

Emergency Food and Water Supply

In the event of an emergency, it may be difficult to have your dialysis treatments. Electricity may be out, water supplies may be contaminated and travel may be limited. You can still eat healthy by being prepared. How? Put together an emergency food and water supply in advance and store it in a cool, dry place. This will keep you going until you can restart your dialysis treatments.

Put together your emergency food supply

Your kit will contain enough food and water for six days if you follow the meal plan provided. Before purchasing items, review with your dietitian.

Foods:

- 6 single-serving boxes cereal (no raisins)
- 1 box white sugar packets
- 12 cans fruit (pears, peaches, pineapple, mandarin oranges, fruit cocktail, apple sauce)
- 6 cans vegetables (low-salt carrots, green/wax beans, peas, asparagus, corn)
- 6 cans meat (low-salt tuna, chicken, salmon, turkey)
- 1 jar all-natural nut butter
- 1 jar jelly or honey
- 12 single-serving packets mayonnaise
- 1 loaf bread (keeps in freezer)
- 1 box vanilla wafers OR graham crackers
- 5 bags candy (hard candy, mints)
- 1 bag marshmallows (keeps in freezer)
- 1 jumbo pack chewing gum

Fluids:

- 6 cans evaporated milk OR 1 box almond or rice milk (un-enriched)
- 2 gallons drinking water
- 6 single-servings juice (cranberry, apple, grape)



Prepare for an emergency now. In addition to a food supply, include all medicine, a radio, flashlight and batteries.

**If you have diabetes, choose sugar-free options of the foods on this list. Also, talk with your doctor or dietitian about the use of sweets, such as candies, in an emergency.*

Emergency Meal Plan

If you are not able to have your dialysis treatments due to an emergency, follow this daily meal plan until treatments resume.

Breakfast:

- 1 single-serving box cereal
- ½ cup milk substitute OR ¼ cup evaporated milk (mix ¼ cup evaporated milk with ¼ cup water)
- 1 packet sugar*
- ½ cup fruit (fresh or canned, drained)

Morning snack:

- 5 vanilla wafers OR 1 ½ squares graham crackers
- 10 pieces candy (sour balls or jelly beans)*

Lunch:

- 2 slices bread
- 2 tablespoons peanut butter OR 1 egg
- 2 tablespoons jelly OR honey*
- ½ cup fruit (fresh or canned, drained)
- ½ cup water

**If you have diabetes, talk with your doctor or dietitian about the use of sweets, such as candies, in an emergency.*

Mid-day snack:

- 10 marshmallows*
- ½ cup fruit (fresh or canned, drained)

Dinner:

- 2 slices bread
- 2 ounces low-salt meat or fish (cooked or canned)
- 2 single-serving packets mayonnaise
- ½ cup low-salt vegetable (fresh or canned, drained)
- ½ cup water

Quick Tips for Emergency Meal Planning

Allow ¼ cup water per day to take your pills.



Power outage? Once you open a can or jar, use it within 4 hours.

