

## Emergency/Disaster Plan for Food and Dining Services

### 3 Day Emergency Meal Plan: No Utilities



# Emergency/Disaster Plan for Food and Dining Services

## Develop a Plan to Use Foods in Order of Perishability

### 1. Perishable fresh foods

Utilize the following foods within the first 1 to 3 days (as long as they are safe):

- All dairy products, such as milk, yogurt, and cheese.
  - All refrigerated or frozen meats, vegetables, and casseroles.
  - All frozen meats, vegetables, and other frozen foods.
  - All frozen supplemental beverages, puddings or ice cream.
  - All frozen and fresh muffins, bagels, and pastries.
  - All fresh fruit that tends to be perishable, especially bananas, pears, peaches.
2. Food in refrigerators – should be safe for up to 4 hours without electricity if doors to the unit remain closed; and may be safe longer if food temperatures remain at 41°F or below. Monitor and document refrigerator temperatures each hour. Only open the refrigerator units when a complete list of what is needed is available. Place blankets or towels around the seals to keep cold air in the units. To be safe, check each unit's internal temperature with a thermometer. The internal temperature should be 41°F or lower to assure safety. Check each food's internal temperature to assure safety prior to use.
3. Food in freezers - the amount of time food will remain usable is dependent on a number of factors:
- Amount of food in the freezer (the fuller the freezer is, the longer food will remain frozen).
  - Types of food (meats stay frozen longer than breads for example).
  - Temperature freezer was operating at before power failure (food in a freezer operating at -10°F will remain frozen longer than a freezer operating at 0°F).
4. Canned and dry foods that are not damaged. Do not use canned foods that are crushed, swollen, or punctured; do not use dry foods if packages are damaged or wet and food may be contaminated.
5. Refrigerated or frozen foods - if you are unsure how long food has been in the temperature danger zone, it is best to throw it out. Foods that rise above 41°F must be cooked/reheated to an internal temperature of 165°F for 15 seconds or longer.
6. Plan menus to use perishable food items first. Try to maintain well balanced meals with consideration for special diets. Therapeutic diets should be liberalized to meet the needs of individuals during the disaster.
7. Recipes should require minimal preparation and handling.
8. Once all perishable food items have been used, follow the emergency meal plans provided in the chapter entitled Emergency Menus and Recipes. If necessary, repeat the cycle of menus provided.

## Emergency/Disaster Plan for Food and Dining Services

### Sample Menu Shell

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T							
L U N C H							
S N A C K							
D I N N E R							
H S							

