

nutrition tips:

- Buy only non-perishable foods. This includes food that doesn't need to be refrigerated after opening.
- Include a variety so you don't get bored with the same foods.
- Eat healthy, balanced meals, and stick to your meal plan.
- Build up your food supply a little at a time. Each time you go to the grocery store, look for non-perishable items that are on sale.
- Include your emergency food with your regular food pantry. Don't think of an emergency food supply as something that you put in a box and store away in a closet. You can use the food; just remember to replace it. Pay attention to expiration dates.
- Keep hard candy on hand and use it as a drink substitute when you are thirsty.
- **Try to use low-sodium or no salt added foods as much as possible.**
- For canned foods containing normal amounts of salt/sodium, drain the liquid and rinse before cooking or heating.



for more information, go to:

www.scdhec.gov/homeandenvironment/disasterpreparedness/

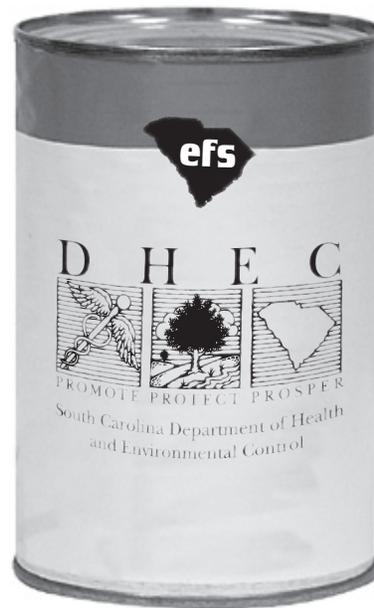
What to do during a disaster or emergency.

www.flu.gov

The US government site to know what to do about the flu.

www.ready.gov

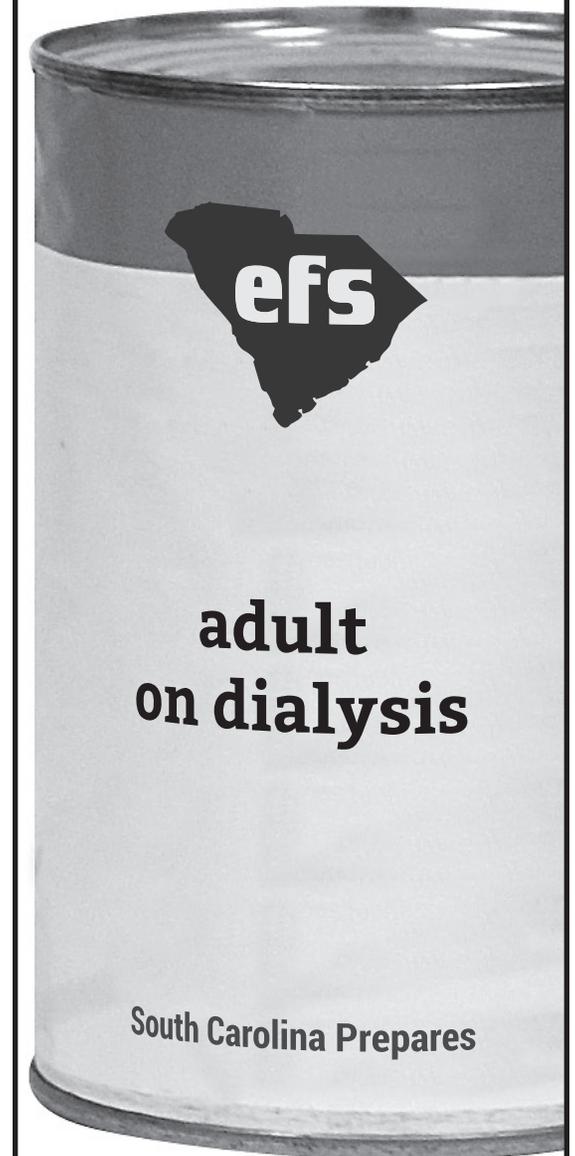
The U.S. government site for more information on what to do before, during and after an emergency.



www.scdhec.gov

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emergency food supplies



are you prepared?

The United States Department of Health and Human Services says that each person should have a TWO-WEEK supply of non-perishable foods in case of a major flu outbreak or other emergency.

During an outbreak, many workers may either be told to stay home or will stay home by choice to avoid spreading illness. In a disaster or emergency you may not have access to electricity or a grocery store.

This brochure gives you an idea of what an **adult on dialysis** would need for two weeks in order to meet his or her food needs. You can change the list to meet your tastes.



This list can also be used to help you prepare for other emergencies such as hurricanes.

sample food supply for an adult on dialysis:

This list provides 2500 calories, 88g protein, 2100 mg sodium, 3000 mg potassium, and 1430 mg phosphorous per day for 14 days

- 14 gallons of water
- 4 (1 lb) boxes of Corn Pops cereal
- 1 (1 lb) box of graham crackers
- 4 (1 lb) boxes of unsalted saltine crackers
- 2 (8-pack) boxes of cereal bars
- 20 (6 oz) cans of unsalted tuna in water
- 3 (15.5 oz) cans of unsalted peas
- 4 (16.5 oz) cans of sweet potatoes
- 3 (15 oz) cans of unsalted turnip greens
- 3 (14.5 oz) cans of cut okra
- 3 (15 oz) cans of unsalted green beans
- 3 (15.5 oz) cans of unsalted cut carrots
- 6 (6-pk) packages of applesauce cups
- 6 (11 oz) cans of mandarin oranges
- 6 (4 oz) packages of fruit cocktail cups
- 6 (8.5 oz) cans of pears
- 1 (32 oz) box of instant nonfat dry milk



remember:

- Ask your dialysis facility about their disaster plan. Make transportation plans and keep important numbers handy.
- Keep taking medications. Have extra phosphorous binders on hand. Tums can be purchased over the counter and kept on hand for emergencies.
- Stay consistent with your doctor and dietitian's orders. This list is only meant as an example; you may change it to meet your own needs.
- Make sure you have a manual (hand) can opener.
- You will need medications for two weeks, both prescription and over-the-counter.
- To cut down on wasted food, buy items packaged in single-serving sizes, such as tuna, vegetables and fruit.



approximate cost: \$150