

*DISASTER OR
EMERGENCY
MEAL SERVICE*





DISASTER OR EMERGENCY MEAL SERVICE

This information will assist you in providing a planned menu with simplified, nutritious meals, using non-perishable items, during a disaster or emergency.

- Keep necessary supplies on hand at all times.
- Become familiar with your operations manual and/or official emergency procedures.
- Refer to the *Crandall Disaster Menu Policy and Procedure, 3, 4 or 7-day Disaster Menus and Disaster Menu Purchase Guides* for meal service guidelines, amounts per person, food allowed per diet, and nutrient analysis.
- The Director of Food and Nutrition Services should set up temporary feeding procedures if the ability to procure or prepare foods is impaired.
- Follow state regulations to **maintain an adequate supply** of these items:

Regular and Pureed Foods	
✓ Dry Cereals	✓ Juices - 100% juice product, Shelf-Stable
✓ Bread	✓ Non-Fat Dry Milk <i>with adequate water to reconstitute</i> or Shelf-Stable Milk
✓ Sandwich Products	✓ Pureed Foods
✓ Canned and Dry Foods	✓ Thickener
✓ Canned Fruit - juice or water packed	✓ Portion Packet Condiments

Water		
✓ Stock bottled water or have a designated vendor source who can deliver as needed		
✓ Have filters and chlorine bleach on hand should it become necessary to purify water		
✓ For bleach purification use household bleach, preferably 5.25%. Follow chart:		
Water Amount	Bleach Amount (clear water)	Bleach Amount (cloudy water)
1 Gallon	8 drops	16 drops (1/8 tsp)
✓ Hot water tanks may contain emergency water		

Paper and Plastic Products	
✓ 9-inch Plates	✓ Paper Towels
✓ 10-ounce Bowls, hot and cold	✓ Disposable Towelettes
✓ 8-ounce Cups	✓ Disposable Room Trays
✓ Plastic Knives, Forks and Spoons	✓ Disposable Steam Table Pans
✓ Napkins	

Miscellaneous Items	
✓ Hand Sanitizer	✓ Battery Operated Hand Blender/Mixer
✓ Can Opener	✓ Electric Burner or Gas Camp Stove

NOTE:


- If the kitchen is without power, first use available fresh, frozen or prepared foods if no immediate risk of spoilage or contamination exists.
- Repack freezer so foods are packed close together to prevent air circulation. Do not open freezer or refrigerator doors unless necessary.
- Be sure to have plenty of water, milk and/or juice on hand for slurry goods.
- Rotate stock per *Dry, Refrigerator, Freezer Storage Chart* or *Manufacturer Guidelines*.





