

Vibrant Hawai'i's

Guide to Household Preparedness



Ako 'e ka hale a pa'a, a i ke komo ana mai o ka ho'oilō,
'a'ole e kulu i ka ua o Hilinehu. 'Ōlelo No'ēau 100.

Do not procrastinate; make preparations for the future now.

YOU'RE INVITED

TO JOIN VIBRANT HAWAI'I'S DARCI NETWORK!

What is DARCI?

DARCI (Disaster Aware and Ready Communities Initiative) is all about connection: linking you and your 'ohana to trusted local resources before, during, and after a disaster.

Vibrant Hawai'i has joined the DARCI Network because when we are connected, we can:

- **Identify and coordinate needs—like food, shelter, or medical care**
- **Direct resources where they're needed most**
- **Support recovery for the long haul**

Scan This Code

Join the Vibrant Hawai'i DARCI Network



How DARCI Benefits You

During Blue Skies (Preparedness)

- Instantly access trusted community resources
- Know what services are available near you
- Build your personal preparedness profile
- Stay up-to-date with alerts and readiness guides

During Grey Skies (Disasters)

- Report damage and request help
- Connect directly with responding agencies
- Easily access your stored information
- Keep your 'ohana safe and supported

Stay Informed with Official Alerts



Sign Up for Civil Defense Public Alerts

Text HAWAIIALERTS to 888777

Hawai'i County Hazard Impact Map

View active road closures, evacuations, public facility closures, volcanic activity, brush fires, and weather alerts.



Local Weather App

Hawai'i News Now

- iPhone and iPad users: hine.ws/iphonewx
- Android users: hine.ws/androidwx

Know what each alert means



Watch – Be alert. Conditions are favorable for dangerous weather or hazards. Pay attention to updates and get ready to act.



Advisory – Use caution. Hazardous conditions are occurring or expected, but usually less severe. Stay aware and avoid unnecessary risks.



Warning – Take action now! Dangerous conditions are happening or about to happen. Follow evacuation or safety instructions immediately.

All Hazard Outdoor Warning Siren

Sirens are tested monthly on the first weekday at 11:45 AM. Scan the QR code to report what you hear.



Important Phone Numbers

In an emergency, you may not have access to the contacts saved in your phone. Write down the numbers of:

- Household members (school, work, or cell phones)
- An out-of-area contact who can relay information
- Friends, relatives, or neighbors you could call or text to confirm you are safe

Family Meetup Location

If an emergency prevents us from getting home, or if home is not the safest place, our family will meet at:

Backup Location (if primary is not accessible):

* Make sure all family members know these locations and how to get there safely.

Children In Disaster

Children are more vulnerable than adults during disasters because of their:

- ♡ Smaller size and mental development
- ♡ Dependence on adults
- ♡ Vulnerability to victimization

How To Help

Keep routines. Children experience comfort from rituals and routines, like a story before bedtime or a family meal each evening.

Role model and listen. Children look to you and pick up on your moods and cues. Let your children know that it's okay to be sad, but do your best to reassure them that they're safe.

Provide perspective. Although the impacts of a disaster are very real, your child's fears may be out of proportion. Take the time to talk to them and hear their concerns.

Limit media. Natural disasters can seem more frightening because of how they are shown on the news. Be mindful of how much media they are watching.

Watch your child for changes in behavior, sleeping patterns, or eating habits. Children may be afraid or anxious for a while after the event. If changes in behavior do happen, they will likely lessen within a short time. However, if they continue, you should seek professional help and counseling.



The Parent Line 1-800-816-1222

A free, confidential phone service offering support and resources on parenting, child development, and behavior.

What every child should know.

My name is _____.

I am _____ years old.

My address is _____.

The person I trust is (First and Last
Name) _____.

Their phone number is _____.

I am allergic to _____.

Earthquake: 'Ōla'i

Hawai'i has many small quakes each day from volcanic activity—most are too small to feel, but bigger ones can cause damage or trigger tsunamis.

