



ARIZONA DEPARTMENT OF EMERGENCY AND MILITARY AFFAIRS

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Home Cooks Invited to Submit Emergency Kit Cook-Off Recipes Through Sept. 30 ***Public Chooses Ingredients in Online Vote; 155 Ballots Cast***

PHOENIX—The polls are closed, the votes are tallied and the ingredients for this year’s Emergency Kit Cook-Off are decided. But let us pause a moment to consider how we got to this announcement.

The public was referred to the Cook-Off website, <http://emergencykitcookoff.blogspot.com>, to vote for ingredients in each of the five categories: proteins; starches, grains and nuts; fruits and vegetables; beverages; and “comfort” foods.

One hundred and fifty-five ballots were cast by people in communities across the Four Corner States and from as far away as Nantucket, Mass., and Columbia, S.C. Without further delay, the ingredients for the 2012 Cook-Off as chosen by the public and for creative home cooks everywhere are:

- Proteins:** canned or packaged tuna; pinto beans
- Beverages:** vegetable juice; coconut water
- Starches, grains & nuts:** corn chips; mixed nuts
- Fruits & vegetables:** canned green chilies; canned pineapple
- "Comfort" foods:** trail mix; canned or jarred cheese sauce

The public has until 11:59:59 p.m. Sunday, Sept. 30, to submit a recipe that highlights one or more of the kit ingredients. Water and other non-perishable pantry items, including seasonings and spices, honey, sugar and condiments, are also fine too use. Participants are encouraged to use manual appliances (e.g., a can opener) in the preparation. Recipe submissions and pictures will be shared on Kit Cook-Off site.

ADEM and the American Red Cross, Grand Canyon Chapter will “battle” Red Cross chapters in Colorado, New Mexico and Utah to get the most recipes submitted on behalf of their state in a competition for bragging rights.

Celebrity chefs representing each of the Four Corner States will invent recipes to inspire submissions from their neighbors. Chef Jon-Paul Hutchins of Le Cordon Bleu College of Culinary Arts in Scottsdale will apply his considerable culinary skill to creating a dish on behalf of Arizona.

The Emergency Kit Cook-Off is a participatory National Preparedness Month activity inspired by the contents of the 72-hour emergency food kit. Every *good* emergency kit should contain three days worth of water (one gallon per person, per day for drinking and hygiene) and non-perishable foods, a battery-powered radio with extra batteries, a flashlight, first aid supplies and those items that sate the unique needs of your family; for example, prescriptions, baby formula and pet food.

News and notes from the Cook-Off are posted to the official webpage and Facebook (www.facebook.com/ArizEIN) and tweeted (www.twitter.com/AzEIN) using the #KitCookoff hashtag.