DISASTER OR EMERGENCY MEAL SERVICE

SAMPLE MEALS

	BREAKFAST	NOON	EVENING	HS SNACK
DAY 1	Dry Cereal Reconstituted Milk Peanut Butter* Jelly Crackers or Bread Peaches Assorted Fruit Juices	Canned Tuna Bread or Roll Mayonnaise Packet Canned Vegetable Pears Reconstituted Milk Cookies	Canned Beef Stew Bread or Roll Canned Vegetable Fruit Cocktail Reconstituted Milk Pudding	Assorted Fruit Juices Graham Crackers
DAY 2	Dry Cereal Reconstituted Milk Corned Beef Hash Crackers or Bread Pears Assorted Fruit Juices	Canned BBQ Beef Canned Potato Canned Vegetable Peaches Reconstituted Milk Cookies	Peanut Butter* Jelly Crackers Pineapple Chunks Reconstituted Milk Graham Crackers	Assorted Fruit Juices Wafer Cookies
DAY 3	Dry Cereal Reconstituted Milk Refried Beans Flour Tortilla Mandarin Oranges Assorted Fruit Juices	Canned Chicken Bread or Roll Mayonnaise Packet Canned Vegetable Sliced Apples Reconstituted Milk Pudding	Canned Ravioli Bread or Roll Canned Vegetable Fruit Cocktail Reconstituted Milk Cookies	Assorted Fruit Juices Graham Crackers
DAY 4	Dry Cereal Reconstituted Milk Almond Butter Jelly Crackers or Bread Fruit Cocktail Assorted Fruit Juices	Canned Chili Canned Potato Canned Vegetable Mandarin Oranges Reconstituted Milk Graham Crackers	Canned Ham Bread or Roll Mayonnaise Packet Canned Vegetable Peaches Reconstituted Milk Pudding	Assorted Fruit Juices Wafer Cookies
DAY 5	Dry Cereal Reconstituted Milk Corned Beef Hash Crackers or Bread Applesauce Assorted Fruit Juices	Canned Tuna Bread or Roll Mayonnaise Packet Canned Vegetable Pears Reconstituted Milk Cookies	Canned BBQ Beef Canned Potato Canned Vegetable Pineapple Chunks Reconstituted Milk Pudding	Assorted Fruit Juices Graham Crackers
DAY 6	Dry Cereal Reconstituted Milk Peanut Butter* Jelly Crackers or Bread Peaches Assorted Fruit Juices	Canned Beef Stew Bread or Roll Canned Vegetable Mandarin Oranges Reconstituted Milk Graham Crackers	Canned Chicken Bread or Roll Mayonnaise Packet Canned Vegetable Sliced Apples Reconstituted Milk Cookies	Assorted Fruit Juices Wafer Cookies
DAY 7	Dry Cereal Reconstituted Milk Pork and Beans Crackers or Bread Fruit Cocktail Assorted Fruit Juices	Canned Chili Bread or Roll Canned Vegetable Pineapple Chunks Reconstituted Milk Pudding	Canned Ravioli Bread or Roll Canned Vegetable Pears Reconstituted Milk Cookies Assorted Fruit Juices	Assorted Fruit Juices Graham Crackers
SOFT & BITE-SIZED (SB6), MINCED & MOIST (MM5), PUREED (PU4)	Slurried Dry Cereal (No Bran or Whole Grain) Reconstituted Milk Pureed Meat Pureed Bread or Roll Jelly Pureed Canned Fruit Assorted Fruit Juices	Pureed Meat Pureed Bread or Roll Pureed Canned Vegetable (No Corn) Pureed Canned Fruit Reconstituted Milk Slurried Cookies or Pudding		Slurried Cookies or Pudding 

*Peanut Butter is allowed if permitted by the corporation / community. If not allowed, select a Meat Alternative.

DISASTER MENU

POLICY

To provide a planned menu with simplified, nutritious meals, using non-perishable items, to be used during an emergency or disaster.

PROCEDURE

1. **The 3-day, 4-day, or 7-day menu (per your state's regulations) is to be used in the event of a disaster or emergency and has been planned to provide basic nutrients.** It has the following limitations:
 - a. Each meal provides one hot item in the expectation that (1) only an electric burner running off emergency power, or (2) a gas camp stove should be available for cooking.
 - b. All residents should be served the regular menu except:
 - 1) Residents with allergies to the regular food.
 - 2) Residents with severe dietary limitations, i.e., brittle diabetics, renal.
 - 3) Residents who cannot chew or swallow regular food.
2. **Instructions for using the emergency menu:**
 - a. Food items designated in the emergency menu must be available at all times.
 - b. Food items not normally used should be stored in a separate, marked area. These items must be dated and rotated back into the regular stock according to shelf life, following Dry, Refrigerator, Freezer Storage Chart (DOC 409/431) or Manufacturer's Guidelines.
 - c. Disposable items, adequate for three meals a day for three days, four days, or seven days, per your state's regulations, must be stocked at all times. Disposable items may be plastic, styrofoam, or paper.
 - d. Every three months the Director of Food and Nutrition Services, utilizing the supply checklist (adjusted for number of beds in the community), should inventory the storeroom to verify all food and supply items are present in the quantities specified.
3. **In the event of an emergency, the following suggestions are made:**
 - a. Notify the RD.
 - b. Immediately turn off all faucets if water supply is affected. Conserve water from hot water heater and toilet tanks.
 - c. Inventory freezer and refrigerator for items that can be used. Inspect for wholesomeness. Use these items first. Do not use frozen foods that appear to have thawed or refrigerated items greater than 41° F.
 - d. Keep freezer(s) and refrigerator(s) doors closed to prevent unnecessary temperature increases.
 - e. Save liquids from canned vegetables and fruits, and water from cooking pasta products. Recycle liquid into juices, casseroles and soups.

