

# 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. The key is just to have 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.*