Before an Earthquake

- Make a family earthquake plan and identify safe spots in each room.
- Learn how to turn off gas, water, and electricity in your home.

During an Earthquake

- Drop, cover, and hold on under a sturdy table or desk.
- Stay indoors until the shaking stops. Stay away from windows.
- If outside, move to a clear area away from buildings, trees, and power lines.
- If in a car, pull over to a safe area and stay inside until the shaking stops.

After an Earthquake

- Check for injuries and hazards like gas leaks or downed lines.
- If you smell gas or suspect damage to electrical lines, turn off the electricity at the main breaker or fuse box.
- Expect aftershocks and stay alert for tsunami alerts.

Did you feel it?

Find the earthquake you felt, and report it to USGS.



Tsunami: Kai E'e

If you hear a siren, turn on the radio, TV, or official alerts. Follow instructions right away. Stay at least 100 feet from rivers, canals, and marinas—waves can travel inland.

During an Earthquake

- If shaking is so strong you fall or can't stand: drop, cover, and hold on.
- Wait for the shaking to stop, then leave the tsunami evacuation zone immediately.

Natural Warning Signs of a Tsunami

- Ocean pulls back: You may see exposed reef, ocean floor, or fish.
- Wall of water or loud roar: Sounds like a train or jet.
- If you see or hear this—leave the evacuation zone right away.



Tsunami Watch: Be prepared to act. Authorities are collecting more information.



Tsunami Advisory: Stay out of water, away from beaches and waterways. A tsunami is imminent, expected, or occurring.



Tsunami Warning: Move to high ground or inland.



County of Hawai'i

Tsunami Evacuation Zone Map

Learn more from the
Pacific Tsunami Warning Center





Wild Fire: Ahi



Fire Weather Watch: Issued when dry conditions and critical weather (strong winds, low humidity, and high temperatures) could create dangerous wildfire risk within 48 hours.



Red Flag Warning: This means there's a high chance of extreme fire behavior. Avoid outdoor activities that could spark a fire—this includes open flames, outdoor burning, using equipment that creates sparks, discarding cigarettes, or parking on dry grass.

Learn more from the
Hawai'i Wildfire Management Organization



Public Safety Power Shutoff (PSPS)

Hawaiian Electric may temporarily turn off power in high-risk areas with extreme wildfire conditions to help reduce the chance of wildfires starting and spreading. PSPS events are rare and only used to protect communities and first responders.

Learn more about Hawaiian Electric's
Public Safety Power Shutoff (PSPS)



After A Wildfire

Wildfire smoke is unsafe. Stay indoors with windows and doors closed. If you must go outside, wear an N95 mask. Watch for symptoms like coughing, sore throat, headaches, dizziness, trouble breathing, chest pain, or unusual fatigue, and contact your doctor if your condition worsens.

Flood: Wai Pi'i



Flood Watch: Conditions are favorable for flooding. Stay alert and monitor updates.



Small Stream Flood Advisory: Minor flooding in low-lying areas, small streams, or poor drainage spots. Be cautious and avoid driving through water.



Flood Warning: Flooding is happening or will happen soon. Move to higher ground immediately.



Flash Flood Warning: Flood waters can rise quickly with little warning. Stay out of streams, gulches, and flooded roads, and get to higher ground immediately.



Center for Disease Control
Information To Stay Safe and Healthy After Flooding

After a Flood

- Avoid hazards like debris and downed lines.
- Avoid floodwater that may contain sewage and harmful germs that cause rashes, diarrhea, and wound infections. If you do come into contact with it, wash with soap and water as soon as possible.
- Wear protective gear and take photos to document any damage (before you clean up) for insurance.



Living in a One-Road-In/Out Area

Emergencies like wildfires, floods, and tsunamis can quickly block your only road. Planning ahead ensures your family can respond safely, even if you're not home.

