In anticipation of National Preparedness Month in September, I would like to invite you to participate in our first ever Richmond-area employee Emergency Kit Cook-Off. Emergency preparedness requires a commitment to be informed, make a plan, and prepare a kit. What better way to start or improve your plan than to think out of the box (or can) of ways that you can make tasteful meals when times get tough?

The Emergency Kit Cook-Off challenges you to:

1 - Create a recipe that uses only nonperishable pantry items (e.g., canned foods, seasonings, condiments, sweeteners and potable water)
2 - Use manual appliances (e.g., can openers or camping stove) in the preparation of the recipe.

Submit a recipe for a snack, main dish, or dessert by visiting www.tinyurl.com/vdhemergencykitcookoff by August 30th. We will have a cook-off with our finalists (including “celebrity” judges!) on the Madison Building Mezzanine Terrace on September 27th, 2013.
“Chicken Little Taco Soup”

By: Injury Prevention Team

Ingredients:

- 1 can chili beans
- 1 can black beans
- 1 can whole kernel corn (drained)
- 1 can chicken
- 1 can tomato sauce
- 2 cans Rotel with onions and green chilies (undrained)
- 1 package of taco seasoning
- Various spices including: salt, pepper, red pepper, chili pepper
- Saltine crackers
- Bottled water

Directions:

Open all cans with a manual can opener
Empty all cans into pot and allow to simmer on camping stove
• **Location**
  • Space large enough for spectators and 6 tables (5-food prep and 1-judges)
  • Need approval to use open flames and nearby fire extinguisher
  • Sound system

• **Judges**
  • Agency leaders
  • Local restaurant representative/chef

• **Prizes**
  • Weather radios, gift baskets
  • Can openers or waterproof matches for all entries

• **Supplies**
  • Paper goods and water for judges
  • Loaner camp stoves for people to make recipes at cook-off

• **Issues**
  • Recipe review process
  • Permit needed to serve food to everyone
  • Rain plan
• Recipes
  • Posted online after event
  • Recipes using WIC foods shared with clients

• “Vendor” tables added in 2014
  • Virginia Department of Emergency Management
  • Medical Reserve Corp
  • Commonhealth
  • State Animal Response Team- pet preparedness
  • Red Cross

• Flu Vaccines added in 2015
  • Partner with Walgreens
  • “free” to employees with insurance card

• Partner with “Third Tuesday” event in 2016
  • Food Trucks
  • Music