

Frequently Asked Questions (FAQs)

What is the Emergency Kit Cook-Off?

The Emergency Kit Cook-Off is a participatory preparedness activity inspired by the nonperishable contents of a 72-hour emergency food kit. The Kit Cook-Off was recognized by FEMA and CDC in 2012 as one of seven national [“Whole Community” projects](#) for its unique approach to preparedness education and outreach.

Where can I learn more about the Emergency Kit Cook-Off?

For more information on the Emergency Kit Cook-Off visit www.EmergencyKitCookOff.org. You can also *follow* the Kit Cook-Off on Twitter ([@KitCookOff](#)), *like* it on Facebook at <http://on.fb.me/10xfcYy> and/or *follow* it on Pinterest at <http://pinterest.com/kitcookoff>.

What is the purpose of the Emergency Kit Cook-Off?

The Arizona Division of Emergency Management (ADEM) created the Emergency Kit Cook-Off to inspire proactive preparedness planning through participation in a shared, hands-on activity. The goal of any ADEM outreach activity is to cheerlead for emergency preparedness and message of PLAN, PREPARE, INQUIRE, INSPIRE.

- **PLAN:** Write and rehearse family communication and preparedness plans; identify a family meeting place and include an “out-of-town” contact.
- **PACK:** Have enough non-perishable food and potable water to last your family for at least 72 hours; remember the Five P’s of preparedness planning--people and pets, papers (i.e., important documents), prescriptions, pictures and personal computer.
- **INQUIRE:** Know the hazards in your community; know where to find information in an emergency; know what TV and radio stations to watch and listen to and what websites to bookmark in an emergency.
- **INSPIRE:** Be a positive preparedness example through action; take a basic first aid class, donate blood or volunteer with organizations like the Red Cross and Citizen Corps.

How can I participate in the Emergency Kit Cook-Off?

There are several ways to participate in the Emergency Kit Cook-Off: 1) Vote in the ingredients poll over the last two weeks of August on www.EmergencyKitCookOff.org 2) Submit a recipe to the Kit Cook-Off 3) Complete an online questionnaire designed to help us improve the Kit Cook-Off campaign.

How are the featured ingredients for the Emergency Kit Cook-Off chosen?

The public votes in an online poll over the last two weeks of August to determine that year’s featured ingredients. Voters pick one ingredient in each of five categories: proteins; fruits and vegetables; starches, grains and nuts; beverages; and “comfort” foods. The winning ingredients are announced on www.EmergencyKitCookOff.org in the first week of September.

Are there guidelines for submitting a recipe to the Emergency Kit Cook-Off?

Yes. We’re not looking for gourmet cuisine, but we’re also not looking for simple PB and crackers. Get creative with the ingredients and create a hot or cold dish that you’d eat if asked to shelter in place. The Emergency Kit Cook-Off challenges you to:

- 1) Create a recipe that highlights one or more of that year’s featured ingredients and uses other nonperishable pantry items, including (but restricted to) seasonings, condiments, sweeteners and potable water—of which emergency kit should contain one gallon per person, per day for three days.

AND

2) Use manual appliances (e.g., can openers and hand whisk) where feasible. Microwaves, stovetops and other modern appliances are okay to use (if you have too), BUT substitute manual appliances and alternate heat sources for modern conveniences where you can.

What happens to my recipe after I submit it to the Emergency Kit Cook-Off?

Recipes and photo submitted to the Emergency Kit Cook-Off are posted to our online Kit Cookbook. The Cook-Book is searchable by meal, course and ingredient categories. Particularly fine food photos are also posted to our Pinterest board (@KitCookOff) and used in Kit Cook-Off marketing collateral.

Do I get anything for submitting a recipe?

We're happy to answer, "yes!" If you submit a recipe and provide us a mailing address, we'll snail mail you a "thank you" for submitting to the Emergency Kit Cook-Off.

When is the Emergency Kit Cook-Off?

The Emergency Kit Cook-Off runs from late August through September. September is recognized as National Preparedness Month in the emergency management and preparedness communities.

Who can participate in the Emergency Kit Cook-Off?

That's the best part. Because the Kit Cook-Off is web-based, *anyone living anywhere* can participate. Everyone from the home cook to the culinary student to the professional chef has submitted a recipe. And even if don't know you're way around a kitchen but are interested in preparedness, we want your recipes too.