Make a Family Evacuation Plan

- Identify who needs help: Young children, elderly relatives, and those with mobility or medical needs may need extra time or assistance.
- Assign roles: Decide who is responsible for helping each person, or who will check on them first.
- Have a communication plan: Make sure everyone knows how to call, text, or use a walkie-talkie if phone service fails.
- Create a reunification point: Choose a safe meeting place outside the neighborhood in case you are separated.

Prepare for Blocked Roads

- Plan alternative routes: Even if it means walking or biking, know how to get to safety.
- Keep “go-bags” ready: Include water, snacks, medications, flashlights, and copies of ID for each person.
- Store a folding cart or wagon: Useful for carrying supplies or helping small children or elderly relatives if you must evacuate on foot.
- Keep shoes and protective clothing accessible: In case you need to walk through rough terrain or debris.

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If Children Are Home Alone

- Teach them how to recognize alarms, sirens, or alerts.
- Make a step-by-step checklist of what to do, where to go, and who to call.
- Consider a trusted neighbor or family member who can assist them quickly.

If Elderly or Disabled Family Members Are Home Alone

- Arrange for a buddy system with a nearby neighbor.
- Keep a lightweight wheelchair, walker, or transport chair ready if needed.
- Store emergency medications and medical info in a grab-and-go bag.

Wildfire Safety

- Identify a nearby safety zone with little to burn—like a golf course, lava field, or wide gravel lot.
- Keep vehicles backed in for quick departure and always have at least half a tank of gas.

Tsunami Safety

- Know your fastest route to higher ground and practice it with your family.
- If roads are blocked, plan your walking path to safety before an emergency happens.
- Consider leaving early, you don't have to wait for the warning notification or siren before leaving the area.

Eruption and Vog (Lua'i Pele, Polalauahi)

Safety Tips

- Stay indoors and keep windows and doors closed during heavy vog or ashfall. Use HEPA filters or air purifiers if available.
- Wear an N95 mask outside and limit outdoor activity, especially exercise, during poor air quality.
- Avoid touching Pele's hair or volcanic ash with bare hands. Wear gloves and eye protection during cleanup.
- Do not wipe ash or Pele's hair off cars or windows dry. Rinse surfaces gently with water first to avoid scratching paint and glass.
- Be prepared for road closures, reduced visibility, and changing conditions near eruption areas.

Hawai'i Interagency
Vog Dashboard



Cultural Respect: Kīlauea and other volcanoes are sacred. Leave only small, biodegradable offerings—never trash or large piles of items.

Protect Hawai'i's Forests: Clean your shoes with alcohol spray before entering forests to help prevent the spread of Rapid 'Ōhi'a Death.

Stay Safe and Respect Closures: Do not cross into restricted zones; doing so endangers both you and first responders.

USGS Livestream

Direct links to all individual Kīlauea webcams.



Water Catchment Safety

If you live downwind of volcanic ash or Pele's Hair

- Disconnect catchment systems until rain has flushed ash from roofs and gutters.
- Use tank covers or canopies to keep ash and debris out of tanks.
- Consider a first-flush system to divert contaminated runoff away from the tank.
- Clean roofs and gutters after ashfall to help prevent contamination of catchment water.
- Use pre-tank filters, such as securely fastened nylon stockings or mesh filters, to trap larger debris.
- Check and replace filters often, and keep extra sediment filters on hand.
- Raise pH with baking soda (1–2 boxes every 2–4 weeks) to help reduce copper and lead leaching.

If water quality is questionable, use the Department of Water Supply emergency spigots for drinking and cooking.



Map to locate **Emergency Water Spigots** on Hawai'i Island

CTHAR Guide for **Rainwater Catchment Systems** in Hawai'i



More information about rainwater catchment systems in Hawai'i at Uncle Tilo's Water



Hurricane: Makani Pāhili

Hurricane season in Hawai'i runs from June 1 to November 30, when ocean and weather conditions are most likely to produce tropical storms and hurricanes. While direct hits are rare, even distant storms can bring heavy rain, high surf, flooding, and strong winds. Preparing early and knowing what to do before, during, and after a hurricane helps keep your 'ohana safe.

