Household Cooking Readiness

Complete this assessment before an outage; update when circumstances change.

Household / property identifier

Assessment date / next review date

Household members, dietary restrictions, medical or mobility needs

Primary cooking arrangements and emergency contact / alternate meal location

SAFETY: Never use outdoor camping stoves, charcoal grills, barbecues, or generators indoors or in enclosed or partially enclosed areas. A 14-day goal never justifies unsafe cooking.

Normal Cooking Dependencies

Identify appliances that may stop working during an outage.

Appliance / model	Fuel or power	Works without grid?	Manual / restrictions

What stops working first? Which appliances need professional verification?

Backup Cooking Equipment

Record approved equipment, operating location, and condition.

Equipment / model	Approved location	Condition / test date	Fuel / accessories

Missing parts, repairs, or replacement equipment

Fuel Inventory & Storage

Count usable fuel and confirm permitted, safe storage.

Fuel / container	Usable quantity + unit	Storage location	Inspection / restrictions

Fuel reserve and safe storage corrections

Propane Fuel Calculation

Use fuel input rating and actual planned burner hours.

Example: 10,000 BTU/hour x 1 hour/day x 14 days = 140,000 BTU. At ~91,500 BTU/US gallon, that is ~1.53 US gallons (5.8 L). Theoretical only; use appliance input rating, usable fuel, actual duty cycle and reserve.

Appliance fuel input (BTU/hour) and source

Daily burner operating time (hours/day)

Total fuel energy: input x hours/day x 14 (BTU)

Fuel volume: total BTU / 91,500 (US gallons); x 3.785 (litres)

Usable fuel on hand, reserve and estimated shortfall

Backup Electricity Calculation

Compare appliance demand with usable battery energy.

Example: 1,000 watts x 0.5 hour = 500 Wh per session. Two sessions/day x 14 days = 14,000 Wh (14 kWh) before losses. Confirm inverter continuous/surge rating and battery usable capacity.

Appliance watts (W) and verified source

Hours used per day and number of sessions

Daily energy: W x hours/day = Wh/day

14-day energy: Wh/day x 14; include conversion losses

Battery usable Wh, recharge plan and other essential loads

Cooking & Hygiene Water

Count cooking water separately from drinking and cleaning.

Cooking water per day (litres)

Food hygiene / dish cleaning water per day (litres)

Additional water treatment or boiling requirements

14-day total: (cooking + hygiene + treatment) x 14

Stored water available and identified shortfall

Do not count cooking and cleaning water as part of the drinking-water supply unless total household storage has been calculated to cover all uses.

Emergency Food Preparation

Match stored foods to fuel, water and safe preparation.

Food / meal	No-cook / heat / boil	Water needed	Fuel or cooking time

Foods that cannot be safely prepared with available equipment

Meal Plan — Days 1 to 7

Plan familiar meals and identify no-cook alternatives.

Day	Breakfast	Lunch	Dinner	No-cook backup
1				
2				
3				
4				
5				
6				
7				

Meal planning notes, dietary gaps and resource adjustments

Meal Plan — Days 8 to 14

Make the second week achievable with remaining resources.

Day	Breakfast	Lunch	Dinner	No-cook backup
8				
9				
10				
11				
12				
13				
14				

Meal planning notes, dietary gaps and resource adjustments

Refrigerator & Freezer Food Safety

Use measured temperatures and applicable public-health guidance.

General guidance: unopened refrigerator ~4 hours; full freezer ~48 hours, half-full ~24 hours. These are estimates, not guarantees. Perishables held above 40°F / 4°C for more than 2 hours generally require discarding. Use measured temperatures and official guidance.

Food / location	Temperature + time	Ice crystals?	Keep / cook / discard

Uncertain food temperatures, disposal decisions, and safe meal substitutions

Winter Outdoor Cooking Setup

Keep outdoor stoves outdoors; never enclose them.

