

CHECKLIST

Video-04: Cooking Methods Without Power

ACTIONABLE STEP	YES	NO
Do you know how to safely build a campfire for cooking?	[]	[]
Have you practiced cooking with a charcoal grill?	[]	[]
Do you own a solar oven for off-grid cooking?	[]	[]
Are you familiar with using cast iron cookware over an open fire?	[]	[]
Do you have fire-starting tools readily available?	[]	[]
Have you learned how to cook without power using alternative methods?	[]	[]
Do you know how to prepare no-cook recipes like salads or cold-soaked grains?	[]	[]
Have you stocked up on ready-to-eat foods for emergencies?	[]	[]
Are you confident in your ability to cook without traditional power sources?	[]	[]
Do you know how to safely handle and store fuel for alternative cooking methods?	[]	[]
Have you tested your alternative cooking methods in a real-life scenario?	[]	[]
Do you have a plan for cooking indoors if outdoor methods are not possible?	[]	[]
Are you aware of safety precautions when using open flames for cooking?	[]	[]
Have you explored different cooking techniques suitable for off-grid living?	[]	[]
Are you prepared to cook meals during an extended power outage?	[]	[]