovens: Jodi and Julie - Food Storage Made Easy

#10 Can Stoves: Jodi and Julie - Food Storage Made Easy

Wonderbox Ovens: Jodi and Julie - Food Storage Made Easy

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## Key Points:

- When it comes to cooking without power, you have to have a fuel source. That fuel source may be in the form of the sun, battery, propane, butane, Insta-fire, charcoal or a variety of other fuels.
- Different counties have different regulations, and limitations on fuel storage.
- When it comes to food storage, we recommend learning how to use, and rotate your food storage with power first, then gradually start learning about, and implementing powerless cooking tools.
- There are a variety of make-your-own cooking tools out there. They are good for short-term emergencies, or to practice and get your feet wet if you have a smaller budget. As you're able to allocate more of your budget to powerless cooking tools, we recommend getting more durable tools.

## Additional Notes:

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# POWERLESS COOKING TOOLS

## **Global Sun Oven**

- A fantastic powerless cooking source, the sun is a renewal and FREE cooking fuel, helps conserve fuel storage
- SUN OVENS® enable the sun to bake, boil, and steam a wide variety of food while enhancing the taste and benefiting the environment. You can also boil and purify water, and even use it as a food dehydrator.
- Built-in thermometer, attached one piece collapsible reflectors, spill-proof leveler, self-contained focusing leg
- Reaches temperatures 360 to 400oF. Weighs 21 pounds, opens and folds up in seconds, has a carrying handle
- The food cooked in a Sun Oven is delicious and moist due to the unique way it heats and cooks food.
- **ACCESSORIES PACKAGE INCLUDES:** Multi-Level Dehydrating & Baking Rack Set (set of 3 racks w/1 roll parchment paper), Two Easy Stack Pots w/interchangeable enamel and glass lids, Multi-Fuel Water Pasteurizing Indicator (WAPI), Two Bread Loaf Pans.

## **Insta Fire Emergency Fuel**

- Useful for lighting and drying wet wood, building a campfire or bon fire, quickly lighting charcoal, etc.
- Great complement to a [Volcano Grill](#) or Firebox Stove for quick cooking or boiling water
- 2 cups burn for ½ hour to an hour with periodic stirring.
- **30 YEAR SHELF LIFE. Safe to store indoors. No limits on quantity stored.**

## **Volcano Propane Grill**

- Tri-Fuel cooker works with propane, wood, charcoal, and Insta-Fire
- Collapses down to 5" for easy storage In included carrying case
- Cook with pots and pans, woks, dutch ovens, or with a grill
- Included with the Volcano Collapsible Propane: Collapsible Cookstove, top and bottom grill, storage bag, basic user's manual, deflector plate, propane attachment kit, and wrenches
- **ACCESSORIES PACKAGE INCLUDES:** Lid Tent (to use the Volcano as an oven), Propane Valve Adapter (to attach small propane bottles), Technical Manual/Cookbook (teaches you how to use the Volcano in detail)

## **Firebox Folding Stove**

- Foldable stove that weighs just 2.2 pounds, made of 18 gauge 409 stainless steel
- Folded, it is 5" x 7" x less than 1/2" thick. Assembled, the Firebox is 7" tall, with 5" wide walls
- Use the Firebox with any type of fuel source, be it wood kindling, charcoal, InstaFire, fuel tablets, etc.
- Height is completely adjustable making it easy to use an size pot or pan and any fuel source
- Features an ash pan and wind damper to endure that your fire doesn't spread or go out unexpectedly

## **#10 Can Stove Insert**

- Sits inside any #10 can making it into an easy/useful stove for using InstaFire or fuel pellets/tablets
- Ideal airflow for fuel that contains accelerants, not enough airflow for wood burning

## **Humless Solar Generators**

- The Sentinel is strong enough to power small appliances in your home like a Bosch or Wheat Grinder, a microwave or even a refrigerator. While it can't power a full-size range, it opens up many cooking options .
- The Roadrunner stores enough power to run/charge small electrical devices like phones, laptops, lights, etc.
- Silent, clean, safe, and powerful lithium based generators. Both units can be charged from a regular AC wall outlet, and hold charge for over a year
- Can capture and store energy from solar panels, a hand crank, or almost any other 12VDC power source
- **SOLAR PANEL KITS INCLUDE:** Either 20 or 100 Watt Monocrystalline Solar Panel, 20' Solar Panel Extension Cord, 10W LED Floodlight (600 lumens!), and 12VDC Extension cord

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# COOKING FUEL OVERVIEW

## **Wood**

Raw, dry wood is a very good source of fuel although it often becomes wet and unusable in a disaster. Also good for heating so it's a valuable fuel to store, even though it takes up a lot of space.