## Emergency/Disaster Plan for Food and Dining Services

### Suggested Emergency Menu Pattern

Meal	Diets				
	Regular	Mechanical Soft	Puree	LCS	LCS Puree
Breakfast	Juice, 6 oz	Juice, 6 oz	Juice, 6 oz	*Juice, 6 oz	*Juice, 6 oz
	Cereal, 1 serving	Soft Cereal, 1 serving	Smooth Hot Cereal, 1 c	*Cereal, 1 serving	*Smooth Hot Cereal, 1 c
	Starch, Bread or Other, 1 serving	Soft Starch, Bread or Other, 1 serving	Pureed Starch, Bread or Other, 1 serving	*Starch, Bread or Other, 1 serving	*Pureed Starch, Bread or Other, 1 serving
	Milk or Instant Breakfast, 8 oz	Milk or Instant Breakfast, 8 oz	Milk or Instant Breakfast, 8 oz	Milk or SF Instant Breakfast, 8 oz	Milk or SF Instant Breakfast, 8 oz
	Coffee/Tea	Coffee/Tea	Coffee/Tea	*Coffee/Tea	*Coffee/Tea
Lunch	Protein Source, 2-3 oz equivalent	Grd Protein Source, 2-3 oz equivalent	Pureed Protein Source, 2-3 oz equivalent	Protein Source 2-3 oz equivalent	Pureed Protein Source 2-3 oz equivalent
	Starchy Vegetable, ¾ c	Starchy Vegetable ¾ c	Pureed Starchy Vegetable ¾ c	*Starchy Vegetable ¾ c	*Pu Starchy vegetable ¾ c
	Vegetable, ¾ c	Soft Vegetable, ¾ c	Pureed Vegetable, ¾ c	*Vegetable, ¾ c	*Pureed Vegetable, ¾ c
	Starch, 1 serving	Soft Starch, 1 serving	Pureed Starch, 1 serving	*Starch, 1 serving	*Pu Starch, 1 serving
	Fruit, 1 serving	Soft Fruit, 1 serving	Pureed Fruit, 1 serving	*Fruit, 1 serving	*Pureed Fruit, 1 serving
	Water, 8 oz	Water, 8 oz	Water, 8 oz	Water, 8 oz	Water, 8 oz
Dinner	Protein Source, 2-3 oz equivalent	Grd Protein Source, 2-3 oz equivalent	Pureed Protein Source, 2-3 oz equivalent	Protein Source 2-3 oz equivalent	Pureed Protein Source 2-3 oz equivalent
	Starchy Vegetable, ¾ c	Starch Vegetable, ¾ c	Pu Starchy Vegetable, ¾ c	*Starchy Veg, ¾ c**	*Pu Starchy Veg, ¾ c**
	Vegetable, ¾ c	Soft Vegetable, ¾ c	Pureed Veg, ¾ c	*Vegetable ¾ c**	*Pu Vegetable ¾ c**
	Starch, 1 serving	Soft Starch, 1 serving	Pureed Starch, 1 serving	*Starch, 1 serving	*Pu Starch, 1 serving
	Fruit, 1 serving	Soft Fruit, 1 serving	Pureed Fruit, 1 serving	*Fruit, 1 serving	*Pureed Fruit, 1 serving
	Water, 8 oz	Water, 8 oz	Water, 8 oz	Water, 8 oz	Water, 8 oz
	Milk, 8 oz or Nutrition Supplement, 6-8 oz	Milk, 8 oz or Nutrition Supplement, 6-8 oz	Milk, 8 oz or Nutrition Supplement, 6-8 oz	Milk, 8 oz or SF Nutr Supplement, 6-8 oz	Milk, 8 oz or SF Nutr Supplement, 6-8 oz
Snack	Starch, 1 serving	Soft Starch, 1 serving	Pureed Starch, 1 serving	*Starch, 1 serving	*Pu Starch, 1 serving
	Milk, 8 oz or Nutrition Supplement, 6-8 oz	Milk, 8 oz or Nutrition Supplement, 6-8 oz	Milk, 8 oz or Nutrition Supplement, 6-8 oz	Milk, 8 oz or SF Nutr Supplement, 6-8 oz	Milk, 8 oz or SF Nutr Supplement, 6-8 oz

\*Low in Simple Sugars

\*\*American Diabetes Association recommends ½ cup portions of vegetables. ChooseMyPlate guidelines suggest a minimum of 2½ cups vegetables per day. Portion sizes listed reflect meeting ChooseMyPlate Guidelines.

**Note: Goal is a minimum of 2½ cups of vegetables and 2 cups fruit daily as per ChooseMyPlate guidelines if possible.**

## Emergency/Disaster Plan for Food and Dining Services

### Menu Notes for 3 Day Emergency Meal Plan: Assumes No Utilities are Available

During a disaster, foods that appear on the emergency menus may not be available in every situation. The menus provided are meant as guides, and will need to be adjusted during times of disaster. In some situations, the recommended nutritional guidelines of the USDA ChooseMyPlate or other recognized menu guides **may not be met**. It is particularly difficult to meet fruit recommendations (2 cups per day) and vegetable recommendations (2½ cups per day) without having fresh fruits and vegetables available, especially for individuals who cannot consume large volumes of food at one sitting. Each facility should make substitutions as needed to maximize food intake for residents/patients and to use perishable stock on hand before spoilage.

When no utilities are available, it can be challenging to provide a nutritionally-balanced menu each day, particularly when a priority is to make use of perishable items before they spoil. Below are some ways to make use of refrigerated or frozen foods without utilizing utilities. Be sure to check temperatures (should be below 41° F) prior to serving.

