

Disaster Food Supply Plan

Prepared by Jo Dee Alverson RN & Becky McCarver RD

St. Luke's Wood River Medical Center

(Adapted from: May 2006, Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602

Mary Ann Johnson, PhD, 706-542-4838, www.arches.uga.edu/~noahnet)

To plan your disaster food supply select foods that requires no refrigeration, preparation or cooking, and little or no water. Foods that are compact and lightweight, easy to store and carry, are ideal. Store supplies of non-perishable foods and water in a handy place. You need to have these items packed and ready in case there is no time to gather food from the kitchen when disaster strikes. Take into account your unique needs and tastes. Familiar foods can lift morale and give a feeling of security in times of stress. Try to include foods that are also high in calories and nutrition.

Sufficient supplies to last 30 days are recommended. The following is a 3-day sample menu. The following menus are based on the use of foods that require no cooking.

Stock at Least a Thirty Day Supply

Beverages

- Water (1 gallon per person per day)
- Canned fruit and vegetable juices
- Milk (dry, canned, or evaporated)*
- Instant coffee or tea
- Prepackaged beverages (foil packets and foil-lined boxes)

Breakfast

- Canned fruit and fruit juice
- Dried fruit (raisins, prunes, apricots, etc.)
- Ready to eat cereal
- Instant oatmeal
- Breakfast and granola bars
- Crackers with jam or peanut butter

Lunch or Evening Meal

- Canned beans (good source of fiber and complex carbohydrates)*
- Canned chicken, ham, pork, salmon, tuna, crabmeat, shrimp (good quality protein)*
- Canned vegetables*
- Canned soups*
- Freeze-dried foods
- MREs – meals ready to eat (Lightweight and require little or no preparation. Look for them at military and camping supplies stores.)*

Snacks

- Canned puddings*
- High protein drinks
- Canned nuts (peanuts, walnuts, almonds)
- Fruit (canned or dried)
- Trail mix
- Comfort foods such as cookies and candy
- Beef jerky
- Granola bars
- Peanut butter
- Dry, crisp crackers
- Travel size condiments

Other Items

- Can opener
- Scissors or knife (for packaged foods)
- Disposable plates, bowls, cups, and utensils



*Discard these items if left at room temperature for more than two hours after opening.

Shopping List

This grocery list of the foods needed for the three-day menus below, for 2 people.

<u>Food item</u>	<u>Amount</u>
Whole grain cereal	16 ounce box
Instant oatmeal	2 packets
100% Juice	6 pouches (6.75 ounces each)
Instant coffee	4 ounce jar
Nutritional shake	2 cans (8 ounces each)
Raisins	4 boxes (1.5 ounces each)
Mixed nuts	2 bags (1 ounce each)
Peaches	6 pack (4 ounce cans)
Dry milk	9.6 ounce box
Applesauce	6 pack (4 ounce cups)
Peanut butter	18 ounce jar
Graham crackers	1 box (16 ounces)
Vegetarian chili	15 ounce can
Spam, single serving pouch	2 pouches (3 ounces each)
Chicken breast, canned	2 cans (5 ounces each)
Chunked ham, canned	5 ounce can
Tuna, canned	5 ounce can
Salmon, canned	5 ounce can
Whole kernel corn, canned	8.5 ounce can
Diced tomatoes w/ green chili, canned	10 ounce can
Baked beans, canned	8.5 ounce can
Mixed peas and carrots, canned	8.5 ounce can
Orange marmalade	2 single serving packets
No-salt herb seasoning	2.5 ounce container
Mayonnaise	4 single serving packets
Walnuts	1/2 cup bag
Relish	2 single serving packets
Apple jelly	2 single serving packets
Crackers, dry, crisp	1 pound box
Green beans, canned	8.5 ounce can
Pudding	6 cups (4 ounces each)
Chocolate chip cookies	4 pack
Granola bar	2 bars
Sweet potatoes, canned	15 ounce can
Cut yellow squash, canned	15 ounce can
Butter beans, canned	15 ounce can
Vegetable juice	4 cans (6 ounces each)
Crackers with cheese filling	6 sandwich crackers (1 travel size pack)
Water	6 gallons

Day One Menu

Breakfast

Cold Raisin Oatmeal (recipe below)
100% orange juice, 6.75-ounce pouch
Instant coffee or tea

Snack

Applesauce, ½ cup
Peanut butter, 1 tablespoon
Graham crackers, 2 rectangles

Lunch

Speedy Southwest Chicken (recipe below)
Peaches, canned in juice, 4 ounces
Pudding, canned, 4 ounce cup

Snack

Nutritional shake, 8 ounce can

Evening Meal

Quick & Hearty Ham Goulash (recipe below)
Crackers, 6
Dry milk, 1/3 cup, mixed w/ 1 cup water

Snack

Mixed nuts, ¼ cup
Tomato juice, 6-ounce can, low sodium

Nutrition Facts			
Serving Size One Day Menu (1928g)			
Amount Per Serving			
Calories	1837	Calories from Fat	414
% Daily Value*			
Total Fat	48g		74%
Saturated Fat	10g		48%
Trans Fat	0g		
Cholesterol	68mg		23%
Sodium	3580mg		149%
Total Carbohydrate	283g		94%
Dietary Fiber	32g		128%
Sugars	133g		
Protein	84g		
Vitamin A	459%	• Vitamin C	288%
Calcium	94%	• Iron	131%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	• Carbohydrate	4
		• Protein	4
NutritionData.com			

Cold Raisin Oatmeal Serves 2

Ingredients:

- 2 packets instant oatmeal 1/3 cup dry milk
- 1 cup water ½ cup raisins, or other dried fruit
- 2 teaspoons sugar

Directions: Mix all ingredients and let stand for five minutes. Divide oatmeal into two bowls.

