

EMERGENCY KIT COOK OFF .ORG

what is an Emergency Kit Cook-Off?



The Emergency Kit Cook-Off is a hands-on preparedness activity inspired by the nonperishable contents of a 72-hour emergency food kit.

The Kit Cook-Off challenges you to create a recipe that uses at least one Featured Ingredient supplemented with only nonperishable pantry items.

how do I participate?

1. Read the Kit Cook-Off instructions under the “**Participate**” tab on www.EmergencyKitCookoff.org
2. Create a recipe that uses at least one **Featured Ingredient** and only nonperishable items.
3. Use manual appliances instead of modern appliances in the preparation.
4. **Submit** your recipe for inclusion in the Kit Cook-Off Cookbook.
5. **Search**, share, rate & recreate other Kit Cook-Off recipes.
6. Visit www.EmergencyKitCookoff.org to learn how to Make a **Plan**, **Prepare** a Kit, **Inquire** and **Inspire** Others to get prepared.

