



# NEWSLETTER



## February is National Canned Food Month

Canned foods are great items to have in your emergency kit. During a disaster, you may not be able to use your stove, oven, or microwave and will need to resort to non-perishable foods that do not need to be refrigerated or cooked. You and your loved ones may be without power for a day or longer and will need to utilize alternative sources for cooking food. Along with the canned goods, don't forget to put a can opener in your go-bag! Visit [ready.gov](https://www.ready.gov) for more information on stocking emergency food supplies.

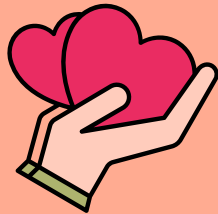
The City of Houston Department of Health and Human Services also provides ideas on alternative sources for heating up food in the event of a disaster. Sterno stoves, chafing dishes, warming candles, and fondue pots are suitable for indoor use, while charcoal grills, propane grills or burners, and propane camping stoves are suitable for outdoor use only. Check out the great recipe below from our Houston friends.. If you try the recipe, share with us how it went!

## Share the Love

From furry friends to our unhoused neighbors, share the love this Valentine's day by supporting a local non-profit!

### Donate:

- [Meals on Wheels](#)
- [Los Angeles Mission](#)
- [Local Hearts Foundation](#)
- [SPCALA](#) or [ASPCA](#)



### Volunteer:

- For your favorite organization
- [VolunteerLA](#)
- [LA City Animal Services](#)
- [Union Station Homeless Service](#)

## White Chicken Chili (Serves 4)

by Peggy Krysiak\* Winner of Judges' Silver Star Award

### Ingredients:

- 2 cans northern beans or navy beans
- 1 can chicken broth
- 2 cans chicken
- 1 can carrots
- 1 medium onion, finely chopped
- 1 can chopped green chilies, drained
- 3 tablespoons flour
- 3 tablespoons olive oil
- 2 teaspoons ground cumin

### Directions:

1. In a large skillet, cook onion in oil until transparent, about 4 minutes.
2. Add flour, chilies and cumin; cook while stirring for 2 minutes.
3. Add beans, carrots and broth; bring to a boil.
4. Reduce heat and simmer for about 10 minutes until thickened.
5. Add chicken and heat thoroughly.
6. Top with crumbled tortilla chips or salsa if desired.

*Credit: City of Houston Department of Health and Human Services  
"The Houston Emergency Preparedness Cookbook"*

For emergency preparedness-themed Valentine's Day cards, see the next page!

[LEARN MORE AT EMERGENCY.LACITY.ORG](https://www.emergency.lacity.org)