**Indoor cooking:** Wood-burning stove or open fireplace (make sure they are properly vented to outside)

**Outdoor cooking:** Open pit fire or Volcano Grill

**Storage limitations:** In rural areas wood may be readily available at a relatively low cost but local permits may be necessary. In some areas wood may not be as available and storage areas are limited.

**Shelf life:** Virtually unlimited as long as kept dry and covered.

**1 Month Supply (3 meals a day):** About 150-300 lbs depending on wood type and how you are cooking

## **Propane**

Available in several sizes ranging from 1 pound to very large containers and is a good source for both heat and cooking.

**Indoor cooking:** When using propane to cook indoors you can ONLY use a natural gas stove that has been adapted for propane use. Without proper alterations it is extremely dangerous to use inside.

**Outdoor cooking:** Barbecue grill, small camp stoves, or Volcano Grill

**Storage limitations:** NEVER store propane indoors, or in an attached garage. It should be stored in a location that gets little to no direct sunlight and has ventilation such as a storage shed or unattached garage. Limitations on amounts you are allowed to store generally apply due to its explosive nature. Check with your local fire department for specific storage restrictions in your area. (Most of Utah is 30 pounds per household)

**Shelf life:** Most containers have a "use by date", they need to be recertified 12 years from that date and every 10 years after that.

**1 Month Supply (3 meals a day):** 2 standard bbq grill tanks, about 35-40 pounds of propane

## **Coal/Charcoal**

Coal can be good source of heat and charcoal is great for outdoor cooking. Both are fairly easy to store without safety concerns.

**Indoor cooking:** A coal-burning stove can be used for "one-pot cooking" with proper ventilation. Charcoal should NOT be used indoors.

**Outdoor cooking:** Charcoal can be used for dutch oven cooking, in a barbecue grill, or in a Volcano Grill,

**Storage limitations:** Large amounts are needed but it is easy to calculate how much you need to store. Must be kept dry.

**Shelf life:** Charcoal and coal can be stored indefinitely in dry locations indoors or outdoors.

**1 Month Supply (3 meals a day):** Approximately 120 lbs. of coal

## **Insta-Fire**

Insta-Fire is a safe, simple, and versatile new fire starting product. You can use it to light campfires, prepare charcoal briquettes, or as a safe and reliable fuel source for cooking or heating in emergency situations.

**Indoor cooking:** Insta-fire can be used in a wood-burning stove or open fireplace with proper ventilation.

**Outdoor cooking:** Works fantastic by itself in a Volcano Grill, can also be used in a #10 can stove, open fire pit, or directly on the ground (even in snow!)

**Storage limitations:** None. May be stored indoors, next to food, in basements or attics, or outdoors.

**Shelf life:** 30 year shelf life.

**1 Month Supply (3 meals a day):** About one 5 gallon bucket (1 cup used per meal)

*PLEASE NOTE: There are many safety concerns with the proper storage and usage of cooking fuels. We provided this information as a general overview but recommend you also do your own research.*

# #10 CAN STOVE TUTORIALS



## **Stove Option 1 – cooking inside the can**

1. Clean and dry an empty #10 can after removing the label.
2. Drill large holes every few inches around the bottom and top of the can for ventilation (about 1 inch from bottom or top). A 5/16 drill bit works great.
3. Drill 4 smaller holes about halfway up the can (2 holes about 2 inches apart on opposite sides of the can)
4. Unbend a wire coat hanger and thread it through the holes in the middle of the can. This will become the surface that your pot/can sits on to cook.
5. If you want to make handles for your stove, you can wrap the hanger up and around the stove, just make sure not to grab by the handles when they are still hot.

**How to use:** Insert one cup of InstaFire cooking fuel into the bottom of the can and light it. Cook your food or boil water in a small pot or smaller metal can that would fit inside the can and rest on the hanger inside the can.

## **Stove Option 2 – Cooking on top of the can**

1. Clean and dry an empty #10 can after removing the label.
2. Drill large holes every few inches around the closed end of the can for ventilation (about 1 inch from the edge). A 5/16 drill bit works great.
3. Using tin snips cut a small door in the open end of the can, large enough for a tuna can to fit in it

**How to use:** Place the stove on a non-flammable surface. Insert a small heating unit into the small door at the bottom of the can. You can use a can of Sterno (canned heat) or make a "buddy burner" (see below). Place a pot or small frying pan directly on top of the closed end of your #10 can.

