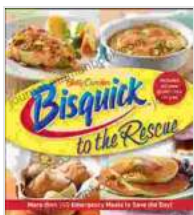
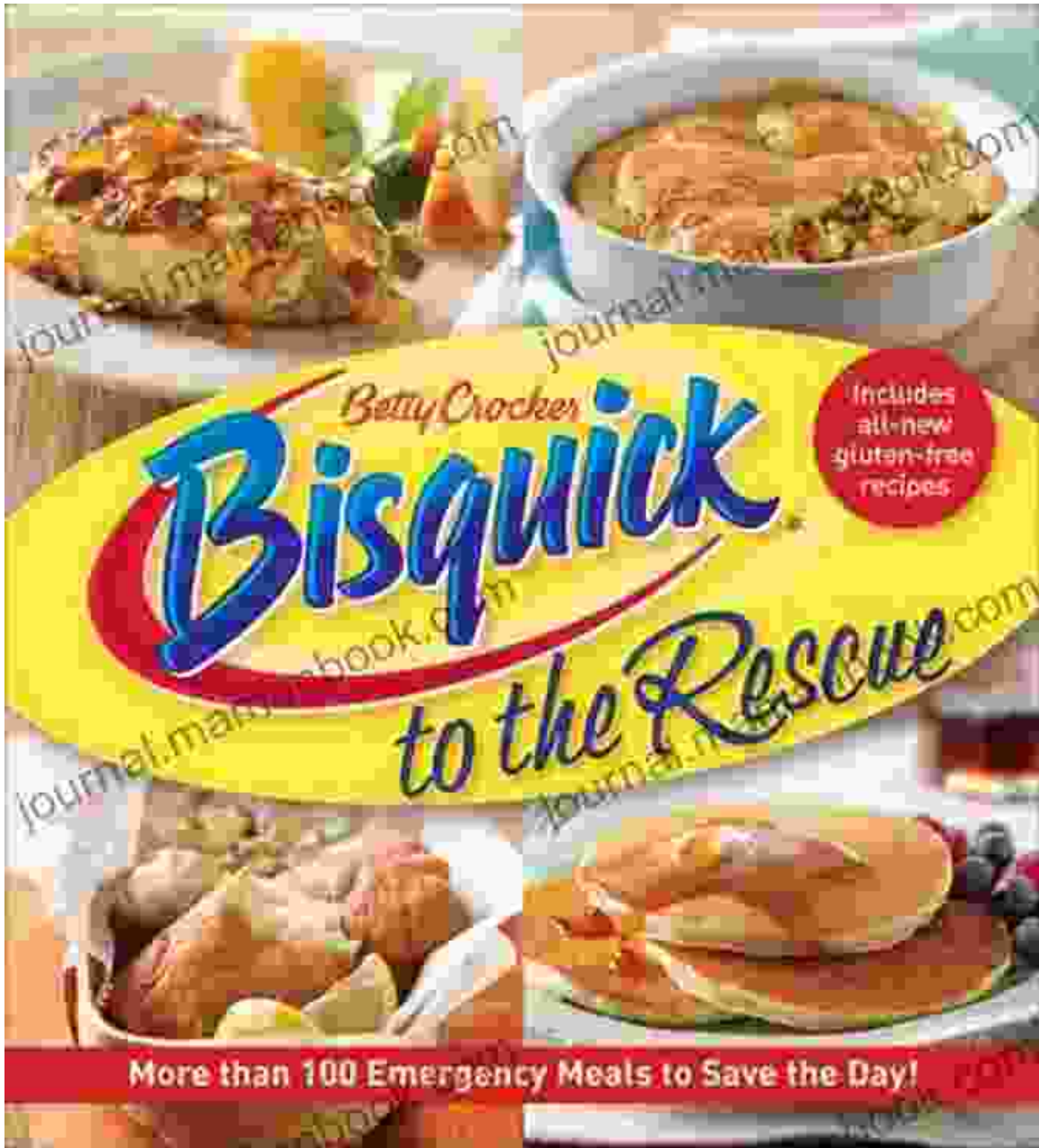


More Than 100 Emergency Meals To Save The Day: Betty Crocker Cooking



Bisquick to the Rescue: More than 100 Emergency Meals to Save the Day! (Betty Crocker Cooking)

by Betty Crocker

★★★★☆ 4.5 out of 5

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|----------------------|-------------|
| Language | : English |
| File size | : 33385 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 302 pages |
| Lending | : Enabled |
| X-Ray | : Enabled |



When disaster strikes, it's important to be prepared. One of the most important things you can do is have a plan for feeding yourself and your family. That's where the Betty Crocker Emergency Meals cookbook comes in.

This cookbook is packed with over 100 recipes that are perfect for emergency situations. The recipes are easy to follow, and they use ingredients that are likely to be on hand in most pantries. The cookbook also includes tips for storing food safely, and for cooking without electricity.

Here are just a few of the recipes you'll find in the Betty Crocker Emergency Meals cookbook:

- **Canned Tuna Casserole**
- **Spaghetti with Canned Tomatoes and Vegetables**
- **Peanut Butter and Jelly Sandwiches**
- **Oatmeal with Raisins and Nuts**
- **Trail Mix**

The Betty Crocker Emergency Meals cookbook is a valuable resource for anyone who wants to be prepared for an emergency. With over 100 recipes to choose from, you're sure to find something that everyone in your family will enjoy.

Here are some additional tips for preparing for an emergency:

- **Create a food storage plan.** Decide how much food you and your family will need for a week, and then make sure you have enough non-perishable food on hand to meet that need.
- **Store food safely.** Food should be stored in a cool, dry place. Canned food should be stored in a dark place to prevent spoilage.
- **Have a plan for cooking without electricity.** In the event of a power outage, you'll need to be able to cook food without electricity. A camp stove or a charcoal grill can be used for this purpose.
- **Keep a first-aid kit and other essential supplies on hand.** In addition to food, you'll also need to have a first-aid kit, water, and other essential supplies on hand in the event of an emergency.

By following these tips, you can help ensure that you and your family are prepared for any emergency.



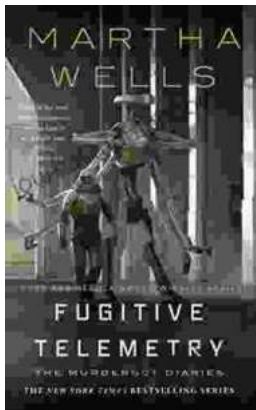
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