- Thaw pre-cooked meat such as ham; slice into portions using a sharp knife and serve.
- Use your supply of prepared refrigerated sandwich spreads (chicken salad, tuna salad, egg salad) at the first meal after losing utilities.
- Use cold leftovers such as coleslaw, gelatin salad, and tossed salad at first meal after losing utilities.
- Use frozen desserts (ice cream sherbet, frozen pies, etc.) at first meal after losing utilities.
- Use fresh milk at first meal after losing utilities and within 3 hours if possible\*.
- Use supply of fresh and/or frozen oral nutritional supplements (commercial shakes, etc.) as soon as possible after losing utilities.
- Combine fresh and frozen fruit to make a fruit salad; dress with yogurt or whipped cream.
- Use fresh vegetables (cucumbers, tomatoes, lettuce, etc.) at the first meal after losing utilities if you have a water source to wash vegetables before serving.
- Use instant mashed potatoes, assuming you have stored water available to prepare potatoes (or use milk or canned broth to prepare potatoes) if you have a heat source.
- If you have a heat source, cook frozen vegetables.

## Emergency/Disaster Plan for Food and Dining Services

**Menu may not be adequate in nutrients for all residents/patients.** Regular menus average approximately 1800 to 2000 calories, 75 to 85 grams protein daily. Utilize nutritional supplements when needed. Liberalize diets as appropriate:

- **Diabetic diets:** Use low sugar products when possible.
- **Sodium restricted diets:** Remove salt packets.
- **Mechanical soft diets:** Provide soft moist foods that can be chewed easily.
- **Pureed diets:** Provide pureed food. (An emergency supply of canned pureed foods should be kept on hand).

\*Use fresh milk as soon as possible after losing power, or move milk to a freezer to maintain a temperature of 41°F or lower to keep milk safe. Use canned evaporated milk or reconstituted powdered dry milk once fresh milk supplies have been used or spoiled.

Note: Utilize safe water supplies for reconstituted canned evaporated or pasteurized non-fat powdered milk, juices, soups or beverages.

**Follow the water purification procedure on page 101 if the water supply is unsafe for drinking.**

**Providing variety can also be challenging without utilities. Make menu substitutions on the menus as needed to use perishables and increase variety based on stock available in-house.**



## Emergency/Disaster Plan for Food and Dining Services

### Sample Emergency Supplies for 3 Days

Sample Menu Supply List (See separate list for pureed food items needed)			Number Of People/ Amount Needed			
Menu Items	Portion Size	No. of Meals Per 3 Days	50	100	150	Custom
Drinking water/per person/day	0.5 Gallon	N/A	75	150	225	
All purpose water/person/day	1 Gallon		150	300	450	
*+Assorted juices, 6 oz. cans or juice boxes	6 oz	3 Meals	150	300	450	
*+Assorted beverages, canned or aseptic pack	8 oz portions	3 Meals	150	300	450	
*+Instant breakfast, cans/aseptic pk	8-10 oz	3 Meals	150	300	450	
Bread, loaves (20 slices/loaf)	2 slices	6 Meals	36	72	108	
Crackers, pounds	4	3 Meals	4	8	12	
*Muffins, dozen, frozen	1	1 Meal	4.25	8 ½	12.5	
*Doughnuts, frozen	1	1 Meal	4.25	8 ½	12.5	
Cereal bars	1	2 Meals/snack	100	200	300	
Hard cooked eggs, dozens	1	2 Meals	5	9	12.5	
Cottage cheese, pounds	1/4 cup	1 Meal	5	10	15	
Hot cereal, bulk, pounds	6 oz	3 Meals	6	12	18	
Dry cereal, individual boxes	1 oz	3 Meals	150	300	450	
Chicken soup, 50 oz. Can	6 oz	1 Meal	7	12.5	19	
Chili, canned, No. 10 can	6 oz (3/4 cup)	1 Meal	4	7	10	
Tomato soup, 50 oz. Can	6 oz	1 Meal	7	12.5	19	
Deviled ham, No. 5 squat (4.25#)	2-3 oz	2 Meals	4	6	10	
Cheese, pounds	2 oz	1 Meal	6.25	12.5	18.75	
Tuna, canned, No. 5 squat (4.25#)	3 oz	1 Meal	3	6	9	
Cheese puffs, pounds	1 oz	2 Meals	6.5	13	20	
Hulless popcorn, pounds	1 oz	1 Meal	3.25	6.5	10	
Three bean salad, No. 10 can	¾ cup	1 Meal	3	6	9	
Pickled beets, No. 10 can	3/4 cup	1 Meal	3	6	9	
*Applesauce, No. 10 can	3/4 cup	1 Meal	3	6	9	
*Cookies, pounds	2 (1 oz)	1 Snack	4	7	10	
*Canned fruit, No. 10 can	1/2 cup	6 Meals	18	36	54	
*Pudding, ready to eat, No. 10 can	1/2 cup	1 Snack	3	6	9	
Peanut butter, 5# jar	2 Tbs	2 Meals	2	3.5	5	
**Evaporated milk, canned, 12 oz.	8 oz reconstituted	3 Meals	50	100	150	
*+Nutritional supplement, single svg	6-8 oz	3 Meals	150	300	450	