Approved outdoor cooking area and stable noncombustible surface

Wind, snow, ice, access, and lighting precautions

Manufacturer-approved weather protection and fuel limits

Alternative location if outdoor cooking becomes unsafe

Never enclose outdoor fuel-burning equipment, including in a garage, tent, balcony enclosure or covered space that traps combustion gases.

Fire, Carbon Monoxide & Fuel Safety

Resolve safety-critical deficiencies before using equipment.

Safety verification	Pass / fail / N/A	Correction or professional review

Critical hazards that prohibit use until corrected

Check approved operating location, ventilation, CO and smoke alarms, fuel leaks, fire clearance, children, cylinder storage, and safe shutdown procedures.

People, Diets & Accessibility

Plan for household members needing assistance.

Dietary restrictions, allergies, medical nutrition, infant feeding

Who needs assistance preparing or carrying meals?

Who can cook safely if the usual cook is unavailable?

Accessible cooking area, utensils, and alternative support

Plan food that each household member can actually eat and safely prepare. Follow medical guidance for specialized nutrition.

Daily Cooking Log — Days 1–3

Record actual resources and any safety concerns.

DAY 1

Meals / cooking method	Fuel used + unit	Water used (L)	Food safety / issues

DAY 2

Meals / cooking method	Fuel used + unit	Water used (L)	Food safety / issues

DAY 3

Meals / cooking method	Fuel used + unit	Water used (L)	Food safety / issues

Record measured quantities when possible. Note equipment faults and safety concerns; do not continue unsafe cooking.

Daily Cooking Log — Days 4–6

Record actual resources and any safety concerns.

DAY 4

Meals / cooking method	Fuel used + unit	Water used (L)	Food safety / issues

DAY 5

Meals / cooking method	Fuel used + unit	Water used (L)	Food safety / issues

DAY 6

Meals / cooking method	Fuel used + unit	Water used (L)	Food safety / issues

Record measured quantities when possible. Note equipment faults and safety concerns; do not continue unsafe cooking.

Daily Cooking Log — Days 7–9

Record actual resources and any safety concerns.

DAY 7

Meals / cooking method	Fuel used + unit	Water used (L)	Food safety / issues

DAY 8

Meals / cooking method	Fuel used + unit	Water used (L)	Food safety / issues

DAY 9

Meals / cooking method	Fuel used + unit	Water used (L)	Food safety / issues

Record measured quantities when possible. Note equipment faults and safety concerns; do not continue unsafe cooking.

Daily Cooking Log — Days 10–12

Record actual resources and any safety concerns.

DAY 10

Meals / cooking method	Fuel used + unit	Water used (L)	Food safety / issues

DAY 11

Meals / cooking method	Fuel used + unit	Water used (L)	Food safety / issues

DAY 12

Meals / cooking method	Fuel used + unit	Water used (L)	Food safety / issues

Record measured quantities when possible. Note equipment faults and safety concerns; do not continue unsafe cooking.

Daily Cooking Log — Days 13–14

Record actual resources and any safety concerns.

DAY 13

Meals / cooking method	Fuel used + unit	Water used (L)	Food safety / issues

DAY 14

Meals / cooking method	Fuel used + unit	Water used (L)	Food safety / issues

Record measured quantities when possible. Note equipment faults and safety concerns; do not continue unsafe cooking.

Cooking Failure & Alternative Meals

Plan for equipment failure, unsafe weather, and exhausted fuel.

No-cook foods available and estimated household-days covered

Alternative safe cooking equipment and its approved location

Trusted contact, meal service, shelter, or safe destination

Trigger for switching plans (fuel, weather, equipment, health)

Transportation, access, and communication arrangements

Readiness & Corrective Action

Identify critical gaps, assign ownership, and verify fixes.

Mark CRITICAL for unsafe equipment or no viable food access; HIGH for insufficient 14-day fuel/water/meal coverage; ROUTINE for maintenance or improvements. Do not rely on an unresolved critical gap.

Category / gap	Priority: critical / high / routine	Owner + target date	Verified date

Overall readiness decision and immediate next action

Review completed by / date / next assessment