High Surf During Hurricanes

- **Arrives Early:** Dangerous surf can hit 1–2 days before a hurricane or storm makes landfall or passes offshore.
- **Powerful Waves:** Extreme shore break and rip currents occur, even at normally calm beaches.
- **Coastal Flooding:** High surf and storm surge can flood low areas and block roads.
- **Stay Back:** Avoid coastal paths, tide pools, and piers—waves can sweep people out to sea.
- **Heed Warnings:** Follow High Surf and Coastal Flood Warnings from Civil Defense and the National Weather Service.

Hurricane Season Checklist

- ☐ Review or purchase homeowner or renter insurance
- ☐ Refresh Go-Bags
- ☐ Check and update emergency notification apps
- ☐ Refresh emergency food supply
- ☐ Take a video of the inside and outside of your home.
- ☐ Trim back hazardous trees
- ☐ Get in the habit of refilling gas when half empty
- ☐ Fill spare propane tank

Hurricane Checklist



Hurricane Watch (Possible in 48 Hours)

- Board windows, trim trees, clear gutters, and bring in loose outdoor items.
- Fill car with gas. Do laundry. Put extra dry clothing, bedding, and linens in garbage bags to keep dry.



Hurricane Warning (Expected in 36 Hours)

- Take down tarps and canopies; move car away from trees.
- Fill bathtubs for flushing water and freeze water/gel packs.
- Take trash and recycling to the transfer station.
- Set refrigerator to the coldest setting.
- Make a few extra meals that are easy to reheat.
- Monitor weather updates and review your evacuation plan.

During a Hurricane

- Stay indoors and away from windows, skylights, and glass doors.
- Shelter in a small interior room on the lowest level of your home.

After a Hurricane

- Document damage with photos for insurance.
- Remove standing water and wet items to prevent mold.

Downed Power Lines

- Treat all downed lines as live—stay 30 feet away.
- Avoid water or anything touching the line.
- Report immediately to 911 and Hawaiian Electric.

When There's No Electricity

- Avoid candles. Choose flashlights or battery-powered lanterns.
- Unplug appliances and devices like TVs, computers, game consoles, and fans, or use surge protectors.
- Leave one light on. This will let you know when power is restored.
- Fuel-powered generators produce deadly carbon monoxide and must always be used outdoors away from windows, doors, and vents. Battery-powered solar generators do not produce carbon monoxide but should still be used according to manufacturer safety instructions.

Food Safety in a Power Outage

- Keep fridge and freezer doors closed to hold the cold longer.
- A full freezer stays cold for about 48 hours (24 hours if half full).
 - A closed fridge keeps food cold for about 4 hours.
- Check temperatures:
 - Fridge: 40°F or below
 - Freezer: 0°F or below
- If the outage continues, move perishables to a cooler with ice before the refrigerator warms above 40°F.
- When in doubt, throw it out. Discard meat, dairy, eggs, and leftovers that have been above 40°F for 2+ hours.
- Look and smell isn't enough—bacteria can grow before food looks spoiled.

To replace SNAP food lost from a power outage, fire, or natural disaster, submit the **Application for Replacement of Food** form.



Insulin Safety

Power outages can make storing insulin challenging. Being prepared can save your life.

Know Your Insulin: Most types last up to 28 days at room temperature (59–86°F) once opened. Check your packaging or ask your pharmacist.

Have a Cooler: Keep an insulated cooler or medical cooling pack ready. Don't place insulin directly on ice.

Stock Up: Keep a 2-week supply of insulin, syringes/pens, testing supplies, and glucose tabs in your emergency kit.

Medication List: Include all meds, doses, and your doctor/pharmacy contacts in your kit.

Wear a Medical ID: A bracelet or card can speak for you in an emergency.

Know Safe Locations: Identify shelters or centers with generators for refrigeration.

Plan with Your Pharmacy: Ask about early refills during disaster declarations.