A manual can opener must be available.

+ Shelf stable

\*Use low sugar products if possible for diabetics. \*\* May substitute reconstituted powdered milk.

These products should be kept separately from others and dated and marked "FOR EMERGENCY USE ONLY". All food items should be dated.

**Rotate emergency supplies at least every 6 months.**

## Emergency/Disaster Plan for Food and Dining Services

### Day 1 Emergency Meal Plan - No Utilities

	REGULAR/NAS		MECH SOFT		PUREE		LCS		LCS PUREE	
<b>B R E A K F A S T</b>	Assorted Juice	6 oz	Assorted Juice	6 oz	Assorted Juice	6 oz	*Assorted Juice	6 oz	*Assorted Juice	6 oz
	Muffin	1	Soft Muffin, No Nuts	1	Hot Cereal	1 c	*Muffin or Toast	1	Cream of Wheat	1 c
	Dry Cereal	¾ c	Dry Cereal (soft)	¾ c	None		Dry Cereal	¾ c		
	Cottage Cheese (if available)	½ c	Cottage Cheese (if available)	½ c	Yogurt (smooth) (if available)	½ c	Cottage Cheese (if available)	½ c	*Yogurt (smooth) (if available)	½ c
	Bananas (if available) or Canned Fruit	¾ c	Bananas (if available) or Canned Fruit	¾ c	Applesauce, Smooth	¾ c	Bananas (if available) or SF Canned Fruit	¾ c	SF Applesauce, (smooth)	¾ c
	Instant Breakfast	8 oz	Instant Breakfast	8 oz	Instant Breakfast	8 oz	SF Instant Breakfast	8 oz	SF Instant Breakfast	8 oz
<b>L U N C H</b>	Canned Deviled Ham Spread	3 oz	Canned Deviled Ham Spread	3 oz	Pureed Canned Beef	#8s	Canned Deviled Ham Spread	3 oz	Pu Canned Beef	#8s
	Bread	2 sl	Bread	2 sl			Bread	2 sl		
	Canned 3 Bean Salad	¾ c	Canned 3 Bean Salad	¾ c	Pu Cnd Green Beans	#8+16s	Canned 3 Bean Salad	¾ c	Pu Cnd Green Beans	#8+16s
	Vegetable salad	¾ c	Soft Vegetable Salad	¾ c	Pu Canned Corn	#8+16s	Vegetable Salad	¾ c	Pu Canned Corn	#8+16s
	Canned Fruit	¾ c	Canned Fruit	¾ c	Pureed Canned Pears	#8+16s	SF Canned Fruit	¾ c	SF Pu Canned Pears	#8+16s
	Water	8 oz	Water	8 oz	Water	8 oz	Water	8 oz	Water	8 oz
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
<b>D I N N E R</b>	Canned Chicken Salad	3 oz	Canned Chicken Salad, (soft)	3 oz	Pureed Canned Chicken	#8s	Canned Chicken Salad	3 oz	Pu Canned Chicken	#8s
	Bread	2 sl	Bread	2 sl			Bread	2 sl		
	Cheese Puffs	1oz	Cheese Puffs	1 oz	Pu Canned Peaches	#8+16s	Cheese Puffs	1 oz	SF Pu Canned	#8+16s
	Canned Pickled Beets	¾ c	Canned Pickled Beets	¾ c	Pu Canned Beets	#8+16s	Canned Pickled Beets	¾ c	Pureed Canned Beets	#8+16s
	Mashed Potatoes	¾ c	Mashed Potatoes	¾ c	Mashed Potatoes	#8+16s	Mashed Potatoes	¾ c	Mashed Potatoes	¾ c
	Assorted Beverages	8 oz	Assorted Beverages	8 oz	Assorted Beverages	8 oz	SF Asst Beverages	8 oz	SF Asst Beverages	8 oz
	Nutritional Supplement	6-8 oz	Nutritional Supplement	6-8 oz	Nutr Supplement	6-8 oz	SF Nutr Supplement	6-8 oz	SF Nutr Supplement	6-8 oz
<b>H S</b>	Cereal Bar	1	Cereal Bar (soft)	1	Ready to Eat Pudding	½ c	Cereal Bar	1	SF Ready to Eat Pudding	6-8 oz
	Water	8 oz	Water	8 oz	Nutritional Supplement	8 oz	Water	8	SF Shelf Stable Supplement	½ c