## **How to Make a Buddy Burner**

1. Clean and dry an empty tuna fish can and remove the label.
2. Roll up a small piece of cardboard and coil it tightly inside the tuna can (leave a small piece sticking up in the middle to provide a wick if desired).
3. Pour melted paraffin wax over top of the cardboard.

**How to use:** Light the wick and then slide the buddy burner inside your #10 can. This should be enough heat to boil water long enough to cook noodles or a "just add water" meal.

# CARDBOARD BOX OVEN TUTORIAL

## **Items Needed:**

- 1 large box
- 1 cooling rack or portable grill rack that will fit inside the box
- 4 empty pop cans filled with rocks
- 1 75 sq ft. roll of heavy duty aluminum foil
- 1 roll of aluminum foil tape (found in the heating/ducting area of a hardware store)
- 1 can of spray adhesive (optional)
- Scissors

## **Directions to Make Oven:**

Step 1: Cut off the flaps from one end of the box. Glue or tape down the inside flaps to the bottom of the box.

Step 2: Cut a 1x4" ventilation hole on both ends of the cardboard box at the open end of the box.

Step 3: Cover the entire box, inside and outside with aluminum foil (shiny side facing out). This is easiest by spraying the box with adhesive and then covering with foil. Use aluminum foil tape to secure ALL seams, corners, edges, etc. You do not want any cardboard showing. If you don't use spray adhesive, you can tape down foil to hold it in place until you secure it with the aluminum foil tape.

Step 4: Spread a piece of aluminum foil on a non-flammable surface outdoors.

Step 5: Place rock-filled pop cans on the foil and set rack on top.

## **Directions to Cook With Oven:**

Light charcoal briquettes and place on tinfoil underneath the rack. Use 1 coal for each 35 degrees of heat desired (i.e. 10 coals will heat though it's a 350° oven). Use anywhere from 8-14 briquettes depending on the temperature you want. This oven can maintain its temperature for 45-55 minutes. Add fresh coals if longer cooking time is desired. When cooking in colder temperatures insulate by covering the oven with a blanket and set the coals in a disposable grill liner to keep them off the ground.



# WONDER BOX OVEN TUTORIAL

## **Materials Needed:**

3 Meters (yards are 3" shorter than a meter) soft cotton or broadcloth (so it will conform to the shape of the pot)  
19 gallons of Polystyrene beads (look for these at a craft store, it's the same material bean bags are made of)

## **Sewing Instructions:**

Cut out four of each of the shapes on the following "pattern" page. Start with the 4 top pieces. Place 2 of the 4 pieces together (fronts of the fabrics facing each other). Sew along the dotted "sew" lines on the bottom. Repeat with the second pair. Then open each of the pairs and place them right sides together and sew those 2 together all the way around the outside, leaving an opening to fill through.

Repeat the above process with the 4 bottom pieces. One pair together, sew along the dotted "sew" lines, then repeat with the other pair. Open them up and place them right sides together, remembering to leave openings to fill through.

The narrow part of the bottom pattern is the piece you will tuck into the bigger part of the bottom to make the pouch/nest for the pot to sit into. It will not lie flat. It will take the shape of a square cushion when it is filled with the polystyrene beads, and the bottom cushion has a cavity like a nest or pouch.

## **Filling Instructions:**

**Top:** Fill a little less than ½ full, approximately 7 gallons of polystyrene beads. A paper funnel works best, as the beads are very static prone. Work with two people to fill, one to hold the funnel in and the other to pour. Spread a sheet on the floor to catch beads.

**Bottom:** Fill approximately ½ full with polystyrene beads, approximately 12 gallons of polystyrene beads. Once this bag is filled, tuck the small end into the center to form the pouch/nest for the pot.

## **Pot Requirements:**

Find a good pot that fits well in this pouch and has a strong seal. Long handles will not work. Different sizes of pots will work but if your pot seems too small, add a blanket around the pot when you place it in the cooker so there is no empty space. When the pan sits inside the pouch/nest of the bottom, the pan is surrounded on all sides except the top. So, that is where the top/lid comes in. The lid should fit snugly over the bottom/pot sealing all gaps. It is very important to keep all of the heat inside this wonder box cooker.