DISASTER MENU (continued)

- f. Do not use drinking water and cooking fuel on coffee or tea if the water and fuel supplies are limited.
- g. To cook large quantities of food on single camp stove or burner, stagger the meal hours.
- h. Hand grind, cube, or mince raw whole meats prior to cooking to reduce cooking time.
- i. In the event power is available for the range and ovens, hot breads, and hot vegetables can be added to the menu. If water supply is also in normal amounts, hot beverages should be served along with the meals.

4. Disaster Feeding Plan:

- a. In the event of a disaster or emergency in which the ability to procure or prepare foods in this community is impaired, the Director of Food and Nutrition Services shall set up temporary feeding procedures.
- b. Such procedures should be reflective of the severity and type of the disaster: should procurement, though not the ability to prepare foods, be impaired, then hot emergency meals shall be prepared and served. Should the ability to prepare foods, and or not procure them be impaired, then room temperature emergency meals shall be prepared and served. The following Disaster Menu outlines emergency meals for a 3-day, 4-day, or 7-day period, per your state's regulations, and may be served either hot or cold.
- c. An adequate supply of canned or processed meats or meat substitutes, fruits, fruit juices, vegetables, dry cereal, crackers, peanut butter (if permitted by the corporation/community), jelly, cookies and powdered milk shall be in this community to serve nutritionally adequate meals for at least 3-days, 4-days, or 7-days, per your state's regulations, in case of emergency. These standards shall be determined per person (residents and staff members) as listed on the following Disaster Menu.

NOTE: Fresh and/or frozen foods should always be used first if available and if no immediate danger of spoilage or contamination exists.

- d. Per your state's regulations, a 3-day, 4-day, or 7-day supply of pureed products shall be available, i.e. meat, fruits, vegetables, and thickener.
- e. Per your state's regulations, this community shall maintain at least a 3-day, 4-day, or 7-day supply at all times of the following items in case of emergency:
 - ♦ 9" plates
 - ♦ 10 ounce bowls
 - ♦ 8 ounce cups
 - ♦ Plastic knives, forks, and spoons
 - ♦ Napkins
 - ♦ Paper towels
 - ♦ Disposable room trays
 - ♦ Disposable steam table pans

DISASTER MENU (continued)

5. Emergency Water:

- a. **One (1) gallon water per person per day – 2 quarts for hydration (drinking) and 2 quarts for food preparation and hygiene.** Per FDA guidelines, properly sealed bottled water does not require an expiration date however, long term storage of water may cause off odor and taste.

- reference: 'Food and Water in an Emergency' published by FEMA and American Red Cross

Know whether your state requires water to actually be on hand or if a contract with a vendor to furnish water in case of an emergency is acceptable. Crandall recommends having it on hand.

Emergency Water Vendor: _____.

- b. **How to Purify Water:**

Boil Water: (safest method)

- ♦ Fill a large pot with water after straining the water through a coffee filter or cheesecloth to remove dirt and other particles.
- ♦ Bring the water to a rolling boil on single camp stove or burner and keep it boiling for 3 minutes.
- ♦ Pour the water into a disinfected drinking water bottle.
- ♦ Store in the refrigerator, if possible.

Use chlorine bleach:

- ♦ Strain the water through a coffee filter or cheesecloth to remove dirt and other particles.
- ♦ It is easiest to use gallon size drinking water containers to calculate the correct chlorine bleach solution.
- ♦ Pour a mixture of 1/8 teaspoon or 16 drops of pure, unscented, household chlorine bleach into the gallon size, purified drinking water container. Let this stand at least 30 minutes without drinking the water.

Bleach Purification: Use household bleach preferably 5.25%. Follow chart:

Water Amount	Bleach Amount (clear water)	Bleach Amount (cloudy water)
1 Gallon	8 drops	16 drops (1/8 tsp)

- ♦ If the water is still cloudy after 30 minutes, you may add an additional 1/8 teaspoon or 16 drops of chlorine bleach to the gallon size container. Let the water stand another 30 minutes.
- ♦ If the water is still cloudy after the second treatment, do not drink the water.

