

## EMERGENCY MEAL PLANNING

An emergency meal plan is used during times of natural disasters and other emergencies when dialysis must be skipped or delayed. It is not a substitute for dialysis, but a way to slow down the buildup of waste products in your body until dialysis can be restarted.

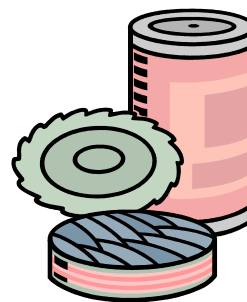
### The 3-Day Emergency Meal Plan

This emergency meal plan (developed by the Northern California Council on Renal Nutrition) provides about 40 grams of protein, 1,500 milligrams of sodium, and 1,500 milligrams of potassium per day. These meals can be stored and prepared with little or no refrigeration. On the daily menus, you can switch different cereals, juices, and meats as long as they are on the included shopping list. One egg or one ounce of meat that has been kept at a safe temperature can be switched for 2 tablespoons (Tbsp.) of peanut butter or  $\frac{1}{4}$  can (1 oz.) of low sodium canned meat.

**NOTE:** If you are diabetic, avoid the sweets in this diet plan. However, have some high sugar content foods like hard candies in case you go “low” with too little sugar in your body.

### Helpful Food Safety Hints for emergencies:

- Keep food items with long shelf lives on hand at all times.
- Check expiration dates and replace when needed.
- Begin your facility’s 3-Day Emergency Meal Plan.
- Once a jar or can is opened, do not keep it longer than 4 hours without refrigeration.
- Use a refrigerator thermometer to know if food is stored at a safe temperature (under 40° F). If your refrigerator temperature is over 40° F, food will only be safe for 4 hours. After that time, throw it away.
- Use disposable plates and utensils and throw away after using.
- If using powdered drink mixes, only make up small amounts at a time.
- Do not use salt or salt substitutes at any time.



### Food List for 3-Day Emergency Meal Plan:

This list provides a 6 day supply of canned food and water. Use fresh foods as long as they are available. You should make every attempt to get dialysis within 3 days. But if it takes longer, be sure to continue the 3-Day Emergency Meal Plan until you can get your dialysis treatment.

- 3 packages of dry milk **OR** 4-8 ounce (oz.) cans evaporated milk
- 1 or 2 gallons of distilled or bottled water
- 2 packages powdered fruit-flavored drink mix **OR** 1 container fruit-flavored drink (pre-mixed)
- 1-2 cans or bottles of soft drink (avoid colas)
- 6-pack of 4 oz. cans or boxes of fruit juice (cranberry, apple, or grape)
- 6 boxes of single-serving cereal (No Raisin Bran)
- small box white sugar (or box of sugar packets)
- 12 – 4 oz. cans or “fruit bowls” of fruit (pears, peaches, mixed fruit, applesauce, or pineapple); No dried fruit
- 6 – 8 oz. cans of low sodium vegetables (carrots, green beans, peas, corn, or wax beans)
- 6 – 3 oz. or 4 oz. cans of low sodium meat (tuna, crab, chicken, salmon, or turkey)
- 1 jar peanut butter
- 1 small jar jelly or honey
- 3 small jars mayonnaise (or 8-12 single-serve foil wrapped packs)
- 1 loaf regular bread, not salt-free, No preservatives (bread can be kept frozen for three months)
- 1 box vanilla wafers **OR** graham crackers
- 5 packages of candy (sourballs, hard candy, jelly beans, or mints)
- 1 package marshmallows
- 1 jumbo pack of chewing gum

If your refrigerator is still working, use fresh milk, meat, and poultry in the amounts listed in the diet.