Speedy Southwest Chicken Serves 2

Ingredients:

- 5 ounce can chicken breast*, drained 8 ½ ounce can corn, drained
- 8 ½ ounce can diced tomatoes w/ green chili (or herbs and seasoning of your choice), drained

Directions: Mix all ingredients, divide meal in two, enjoy.



Quick & Hearty Ham Goulash Serves 2

Ingredients:

- 5 ounce can chunked ham* 8 ½ ounce can baked beans, undrained
- 8 ½ ounce can mixed peas and carrots, drained

Directions: Mix all ingredients, divide meal in two, enjoy.



*Can be substituted with canned fish, poultry, or meat of your choice

Day Two Menu

Breakfast

Whole grain, ready-to-eat, cereal, 1 cup
Milk, dry, 1/3 cup, mixed with 1 cup water
100% Orange juice, 6.75-ounce pouch
Instant coffee or tea

Snack

Granola bar

Lunch

Simple Salmon Marmalade (recipe below)
Crackers, 6
Green beans, 1/2 can, drained
Applesauce, 1/2 cup

Snack

Peaches, canned in juice, 4-ounce

Dinner

Walnut Chicken Salad (recipe below)
Butter beans, 1/2 can, drained
Milk, dry, 1/3 cup, mixed with 1 cup water
Pudding, 4-ounce cup

Snack

Tomato juice, 6-ounce can
Cheese sandwich crackers, 3

Easy Orange Marmalade Salmon

Serves 2

Ingredients:

- 5 ounce can salmon*, drained Dash seasoning to taste
- 2 tablespoons (2 packets) orange marmalade

Directions: Mix all ingredients, divide meal in half, enjoy.



Walnut Chicken Salad

Serves 2

Ingredients:

- 5 ounce can chicken breast*, drained 2 tablespoons (2 packets) mayonnaise
- 1/2 cup chopped walnuts 1/2 cup raisins (or other dried fruit)

Directions: Mix all ingredients, divide into two bowls, enjoy.

* Can be substituted with canned fish, poultry, beans, or meat of your choice.



Nutrition Facts	
Serving Size Entire recipe (1307g)	
Amount Per Serving	
Calories 1811	Calories from Fat 504
% Daily Value*	
Total Fat 58g	89%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 103mg	34%
Sodium 1553mg	65%
Total Carbohydrate 260g	87%
Dietary Fiber 21g	86%
Sugars 150g	
Protein 77g	
Vitamin A 113%	• Vitamin C 314%
Calcium 223%	• Iron 187%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Shelf Life of Foods for Storage (Unopened)

Here are some general guidelines for rotating common emergency foods to ensure the best quality of the products.

- *Use within six months:*
 - Powdered milk (boxed)
 - Dried fruit (in metal container)
 - Dry, crisp crackers (in metal container)
 - Potatoes
- *Use within one year:*
 - Canned condensed meat and vegetable soups
 - Canned fruits, fruit juices and vegetables
 - Ready-to-eat cereals and uncooked instant cereals (in metal containers)
 - Peanut butter
 - Jelly
 - Hard candy, chocolate bars and canned nuts
- *May be stored indefinitely* (in proper containers and conditions):*
 - Wheat
 - Vegetable oils
 - Corn
 - Baking powder
 - Soybeans
 - Instant coffee, tea
 - Cocoa
 - Salt
 - Noncarbonated soft drinks
 - White rice
 - Bouillon products
 - Dry pasta
 - Vitamin C
 - Powdered milk (in nitrogen-packed cans)

*Two to three years

If the Electricity Goes Off...

FIRST, use perishable food and foods from the refrigerator. THEN use the foods from the freezer. To minimize the number of times you open the freezer door, post a list of freezer contents on it. In a well-filled, well-insulated freezer, foods will usually still have ice crystals in their centers. Consume the foods only if they have ice crystals remaining or if the temperature of the freezer has remained at 40 degrees F or below. Covering the freezer with blankets will help to hold in cold. Be sure to pin blankets back so that the air vent is not covered. FINALLY, begin to use non-perishable foods and staples.

Cooking Without Power

For emergency cooking you can use a fire, a charcoal grill or camp stove outdoors only. You can also heat food that tastes better warm with candle warmers, chafing dishes and fondue pots. Do not plan on using these warming items for cooking raw foods that have to be thoroughly cooked to be safe " for example, raw meats, poultry, seafood, eggs and products containing them.