Use Iodine:

- ♦ The Iodine should be 2/United States Pharmacopeia (USA) Strength.
- ♦ **For clear water:** add 20 drops Iodine per gallon
- ♦ **For cloudy or muddy water:** add 40 drops Iodine per gallon
- ♦ Stir well. Let settle for 30 minutes.
- ♦ Filter before drinking.
- ♦ **It should not be used by persons with allergy to iodine, persons with active thyroid disease, or pregnant women.**

DISASTER MENU (continued)

Numerous Forms of Iodine		
PREPARATION	IODINE	AMOUNT/ LITER
Iodine Topical Solution	2%	8 drops
Iodine Tincture	2%	8 drops
Lugol's Solution	5%	4 drops
Povidone-Iodine (Betadine®)	10%	4 drops
Tetraglycine hydroperiodide (Globaline®, Potable Aqua®, EDWGT®)	8 mg	1 tablet

Disinfecting Contact Times		
WATER CLARITY	WATER TEMPERATURE	
	5 °C	15 °C
Clear	30 min	15 min
Cloudy	60 min	30 min

NOTES regarding Iodine:

- ♦ Final drinking concentrations calculated at 8 mg Iodine/liter
- ♦ Measure with an eye dropper: 1 drop = 0.05 ml
- ♦ In general, if you are in a hurry, double the chemical dose and halve the contact time; if you want better flavor halve the dose and double the contact time.
- ♦ If you believe the water may be heavily contaminated, double the chemical dose or double the contact time.
- ♦ **Addition of a small amount of vitamin C (50 mg) to your water after the contact time with the Iodine will render the water nearly flavorless!**

6. Community Emergency Food & Water Supply (Form 558)

- a. Use the form to define how many people the community is required to provide food and water for in the event of a disaster or emergency.
- b. Calculate the number of people for a 24 hour period of time.
- c. Print the form on your community's letterhead and post in the kitchen and all other areas required.
- d. Inservice the Director of Food and Nutrition Services, Chef/Cook and RD specifically.
- e. Update the form as often as needed to keep the information timely and current.

DISASTER MENU (continued)

7. Handwashing in the Event of an Emergency, Water Shut Off, or Contaminated Water Situation

- a. **In situations where tap water is not safe to use or there is no access to water due to main water line shut off**, hands may be washed with soap and potable water that has been boiled, disinfected or with bottled drinking water. (See 5.b. How to Purify Water)
- b. **Handwashing Procedure:**
 - Wet hands with potable water (hot or cold)
 - Apply soap
 - Lather, vigorously rubbing hands together for 20 seconds
 - Rinse hands to remove soap and debris
 - Dry hands with a disposable paper towel
 - Discard paper towel in a foot pedal trash can

NOTE: A temporary hand washing station can be created by using a large water jug that contains potable water.

- c. **In the event of a disaster where soap or potable water is not available**, an appropriate antimicrobial alcohol-based hand sanitizer containing at least 60% alcohol will be utilized.

8. Manual Warewashing in the Event of an Emergency, Water Shut Off or Contaminated Water Situation. Using potable water that has been boiled, disinfected or with bottled drinking water: (See 5.b. How to Purify Water)

- a. Clean 3-compartment sink prior to use.
- b. Fill all tanks 2/3 full.
- c. Fill first tank with water and an effective concentration of detergent according to EPA-registered label use directions. Post the required amount and temperature.
- d. Fill second tank with clean rinse water (110° to 120° F).
- e. Fill third tank with tepid water for sanitizing to fill line along with sanitizing agent to third tank according to EPA-registered label use directions. Post the required amount and temperature.
- f. To test concentration of sanitizer, a test kit is required.
 - 50 – 100 ppm is the required concentration of sanitizer-to-water ratio using a chlorine-based sanitizer.
 - 200 ppm or 150 – 400 ppm (depending on which kind you use) is the required concentration of sanitizer-to-water ratio using a quaternary ammonia-based sanitizer.
 - 12.5 – 25 ppm is the required concentration of sanitizer-to-water ratio using an iodine-based sanitizer.

