

3 Day Emergency Meal Plan: No Utilities



Emergency/Disaster Plan for Food and Dining Services

Use Foods in Order of Perishability

1. Perishable fresh foods

Utilize the following foods within the first 1 to 3 days:

- Refrigerated or frozen meats, vegetables, and casseroles.
 - Dairy products, such as milk, yogurt, and cheese.
 - Frozen meats, vegetables, and other frozen foods.
 - Frozen supplemental beverages, puddings or ice cream.
 - Frozen and fresh muffins, bagels, and pastries.
 - Fresh fruit that tends to be perishable, especially bananas, pears, and peaches.
2. Food in refrigerators should be safe for up to 4 hours without electricity if doors to the unit remain closed. Foods may be safe longer if food temperatures remain at 41°F or below. 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 internal temperature with a thermometer. Internal temperature should be 41°F or lower to assure safety.
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 bread for example).
 - Temperature freezer was operating at before power failure (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 or swollen; do not use dry foods if packages are damaged and food may be contaminated. If necessary, sanitize cans before opening.
5. Refrigerated or frozen foods that rise above 41°F must be cooked/ reheated to an internal temperature of 165°F for 15 seconds or longer.

Plan emergency menus to use up perishable food items first. Try to maintain well balanced meals with consideration for special diets. Therapeutic diets should be liberalized during the disaster. Recipes should require minimal preparation and handling.

Once perishable food items have been used, follow the emergency meal plans provided. See the recipe section of this manual on pages 131-134 and 146-186 for recipes for foods on sample menus. If necessary, repeat the cycle of menus provided.

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Sample 7 Day 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	Carb Controlled
Breakfast	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
	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
	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
	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
	Starchy Vegetable, ¾ c	Starchy Vegetable ¾ c	Pureed Starchy Vegetable ¾ c	* Starchy Vegetable ¾ c
	Vegetable, ¾ c	Soft Vegetable, ¾ c	Pureed Vegetable, ¾ c	* Vegetable, ¾ c
	Starch, 1 serving	Soft Starch, 1 serving	Pureed Starch, 1 serving	* Starch, 1 serving
	Fruit, 1 serving	Soft Fruit, 1 serving	Pureed Fruit, 1 serving	* Fruit, 1 serving
	Water, 8 oz	Water, 8 oz	Water, 8 oz	Water, 8 oz
	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
	Starchy Vegetable, ¾ c	Starch Vegetable, ¾ c	Pu Starchy Vegetable, ¾ c	* Starchy Veg, ¾ c**
Dinner	Vegetable, ¾ c	Soft Vegetable, ¾ c	Pureed Veg, ¾ c	* Vegetable ¾ c**
	Starch, 1 serving	Soft Starch, 1 serving	Pureed Starch, 1 serving	* Starch, 1 serving
	Fruit, 1 serving	Soft Fruit, 1 serving	Pureed Fruit, 1 serving	* Fruit, 1 serving
	Water, 8 oz	Water, 8 oz	Water, 8 oz	Water, 8 oz
	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
	Starchy Vegetable, ¾ c	Starch Vegetable, ¾ c	Pu Starchy Vegetable, ¾ c	* Starchy Veg, ¾ c**
	Vegetable, ¾ c	Soft Vegetable, ¾ c	Pureed Veg, ¾ c	* Vegetable ¾ c**
	Starch, 1 serving	Soft Starch, 1 serving	Pureed Starch, 1 serving	* Starch, 1 serving
Snack	Fruit, 1 serving	Soft Fruit, 1 serving	Pureed Fruit, 1 serving	* Fruit, 1 serving
	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
	Starch, 1 serving	Soft Starch, 1 serving	Pureed Starch, 1 serving	* 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 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 nutritional guidelines 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 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 safe water is available to wash vegetables before serving.
- Use instant mashed potatoes, if a safe water source and source of heat is available to prepare potatoes. Milk or canned broth can also be used. If a heat source is available, cook frozen vegetables.

Emergency menus 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 or necessary:

- **Patients with diabetes:** Use low sugar products when indicated or preferred by the individual.

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- **Patients on sodium-restrictions:** Remove salt packets and/or salt shakers if indicated or preferred by the individual.
- **Mechanical soft diets:** Provide soft moist foods that can be chewed easily.
- **Pureed diets:** Provide pureed food. An emergency supply of canned pureed foods and a manual can opener should be kept on hand in the event of a loss or power or emergency power that does not extend to all outlets in the kitchen.

*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 pages 70-72 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.



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Emergency Food and Water Supplies for 3 Days

Sample Menu Supply List <i>(See separate list for pureed food items needed)</i>			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,6-8 oz. cans or aseptically packaged	6-8 oz	3 Meals	150	300	450	
*+Assorted beverages, canned, bottled, or aseptically packaged	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	30	60	90	
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	8.3	17	25	
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 (3/4 cup)	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 (3/4 cup)	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	
Hull-less popcorn, pounds	1 oz	1 Meal	3.25	6.5	10	
Three bean salad, No. 10 can	3/4 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	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 indicated or preferred for individuals with diabetes.