What to Know About Shelters

When to Go

- Shelters open during hurricanes, tsunamis, wildfires, or other major emergencies.
- Only go if your home is unsafe or you're told to evacuate.

What to Bring

- Go Bag with:
 - Medications, important documents, and ID
 - Water, snacks, and any special foods
 - Phone/charger, flashlight, batteries
 - Personal hygiene items
 - Comfort items for kids or pets

What to Expect

- Basic safety, not comfort: Shelters may not have cots, food, or showers right away.
- Stay informed: Staff will share updates and instructions.

Health & Safety

- Follow posted rules for everyone's safety.
- All Hawai'i County shelters are pet friendly. Bring a carrier, leash, pet food, bowls, and poop bags or disposable litter and tray.

Shelter locations will be announced by Civil Defense in radio messaging and posted online at the Hazard Map.



72 Hour Go Bag

- ☐ 3-gallons of drinking water per person and pet
- ☐ Family documents, family member photos, Keiki ID
- ☐ Toiletries, disposable towels and bathing wipes
- ☐ Hand Crank Radio
- ☐ Solar lanterns/flashlights
- ☐ Cards, hackysack, comfort items
- ☐ Notebook, Writing Pen, Sharpie
- ☐ Bowl and utensils
- ☐ Bedding, Poncho liner
- ☐ First Aid Kit, Medications
- ☐ Toilet Paper
- ☐ A change of clothes for each person
- ☐ Solar charger power bank
- ☐ Trash bag and Duck Tape

Add To Cart

This list is provided to help you in creating your own emergency kit.
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Go Bag Friendly Food

- ☐ Energy, protein, or granola bars
- ☐ Tuna or chicken pouches
- ☐ Instant oatmeal packets
- ☐ Electrolyte drink packets
- ☐ Trail mix, dried fruit, or nuts
- ☐ Peanut butter or almond butter packets
- ☐ Instant miso soup or Cup a Soup

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Important Document Checklist

- ☐ Driver's license, passport, or military ID
- ☐ Birth Certificates and Social Security Cards
- ☐ Green card, naturalization or immigration paperwork
- ☐ Adoption or child custody papers
- ☐ Marriage or divorce certificates
- ☐ Pet ownership and vaccination records
- ☐ Property or rental leases, mortgages, deeds
- ☐ Vehicle title, registration, VIN, loan papers
- ☐ Life, auto, home, renters, flood insurance policies
- ☐ Bank and retirement accounts
- ☐ Bills: Credit card, utility, loans, alimony & child support
- ☐ Proof of Income: pay stubs, tax records, govt benefits
- ☐ Wills, power of attorney
- ☐ Health insurance cards
- ☐ Health records
- ☐ Medical and mobility devices with model numbers
- ☐ Names of healthcare providers

Store important documents in a sealed plastic bag, whether printed or saved to a USB drive. **For added protection and easier access after a disaster, consider uploading digital copies to a secure cloud drive or creating a DARCI profile.**

DARCI's secure digital lockbox helps safeguard critical documents, keeps them accessible during emergencies and recovery efforts, and connects you quickly to resources across the Vibrant Hawai'i network.

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First Aid Kit

- ☐ Hand Sanitizer
- ☐ Bandages
- ☐ Antibiotic Ointment
- ☐ Gauze
- ☐ Gauze Tape
- ☐ Sanitary Pads
- ☐ Instant Cold Pack
- ☐ Alcohol Pads
- ☐ Tweezers, Nailclipper, Scissors
- ☐ Pain Medication
- ☐ Anti-Diarrheal Medication
- ☐ Masks
- ☐ Antihistamine
- ☐ Sunscreen/Sunburn Lotion
- ☐ Necessary Prescription Medication

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Household Preparedness Checklist

For shelter-in-place scenarios (hurricane, extended power outage)

Water & Food for 14 Days

- 1 gallon water per person (and pet) per day
- Shelf-stable foods + manual can opener
- Backup cooking fuel (propane, charcoal, or camp stove)