DISASTER MENU (continued)

- g. Scrape food particles from pots and pans into garbage bin. Do not scrape food into washing sink.
 - h. Scrub pots and pans in first tank using scouring pad or appropriate cleaning tool.
 - i. Rinse pots and pans free of detergent in second tank.
 - j. Sanitize pots and pans in third tank by immersing in water with sanitizing agent for at least two minutes or per manufacturer guidelines.
 - k. Record wash temperature, rinse temperature, and ppm and initial the *Pot and Pan Test Strip Log* (FORM 405) or (FORM 401B) or other designated form.
 - l. Remove items.
 - m. Invert items on counter.
NOTE: Allow all items to air dry. Towels should not be used for drying.
 - n. When items are dry, store in proper storage area. Pots and pans need to be free of black buildup, deep scratches and dents. They must be sanitizable.

NOTE: All three tanks must be maintained in clean condition by changing the water at frequent intervals.
9. **Sanitizing Food Contact Surfaces in the Event of an Emergency, Water Shut Off or Contaminated Water Situation. Using potable water that has been boiled, disinfected or with bottled drinking water:** (See 5.b. How to Purify Water)
- a. Sanitation buckets must be established with appropriate sanitizing solution, i.e., generally for chlorine-based sanitizer, 50-100 ppm or quaternary solution, 150-400 ppm or 200 ppm depending on the product used and manufacturer guidelines. Sanitation buckets can be filled from the pot and pan sanitizer. Test with appropriate the litmus strip. Record on the *Pot and Pan Test Strip/Sanitation Bucket Log* (FORM 405) under PPM.
 - b. Sanitizing cloths should be placed in the sanitizing buckets to be used in sanitizing all work surfaces and equipment.
 - c. Sanitizer buckets should be changed at least three (3) times a day and tested with the appropriate litmus strips each time the solution is changed to assure accurate levels of sanitizer.
 - d. Some corporations require red sanitizing buckets and a different colored bucket i.e. green, to be used for routine cleaning. If different colored buckets are not used, label the buckets accordingly.

TUBE FEEDING FORMULA FOR EMERGENCY SUPPLY

POLICY

For those communities that have a Tube Fed (TF) population, the following guidelines may be used to determine an appropriate emergency formula supply protocol.

PROCEDURE

1. Determine your average TF population. Most NOC feedings count as $\frac{1}{2}$ of a person.
2. 50% of your emergency inventory should be:
a carbohydrate controlled formula such as Glucerna 1.5 or Diabetisource AC
3. 50% of your emergency inventory should be:
a 1.5 cal/ml formula such as Osmolite 1.5, Isosource 1.5 or Jevity 1.5
4. If you are using a 1.5 cal/ml product, you will need 1500ml/day x 3 days per person.
5. If you are using a 1.2 cal/ml product, you will need 1800ml/day x 3 days per person.
6. Determine the container size you will be using such as a 1.5 Liter ready-to-hang product or a 237ml can or 250ml can depending on manufacturer. You will also need to know the number of containers in a case.
7. In the event there is no electricity and pumps cannot be used, convert continuous feeding to bolus feedings. If resident has a j-tube, use gravity drip to administer.

EXAMPLES - THESE ARE THREE EXAMPLES OF THE CALCULATIONS THAT MAY NEED TO BE DONE:

Example #1:

A community that averages 50 TF residents where both formulas are 1.5cal/ml in ready-to-hang containers.

50 TF's x 1500ml/day x 3 days divided by 1500ml (1.5 Liters) = 150 containers
So 75 containers of Osmolite 1.5 and 75 containers Glucerna 1.5

Example #2:

A community that averages 50 TF residents where one formula is 1.2cal/ml and the other is a 1.5cal/ml product both are in 1.5 Liter ready-to-hang containers.

1.2cal/ml - 25 TF's x 1800ml/day x 3 days divided by 1500ml (1.5 Liters) = 90 containers
1.5cal/ml - 25 TF's x 1500ml/day x 3 days divided by 1500ml (1.5 Liters) = 75 containers
So 75 containers of Isosource 1.5 and 90 containers of Diabetasource AC

Example #3:

A community that averages 20 TF residents where one formula is 1.2cal/ml in 237ml cans and the other is a 1.5cal/ml formula in 237ml cans.

