

Disaster education through the training for survival cooking named 'Saba-meshi'

Shoichiro Uchiyama[1]; Yasuaki Nohguchi[2]

[1] NIED; [2] National Research Institute for Earth Science and Disaster Prevention

<http://homepage2.nifty.com/sabameshi/>

This is one of the disaster educations named 'Saba-meshi' meant survival cooking in Japanese. It uses 2 aluminum cans for a stove and a rice cooker, 3 packs of milk carton for fuel. We show this method for one of the survival against disasters and talk about importance of storing of food and water for 3 days in each home.