Power & Lighting

- Generator or portable battery
- Solar/hand-crank lights & chargers
- Extension cords & surge protectors

Health & Sanitation

- First-aid kit & extra prescriptions
- Toilet paper, trash bags, disinfectants
- Bucket or portable toilet
- In case your roof leaks, store extra bedding, towels, and clothing in trash bags or storage bags

Home Safety

- Fire extinguisher & working smoke/CO alarms
- Wrench stored near main gas and water shutoff valves
- Clear gutters and ditches
- Take down tents/tarps
- Avoid parking under trees that could fall

Communication & Documents

- Battery or crank radio
- Printed emergency contacts & local maps
- Photos of home/valuables & documents in waterproof bag
- Cash in small bills

Managing Stress in an Emergency

Pause and Breathe

- Take 3–5 slow breaths in through your nose, out through your mouth.
- Ground yourself by noticing:
 - 5 things you can see
 - 4 things you can touch
 - 3 things you can hear.

Focus on Small Steps

- Break tasks into one step at a time (get your bag, check on a family member, move to safety).
- Remind yourself: “I can handle the next step.”

Stay Connected

- Talk to a family member, neighbor, or friend.
- Share updates calmly and offer reassurance to others.

Limit Overload

- Check the news or alerts briefly and periodically—not nonstop.
- Avoid rumors; rely on official sources for updates.

Reach Out for Help

- If feelings of panic or sadness become overwhelming, call or text 988 for support.

Vibrant Hawai'i's

Meal In A Bag Recipe Book



Mahalo i ka mea i loa'a.

Appreciate and use what is available.

*Compiled with love by Vibrant Hawai'i's
'Ōpio Alliance for Kuleana Advancement*

Chicken Alfredo

Ingredients

- 1 box Pasta (Penne or Rotini)
- 1 can Chicken
- 1 jar Alfredo Sauce
- 1 can Peas
- Garlic Powder

Cook pasta according to directions. Drain. Add all ingredients to cooked pasta. Heat 3–5 minutes.

Option: Creamy Cajun Chicken Pasta

- Omit peas. Add 1 Tbsp Cajun Seasoning (packet) (\$4.88)
- 1 can Diced Tomatoes w/ Green Chiles (\$1.28)

Chicken Enchilada Skillet Bowl

Ingredients

- 1 cup Instant Rice
- 1 can Enchilada Sauce
- 1 can Chicken or Black Beans
- 1 Taco Seasoning Packet
- 1 can of Whole Kernel Corn, drained
- Tortillas

Cook rice. Add sauce, chicken/beans, corn, and seasoning. Simmer until thick. Serve on tortilla.

Chicken Cacciatore

Ingredients

- (2) 12-ounce can Chicken
- (2) 14.5-ounce Diced Tomatoes
- (2) 8-ounce can Tomato Sauce
- 3 tbsp Onion Powder
- 1 tsp Garlic Powder
- 1/2 tsp Italian Seasoning
- (1) 12-ounce box Fettuccine or Egg Noodles
- 1/2 cup Powdered Parmesan Cheese

Cook noodles according to directions on the box. In a large saucepan, combine chicken, tomatoes, tomato sauce, onion powder, garlic powder, and Italian seasoning. Heat to warm. Add cooked and drained pasta to sauce. Sprinkle with parmesan.

Chicken Tomato Pasta

Ingredients

- 32 oz Chicken Broth (from Bouillon)
- 1 (16-oz) box Penne Pasta
- 2 (14.5-oz) cans Italian Diced Tomatoes
- 1 (12-oz) can Evaporated Milk
- 2 cans Chicken
- Italian Seasoning

Bring the chicken broth to a boil. Add noodles. Cook till al dente. Reduce heat to low and add the diced tomatoes, evaporated milk, chicken, and seasoning to taste. Heat through and enjoy.