## 3-Day Emergency Meal Plan

### Day 1 (Add 4 ounces of water to take medicine)

#### **Breakfast:**

- Cereal and fruit:
  - ½ cup milk or mix ¼ cup evaporated milk with ¼ cup distilled water from sealed containers or disinfected water
  - 1 box of cereal (single-serving) (No Raisin Bran)
  - 1 Tbsp. sugar
  - ½ can (2 oz.) canned peaches (drained)

#### **Morning Snack**

- Vanilla wafers (5) or graham crackers (1 ½ squares)
- Sourballs (10)

#### **Lunch**

- Peanut butter and jelly sandwich:
  - 2 slices of bread
  - 2 Tbsp. peanut butter
  - 2 Tbsp. jelly
- ½ cup (4 oz.) canned pears (drained)
- ½ cup (4 oz.) pre-made powdered fruit drink

#### **Afternoon Snack**

- Marshmallows (10)
- ½ cup (4 oz.) canned applesauce

#### **Dinner**

- Chicken sandwich:
  - 2 slices of bread
  - ½ can (2 oz.) canned low sodium chicken\*
  - 2 Tbsp. mayonnaise\*
- ½ cup (4 oz.) canned carrots (drained)
- ½ cup (4 oz.) cranberry juice

#### **Evening Snack**

- Jelly beans (10)
- Vanilla Wafers (5) or graham crackers (1 ½ squares)

\*Perishable item. Throw away unused food in open containers if not used within 4 hours.

**Day 2** (Add 4 ounces of water to take medicine)

**Breakfast:**

- Cereal and fruit:
  - ½ cup milk or mix ¼ cup evaporated milk with ¼ cup distilled water from sealed containers or disinfected water
  - 1 box of cereal (single-serving) (No Raisin Bran)
  - 1 Tbsp. sugar
  - ½ can (2 oz.) canned pears (drained)

**Morning Snack**

- ½ cup (4 oz.) canned applesauce
- Jelly beans (10)

**Lunch**

- Chicken sandwich:
  - 2 slices of bread
  - ¼ can (1 oz.) canned low sodium chicken\*
  - 1 Tbsp. mayonnaise\*
- ½ cup (4 oz.) pineapple (drained)
- ½ cup (4 oz.) pre-made powdered fruit drink

**Afternoon Snack**

- Mints (10)
- ½ cup (4 oz.) canned applesauce

**Dinner**

- Tuna sandwich:
  - 2 slices of bread
  - ½ can (2 oz.) canned low sodium tuna\*
  - 1-2 Tbsp. mayonnaise\*
  - ½ cup (4 oz.) canned low sodium peas (drained)
  - ½ cup (4 oz) cranberry juice

**Evening Snack**

- Vanilla Wafers (5) or graham crackers (1 ½ squares)
- Sourballs (10)

*\*Perishable item. Throw away unused food in open containers if not used within 4 hours.*

**Day 3** (Add 4 ounces of water to take medicine)

**Breakfast:**

- Cereal and fruit:
  - ½ cup milk or mix ¼ cup evaporated milk with ¼ cup distilled water from sealed containers or disinfected water
  - 1 box of cereal (single-serving) (No Raisin Bran)
  - 1 Tbsp. sugar
  - ½ cup (4 oz.) canned cherries (drained)

**Morning Snack**

- Vanilla Wafers (5) or graham crackers (1 ½ squares)
- Hard candies (10)

**Lunch**

- Peanut butter and jelly/honey sandwich:
  - 2 slices of bread
  - 2 Tbsp. peanut butter
  - 2 Tbsp. jelly or honey
- ½ cup (4 oz.) canned peaches (drained)
- ½ cup (4 oz.) cranberry juice

**Afternoon Snack**

- ½ cup (4 oz.) canned applesauce
- Jelly Beans (10)

**Dinner**

- Salmon sandwich:
  - 2 slices of bread
  - ½ can (2 oz.) canned low sodium salmon\*
  - 1-2 Tbsp. mayonnaise\*
- ½ cup (4 oz.) canned green beans (drained)
- ½ cup (4 oz) soft drink (No colas)

**Evening Snack**

- Vanilla wafers (5) or graham crackers (1 ½ squares)
- Marshmallows (10)

\*Perishable item. Throw away unused food in open containers if not used within 4 hours.