** Fluid amount is reconstituted. 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 or as needed based on expiration dates.

Emergency/Disaster Plan for Food and Dining Services

Day 1 Emergency Meal Plan - No Utilities

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

SF = Sugar Free CCHO = Consistent Carbohydrate 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/NO ADDED SALT	MECHANICAL SOFT	PUREE	CARBOHYDRATE CONTROLLED	CARBOHYDRATE CONTROLLED PUREE
B R E A K F A S T	Assorted Juice Assorted Dry Cereals Donuts Canned Fruit Instant Breakfast	Assorted Juice Assorted Dry Cereals Donuts (soft, no nuts) Canned Fruit (soft) Instant Breakfast	Assorted Juice Hot Cereal (if able) Pu Canned Pineapple Instant Breakfast	*Assorted Juice *Assorted Dry Cereals SF Canned Fruit SF Instant Breakfast	*Assorted Juice *Hot Cereal (if able) SF Pu Canned Pineapple SF Instant Breakfast
L U N C H	Creamy Peanut Butter Jelly Bread Cheese Puffs Canned Fruit Assorted Cookies Water Milk	Canned Beef Stew Canned Fruit Assorted Cookies (no nuts or chips) Water Milk	Pu Canned Beef Stew V-8 Juice Pu Canned Peaches Pureed Bread Mix Water Milk	Creamy Peanut Butter SF Jelly Bread Cheese Puffs SF Canned Fruit Graham Crackers Water Milk	Pu Canned Beef Stew V-8 Juice SF Pu Cnd Peaches Pureed Bread Mix Water Milk
D I N N E R	Tuna Salad Bread Canned Bean Salad Canned Fruit Assorted Beverages Nutr Supplement	Tuna Salad Bread Canned Bean Salad Canned Fruit Assorted Beverages Nutr Supplement	Pu Canned Chicken Cnd Pu Green Beans Applesauce V-8 Juice Assorted Beverages Nutr Supplement	Tuna Salad Bread Canned Bean Salad SF Canned Fruit SF Assorted Beverages SF Nutr Supplement	Pu Canned Chicken Pu Cnd Green Beans SF Applesauce SF Asstd Beverages SF Nutr Supplement
H S	Cookies Water	Cookies (soft) Water	Ready to Eat Pudding Nutr Supplement	*Plain Cookies Water	SF Ready to Eat Pudding SF Nutr Supplement

SF = Sugar Free CCHO = Consistent Carbohydrate 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 3 Emergency Meal Plan - No Utilities

	REGULAR/NO ADDED SALT	MECHANICAL SOFT	PUREE	CARBOHYDRATE CONTROLLED	CARBOHYDRATE CONTROLLED PUREE
BREAKFAST	Assorted Juices Cereal Bar Canned Fruit Assorted Dry Cereals Instant Breakfast	Assorted Juices Cereal Bar (soft) Canned Fruit Assorted Dry Cereals Instant Breakfast	Assorted Juices Hot Cereal Pu Canned Peaches Pureed Bread Instant Breakfast	*Assorted Juices *Cereal Bar SF Canned Fruit Assorted Dry Cereals Unsweetened Instant Breakfast	*Assorted Juices *Hot Cereal SF Pu Canned Peaches SF Supplement SF Instant Breakfast
LUNCH	Peanut Butter Jelly Bread Canned Fruit Ready to Eat Pudding Water Milk	Pu Canned Chicken Pureed Canned Peas Bread Canned Fruit Ready to Eat Pudding Water Milk	Pu Canned Chicken Pureed Canned Peas Pu Canned Pears Ready to Eat Pudding Water Milk	Peanut Butter SF Jelly Bread SF Canned Fruit SF Ready to Eat Pudding Water Milk	Pureed Canned Chicken Pureed Canned Peas SF Pu Canned Peas SF Ready to Eat Pudding Water Milk
DINNER	Deviled Ham Salad Bread Applesauce Cheese Puffs Assorted Cookies Assorted Beverages Nutr Supplement Cookies Juice	Deviled Ham Salad Bread Applesauce Cheese Puffs Cookies (soft, no nuts) Assorted Beverages Nutr Supplement Cookies, soft, no nuts Juice	Pureed Canned Beef Pureed Canned Corn Applesauce (smooth) Pureed Bread Mix Assorted Beverages Nutr Supplement Nutr Supplement Nutr Supplement	Deviled Ham Salad Bread SF Applesauce Cheese Puffs Plain Cookies SF Asstd Beverages SF Nutr Supplement Graham Crackers *Juice	Pureed Canned Beef Pureed Canned Corn SF Applesauce (smooth) SF Pureed Bread Mix SF Asstd Beverages SF Nutr Supplement SF Nutr Supplement *Juice

SF = Sugar Free CCHO = Consistent Carbohydrate 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.



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