Instant Potato Shepherd's Pie

Ingredients

- 1 pouch Instant Mashed Potatoes
- 1 can Roast Beef with Gravy
- 1 can Mixed Vegetables
- 1 Beef Bouillon Cube
- Paprika

Prepare instant potatoes with hot water (follow packet). Heat beef and veggies in a separate pot. Add bouillon to taste. Spoon beef mixture into bowl and top with mashed potatoes. Sprinkle with paprika to taste.

Supreme Pizza Pasta

Ingredients

- 1 box Spiral Pasta
- 1 can of Chicken
- 1 jar Pizza Sauce or Marinara
- 1 can Sliced Olives
- 1 can Mushrooms
- Italian Seasoning
- Pepperoni
- Dried, Minced Onion Seasoning
- Powdered Parmesan

Cook pasta, drain. Pour in chicken, sauce, olives, mushrooms, Italian and onion seasoning, and pepperoni. Heat until warmed through.

Taco Rice Bowl

Ingredients

- 1 cup Rice
- 1 can Black Beans
- 1 can Corn
- 1 can Chicken
- 1 packet Taco Seasoning
- 1 jar Salsa (or single-serve cups)
- Tortilla Chips/Gluten Free Chips
- 1 jar Cheese

Cook rice with 2 cups of water. Drain beans, corn, and chicken, add to pot with rice. Stir in taco seasoning and salsa. Heat until light bubbles appear. Serve with chips and top it off with cheese.

Easy Dump Chili

Ingredients

- 1 can Kidney Beans
- 1 can Black Beans
- 1 can Pinto Beans
- 1 can Tomato Sauce
- 1 can Diced Tomatoes with Green Chilies
- 1 packet Chili Seasoning

Dump everything in a large pot (don't drain the cans). Heat till warmed through.

Optional: Add meat or canned corn, and serve with rice or crackers.

Tuna Noodle Casserole

Ingredients

- 1 package Elbow Macaroni or Pasta Shells
- 1 can Tuna (Drained)
- 1 can Cream of Mushroom Soup
- ½ cup Canned Peas (Drained)
- ½ Tsp Onion Powder
- ½ Tsp Garlic Powder
- Salt & Pepper to taste
- ¼ cup crushed crackers, chips, or breadcrumbs

Boil pasta in salted water until al dente. Drain. Combine soup, tuna, peas, and seasonings in a pan. Mix pasta with the sauce until well coated. Sprinkle with crushed crackers, chips or breadcrumbs.

Minestrone Soup

Ingredients

- 1 ½ cups Elbow Macaroni Pasta
- 24 oz Pasta Sauce
- 1 can Kidney Beans (rinsed and drained)
- 1 can Carrots (drained)
- 1 can Green Beans (drained)
- 1 can Diced Tomatoes
- 1-2 Bouillon Cubes

Combine sauce, veggies, and bouillon with 3-4 cups water. Bring to a boil, then add pasta. Simmer 12-15 minutes until pasta is tender.

Coconut Lentil Stew (V, GF)

Ingredients

- 1 can Lentils
- 1 can Diced Tomatoes
- 1 can Coconut Milk
- Curry Powder
- Garlic Powder

Add rinsed and drained lentils, tomatoes (with liquid), and coconut milk to a pot. Add curry powder for a more flavorful stew, or garlic powder for something simple and mild. Warm over medium heat for 10–15 minutes, stirring occasionally until thick and heated through. Enjoy on its own, over rice, or with bread.

Teriyaki Style Spam Bites

Ingredients

- 1 can Spam
- 1-2 cups Rice (Depending on Serving Size)
- ½ cup Shoyu
- ¼ cup Brown Sugar
- Snack Pack Nori
- Unagi Sauce (optional)
- Spicy Mayo (optional)

Cook rice. Cut spam into cubes, then fry. Add shoyu and brown sugar in pan (sauce will thicken up). Add rice and spam in a bowl, eat with nori or crushed up nori. Add unagi sauce and/or spicy mayo.

