



NEWSLETTER

SHARE THE LOVE OF PREPAREDNESS

THIS YEAR SHARE THE LOVE OF PREPAREDNESS. SHOW THAT SPECIAL SOMEONE YOU CARE BY ASKING THEM TO BE YOUR EMERGENCY CONTACT. CREATE AN EMERGENCY PLAN TOGETHER, OR BUILD YOUR EMERGENCY KIT! NOTHING SAYS I LOVE YOU LIKE PREPARING TOGETHER.

DURING A DISASTER YOU MIGHT EXPERIENCE POWER OUTAGES, GAS SHUT-OFFS, AND LIMITED AVAILABILITY TO SUPPLIES. DURING THIS TIME YOU MIGHT NEED TO USE CANNED FOOD TO CREATE YOUR MEALS! CHECK OUT THIS EASY RECIPE USING LIMITED SUPPLIES AND INGREDIENTS.



RECIPE FOR DISASTERS

EASY ORANGE CURRY CHICKPEAS



- 1 (15OZ) CAN LOW-SODIUM OR NO-SALT ADDED CHICKPEAS, DRAINED
- 1 (11OZ) CAN MANDARIN ORANGES, DRAINED (SAVE 2 TABLESPOONS OF JUICE)
- 2 TABLESPOONS RAISINS
- 2 TABLESPOONS SLIVERED ALMONDS (OPTIONAL)
- 2 TABLESPOONS MANDARIN JUICE (SAVED FROM DRAINING THE ORANGES)
- 2 TABLESPOONS OLIVE OIL
- 1 1/4 TEASPOONS CURRY POWDER
- 1/4 TEASPOON CINNAMON
- SALT AND PEPPER

DIRECTIONS



1. DRAIN CANNED CHICKPEAS AND MANDARIN ORANGES. SAVE 2 TABLESPOONS OF JUICE FROM ORANGES TO MAKE THE DRESSING.
2. COMBINE CHICKPEAS, ORANGES, RAISINS, AND ALMONDS IN A MEDIUM-SIZE BOWL AND TOSS TOGETHER.
3. POUR OVER CHICKPEA MIXTURE AND TOSS TO COAT.

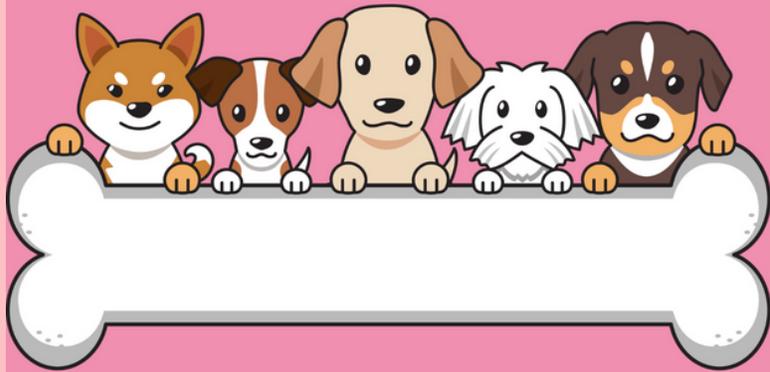
CREDIT: RECIPES FOR DISASTERS



BELOW ARE EMERGENCY-THEMED VALENTINE'S DAY CARDS.

LEARN MORE ABOUT EMERGENCY PREPAREDNESS AT READY.LACITY.GOV

Woof You
Prepare
With Me?



YOU
BLEW
MY
HEART
AWAY

YOU'RE LIKE A
FAULT
THERE'S TOO
MUCH
FRICTION
BETWEEN US



YOU
LIGHT
UP
MY
LIFE