SF = Sugar Free    LCS = Low Concentrated Sweets    Pu = Pureed    \*Low in Simple Sugars    Note: All liquids offered must be thickened to the ordered consistency  
**Note: Goal is a minimum of 2½ cups of vegetables and 2 cups fruit daily as per ChooseMyPlate guidelines if possible.**



## Emergency/Disaster Plan for Food and Dining Services

### Day 2 Emergency Meal Plan - No Utilities

	REGULAR/NAS	MECH SOFT	PUREE	LCS	LCS PUREE					
BREAKFAST	Assorted Juice	6 oz	Assorted Juice	6 oz	*Assorted Juice	6 oz	*Assorted Juice	6 oz		
	Assorted Dry Cereals	¾ c	Assorted Dry Cereals	¾ c	Hot Cereal (if able)	1 c	*Assorted Dry Cereals	¾ c	*Hot Cereal (if able)	1 c
	Donuts	1	Donuts (soft, no nuts)	1						
	Canned Fruit	¾ c	Canned Fruit (soft)	¾ c	Pu Canned Pineapple	#8+16s	SF Canned Fruit	¾ c	SF Pu Canned Pineapple	#8+16s
	Instant Breakfast	8 oz	Instant Breakfast	8 oz	Instant Breakfast	8 oz	SF Instant Breakfast	8 oz	SF Instant Breakfast	8 oz
LUNCH	Creamy Peanut Butter	2 Tbs	Canned Beef Stew	6 oz	Pu Canned Beef Stew	#8s	Creamy Peanut Butter	2 Tbs	Pu Canned Beef Stew	#8s
	Jelly	1 Tbs					SF Jelly	1 Tbs		
	Bread	2 sl					Bread	2 sl		
	Cheese Puffs	1 oz			V-8 Juice	6 oz	Cheese Puffs	1 oz	V-8 Juice	6 oz
	Canned Fruit	¾ c	Canned Fruit	¾ c	Pu Canned Peaches	#8+16s	SF Canned Fruit	¾ c	SF Pu Cnd Peaches	#8+16s
	Assorted Cookies	2	Assorted Cookies (no nuts or chips)	2	Pureed Bread Mix	#8s	Graham Crackers	2	Pureed Bread Mix	#8s
	Water	8 oz	Water	8 oz	Water	8 oz	Water	8 oz	Water	8 oz
Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	4 oz	Milk	8 oz	
DINNER	Tuna Salad	3 oz	Tuna Salad	3 oz	Pu Canned Chicken	#8s	Tuna Salad	3 oz	Pu Canned Chicken	#8s
	Bread	2 sl	Bread	2 sl			Bread	2 sl		
	Canned Bean Salad	¾ c	Canned Bean Salad	¾ c	Cnd Pu Green Beans	#8+16s	Canned Bean Salad	¾ c	Pu Cnd Green Beans	#8+16s
	Canned Fruit	¾ c	Canned Fruit	¾ c	Applesauce	¾ c	SF Canned Fruit	¾ c	SF Applesauce	#8+16s
	Assorted Beverages	8 oz	Assorted Beverages	8 oz	V-8 Juice	6 oz	Assorted Beverages	8 oz	SF Assorted Beverages	8 oz
	Nutr Supplement	6-8 oz	Nutr Supplement	6-8 oz	Assorted Beverages	8 oz	SF Assorted Beverages	8 oz	SF Assorted Beverages	8 oz
HS	Cookies	2	Cookies (soft)	2	Nutr Supplement	6-8 oz	*Plain Cookies	2	SF Ready to Eat Pudding	6-8 oz
	Water	8 oz	Water	8 oz	Nutr Supplement	6-8 oz	Water	8 oz	SF Nutr Supplement	½ c