Coconut Peanut Curry Saimin

Ingredients

- 2 packs of Saimin
- 1 can Coconut Milk
- 1 spoonful Peanut Butter
- 1 Curry Cube or Curry Powder
- 2 tbsp Shoyu
- 1 can Chickpeas
- 1 box Shelf-Stable Tofu or canned Chicken/Tuna
- 1 can Mixed Vegetables or Corn

Boil 3 cups of water, then add in saimin noodles– don't use the seasoning packet. When noodles begin to soften, pour in the can of coconut milk, add the peanut butter, curry cube or powder, and a splash of shoyu. Stir until the peanut butter melts and the curry dissolves into a creamy broth. Add the chickpeas, vegetables, and tofu cubes. Let everything simmer for 3-5 minutes, until warmed through and smells like curry. Add shoyu or chili flakes to taste and enjoy!

Sun-Dried Tomato Gnocchi (V)

Ingredients

- 1 package Gnocchi
- 1 small jar of Sun-Dried Tomatoes
- 2 tbsp Powdered Milk *or* Non-dairy Coffee Creamer
- 1 Bouillon Cube
- 1 tsp Italian Seasoning
- 1 cup water
- Parmesan Cheese
- Olive Oil

In a pot, dissolve bouillon in 1 cup of water. Add gnocchi and simmer for 5–6 minutes until they float and soften. Stir in the powdered milk or creamer. Add the sun-dried tomatoes and Italian seasoning. Simmer 1–2 minutes until sauce thickens. Taste and adjust seasoning. Complete with a drizzle of olive oil and sprinkle of parmesan.

Two-Ingredient Peanut Butter Fudge

Ingredients

- 1 can (14 oz) Sweetened Condensed Milk
- 1 cup Peanut Butter (smooth)

In a saucepan over low heat, combine the sweetened condensed milk and peanut butter. Stir constantly until smooth and well combined (3–5 minutes). Pour into a lined or greased pan. Let cool until set (2+ hours). Cut into squares.

Corn Chowder

Ingredients

- 1 can Creamed Corn
- 1 can Whole Kernel Corn
- 1 can Diced Potatoes
- 1 can Spam
- 1 can Evaporated Milk (12 oz)
- 1 can Chicken Broth
- 1 tbsp Dried Parsley
- ½ tsp Garlic Powder
- Salt & Pepper to Taste

Drain corn and potatoes. Add to a pot along with creamed corn, chopped Spam, chicken broth, and spices. Bring to a simmer for 10 minutes. Stir in evaporated milk. Simmer 3–5 minutes until it thickens. Season with salt and pepper to taste.

Chocolate Peanut Butter Oat Balls

Ingredients

- 1 cup Instant Oats
- ½ cup Peanut Butter
- ¼ cup Honey or Maple Syrup
- ⅓ cup Chocolate Chips (semi-sweet or milk chocolate)
- 1 tsp Vanilla (optional)

In a bowl, mix oats, peanut butter, honey (or maple syrup), and vanilla (if using). Fold in the chocolate chips so they're evenly distributed. Wet your hands slightly and roll mixture into small 1-inch (bite-sized) balls. Store in a sealed container at room temperature.

Vibrant Hawai'i Resilience Hubs

Resilience Hubs are led by local neighbors who organize, share information, learn key emergency skills, and support each other before, during, and after emergencies.

Learn more about our network of
Resilience Hubs



Community Emergency Action Plans (CEAPs)

A CEAP is a neighborhood plan for disasters. It identifies local hazards, safe gathering spots, communication methods, and resources to help your community before, during, and after an emergency to help neighbors share information, coordinate evacuations, and recover faster.

Connect with your local Resilience Hub to get involved in creating a plan for your area.

Other Ways to Support Your Community

In disasters, Vibrant Hawai'i directs volunteers and donations to where they're needed most. Even if you're not in a Hub, you can still help:

- Join the Resilience Registry: Share your skills to help neighbors.
- Donate: Support Vibrant Hawai'i's disaster preparedness and response efforts.
- Stay Connected: Follow updates and share accurate information with family, friends, and neighbors.

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