*Instructions originated from a booklet published by Compassion of South Africa in 1978, 1979 and 1980. Compassion registered name Wonder Box and the logo of the kneeling figure. We followed and modified tutorials found at the following URLs:*

<http://www.ourldsfamily.com/wonderbox/Wonderbox.html>

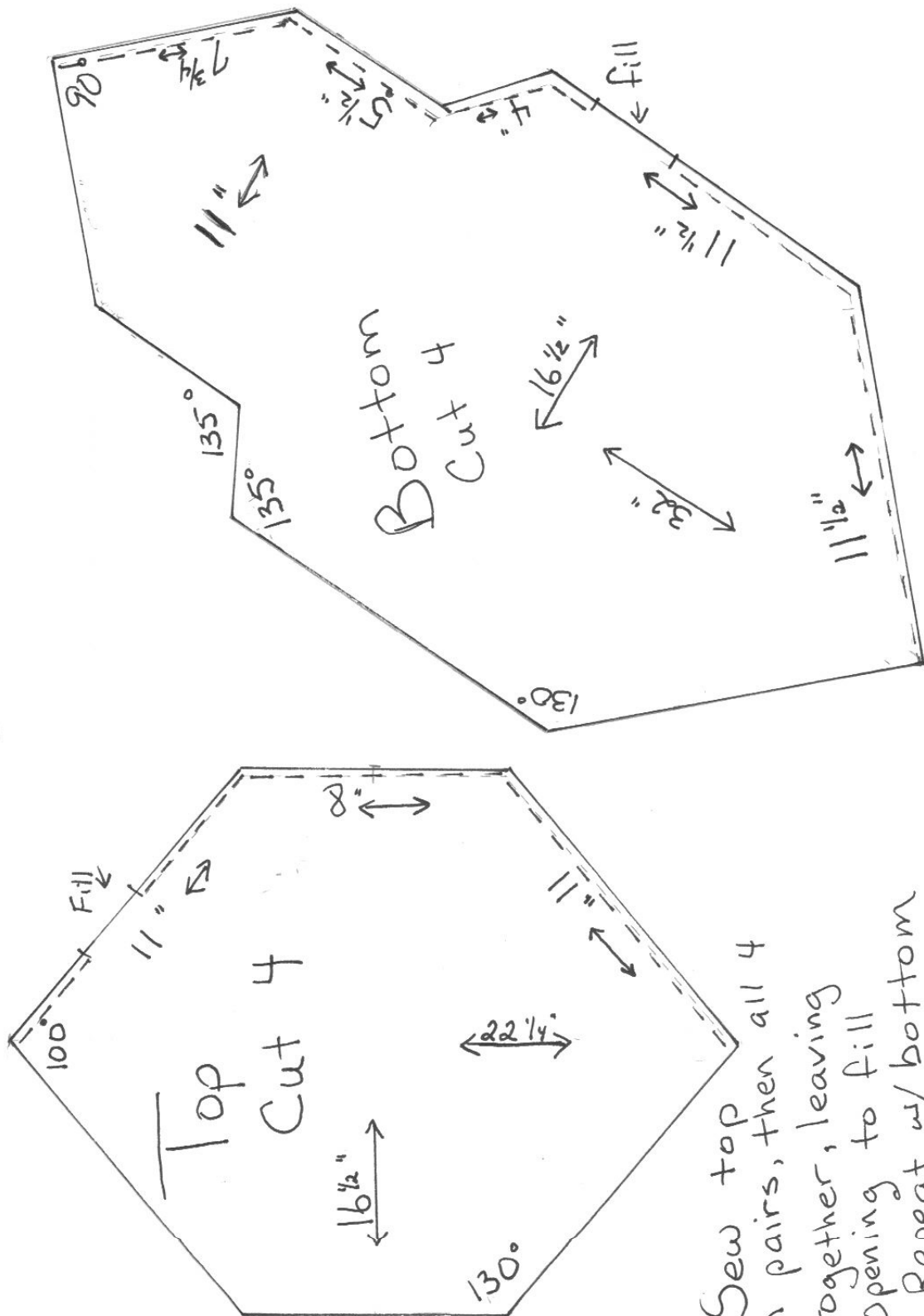
[http://www.iwillprepare.com/index\\_files/Wonder%20Box.pdf](http://www.iwillprepare.com/index_files/Wonder%20Box.pdf)





# WONDER BOX OVEN PATTERN

Wonder Box  
Cooker



Sew top  
in pairs, then all 4  
together, leaving  
opening to fill  
Repeat w/ bottom