SF = Sugar Free LCS = Low Concentrated Sweets Pu = Pureed \*Low in Simple Sugars Note: All liquids offered must be thickened to the ordered consistency

**Note: Goal is a minimum of 2½ cups of vegetables and 2 cups fruit daily as per ChooseMyPlate guidelines if possible.**

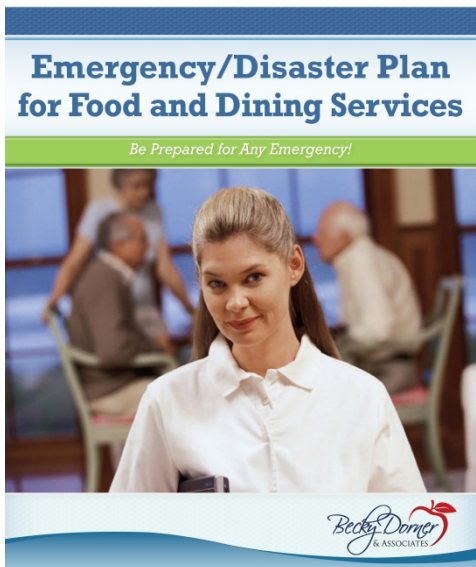




If you need additional information on disaster planning, you'll want to purchase one or both of these publications:

### Emergency/Disaster Plan for Food and Dining Services

The focus of this practical and easy to implement CPE self-study program is on helping dining and food service departments to plan and prepare for emergencies and disasters.



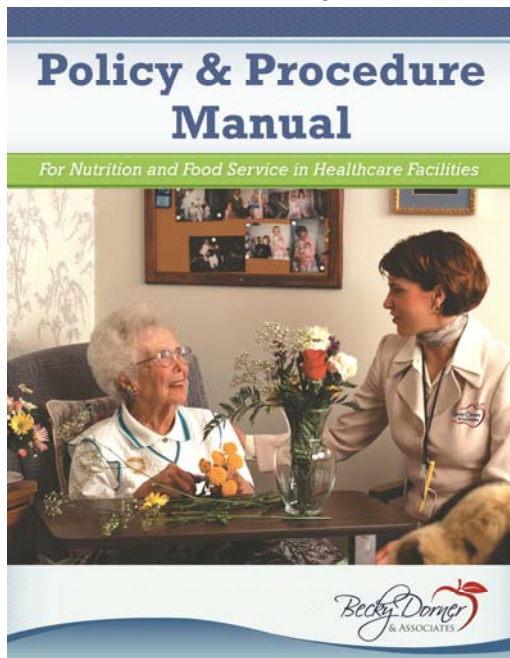
This best-seller includes:

- \*Recommendations from actual disaster survivors
- \*An emergency preparedness checklist
- \*Staff training outlines and Power Point slides/notes/handouts in PDF format
- \*Policies/procedures and forms
- \*Information for before, during and after a disaster – specific to multiple types of disasters/emergencies
- \*Emergency menus for 3 days without utilities and 7 days with utilities (including emergency menus and supplies for regular and pureed diets), recipes, buying guides, therapeutic diet extensions for liberalized diets
- \*Continuing Professional Education Program

Go to: <http://www.beckydorner.com/products/82> for more information. 2014 Edition

### Policy & Procedure Manual

Excellent for nursing homes or hospitals. New information on food code, food safety/sanitation (F371), nutrition/unintended weight loss (F325), person centered dining, Nutrition Care Process and more! More than 65 sample forms included.



This best-selling manual covers a wide range of topics including:

- \* Menus and Special Diets
- \* Meal Service
- \* Food Production & Food Safety
- \* Sanitation & Infection Control
- \* Cleaning Instructions
- \* Safety
- \* Personnel/Training
- \* Clinical Documentation (including Nutrition Care Process)
- \* Anthropometrics
- \* Alternative Nutrition Interventions
- \* Quality Assurance Improvement
- \* Disaster Planning
- \* References & Resources

Go to <http://www.beckydorner.com/policymanuals> for more information. 2013 Edition