10 TF's x 1800ml/day x 3 days divided by 237ml (1 can) = 228 cans
10 TF's x 1500ml/day x 3 days divided by 237ml (1 can) = 190 cans
So 228 cans of Diabetasource AC and 190 cans Isosource 1.5

This amount is in addition to your normal (weekly) order and only needs to be ordered once. If you do not have an emergency supply, this can be obtained over a 2-month period until achieved. Remember to rotate your stock so that emergency supplies do not expire.

It is given that at some point in time there will be unexpected and/or unforeseen combination of circumstances or an urgent need for assistance. In other words, an emergency.

It is highly recommended that the community put together an *Emergency Preparedness Binder* to create a single 'go-to' source of information.

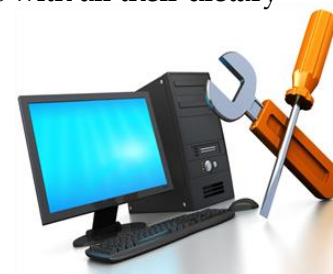
Checklist of Useful Resources and Tools to include in the binder:

- Diet Essentials'* Resident Card and Weight Management Emergency Procedures
- Crandall corporate contact information as well as your community's or corporation's Information Technology contacts
- Current, printed **Dietary Interview / PreScreen (Summary) Report** for each resident (*Always print a new summary each time a resident's information is updated.*)
- Blank Resident Tickets for residents (print without a Meal on them)
- Disaster Menu (3 Day, 4 Day, and/or 7 Day per your state)
- Form 558 - Community Emergency Food and Water Supply
- Any other documents or information that you may need in an emergency (i.e. building map)



Keys to being prepared for an Emergency:

- In all Emergencies, HIPAA requirements/regulations must be followed as closely as possible.
- On a regular basis, always prepare/print tray tickets a couple days ahead (add last minute residents the day of). It is NOT recommended to wait to print on the same day as service. If there is an emergency, you are ready.
- As regular maintenance, whenever a change is made to the resident's record, print the *Dietary Interview / PreScreen (Summary) Report* and file in the resident's file.
- Periodically print a set of resident tickets for your community, without the meal, (all 3 meals on 1 page for each resident) so that you have 'blank' tickets for your residents with all their dietary information.
- Be sure any printed Resident Ticket or any item that has Personal Health Information (PHI) is stored securely in a locked file cabinet.
- Save documents to a secure electronic backup both on- and off-site.
- Always have both paper and electronic copies of your information.



Most Common Emergency Situations

1. Your internet service is out.

Call your community's or corporation's information technology help desk.

If needed, reference your Emergency Preparedness Binder.

- Crandall will have full-access to your account and may email or fax documents to you.

2. There is a local power outage.

Call your community's or corporation's information technology help desk.

Reference your Emergency Preparedness Binder.

- Crandall will have full-access to your account, although without power at your location you will need to provide access to an alternative location where documents can be emailed, faxed or printed.

3. Crandall system is down.

Use the resident *Dietary Interview / PreScreen (Summary) Reports* and blank tickets you have stored. This type of outage will be rare, however, be prepared.

Reference your Emergency Preparedness Binder.

- Crandall will NOT have access to your account and will be unable to email/fax documents to you. Status updates will be sent until the system is reset.

4. Natural Disaster.



Earthquake



Hurricane



Wildfire



Flood



Tornado



Winter storm

As soon as you can access an internet connection, you will have access to your Diet Essentials system. This type of outage will be rare, however, be prepared.

Reference your Emergency Preparedness Binder.

- Crandall will have full-access to your account unless they are affected by the disaster as well. *Please keep in mind* - depending on the type of natural disaster, it may or may not be possible to email or fax information to you or for you to print what you receive.

5. In case of an Evacuation due to a Disaster

If you need to move your residents to a new location due to an emergency (evacuation), everything needs to be portable.

- a. **Water** (cans, jugs) ac
- b. **Snacks** for the trip to the new location
- c. **Plan for items to be kept cool** (ice, dry ice)
- d. **List of devices** (the ones you will need to take with you or an already prepared bag/box of adaptive devices just for emergencies)

In case of an Evacuation due to a Disaster, *continued*

- e. **Flash drive on a lanyard** (Includes blank tray tickets, Diet Information report, resident summary report for each resident, other documents/reports you may need or have printed)
 - Have a rotation schedule in place to update this flash drive on a monthly basis at the least.
- f. **Printed Roster and Resident Cards / Tickets to go with the Residents**
 - Print **Diet Information Roster** – this provides a list and the majority of pertinent detail on each resident
 - Print **1 page Resident Ticket** [portrait/3 per page] for each Resident (Breakfast / Lunch / Dinner) – with NO meal on the ticket

Preferred Procedure for handling Resident Cards/Tickets/Reports (PHI) per HIPAA regulations when evacuating/moving residents from one community to another:

1. The **Sending community** should **ALWAYS** print and send the necessary reports and resident cards / tickets **with the residents going to the receiving community.**
 - a. **Residents being sent to a 'sister' community within same corporation:**
 - Send *Diet Information Roster* and *blank Resident Tickets* to receiving community.
 - *If the sending community does not send tickets with residents*, Crandall corporate office may provide receiving community with a VERY temporary emergency access (View/Print access only) – only long enough to print tickets or roster they need.
 - Shut off within a day's time
 - Community may copy what they printed for multiple day use
 - b. **Residents being sent to a nearby community, NOT within the same corporation:**
 - Send Diet Information Roster and blank Resident Tickets to receiving community.
 - Email the person in charge of receiving the residents at the outside community
 - Send an NDA for them to sign (must have legal name for the community)
 - ***Reason for necessity of sending an NDA*** – not only will the non-customer have visual access to all of your residents' PHI, but they will also have access to the Crandall program. Must protect our proprietary information whenever possible.
 - a. If they do not have time to sign the NDA and return it immediately, instruct them to respond by email that they will honor the NDA and will send the signed document after the emergency has past.
 - b. Must receive their intent by email, not by phone.





Nutritional Analysis

Disaster Menu - REGULAR

	Calories	Protein	Carbs	Fat	Chol	Fiber	Calcium	Iron	*Potassium	Vit A	Folacin	Thiamin	Vit B6	Niacin	Sodium	Vit C	Riboflavin	Phosphorus	
Nutrition Target	2000 KCAL	75 g	285 g	67g	300 mg	21g	1200 mg	8mg	4700 mg	4000 IU	400 ug	1.1 mg	1.5 mg	14 mg	3000 mg	75 mg	1.1 ug	700 mg	
Week 1	Average	1336.49	89.14	311.34	43.41	75.21	1267.41	20.49	3473.91	8234.77	505.87	1.59	2.12	32.14	2736.99	110.56	2.68	1580.91	
	Target %	96.82%	116.85%	109.35%	64.79%	25.07%	105.76%	105.62%	256.13%	73.91%	205.87%	126.48%	144.55%	141.33%	229.57%	91.23%	147.41%	243.64%	225.84%
	Day 1	1905.61	92.12	312.68	37.83	83.94	24.18	1264.91	21.18	3494.8	8635.23	509.26	1.62	2.22	33.36	2880.66	103.08	2.72	1589.04
	Day 2	2023.56	83.27	318.14	53.81	57.76	20.69	1276.41	19.69	3628.97	6787.54	486.84	1.51	2.11	29.84	2545.38	115.1	2.58	1579.05
	Day 3	1880.29	92.02	304.09	38.6	83.94	21.55	1260.91	20.4	3297.95	9281.54	521.5	1.65	2.02	33.22	2784.93	113.5	2.74	1574.63

Disaster Menu - CCHO

	Calories	Protein	Carbs	Fat	Chol	Fiber	Calcium	Iron	*Potassium	Vit A	Folacin	Thiamin	Vit B6	Niacin	Sodium	Vit C	Riboflavin	Phosphorus	
Nutrition Target	2000 KCAL	75 g	285 g	67g	300 mg	21g	1200 mg	8mg	4700 mg	4000 IU	410 ug	1.1 mg	1.5 mg	14 mg	3000 mg	75 mg	1.1 ug	700 mg	
Week 1	Average	1873.66	86.36	284.52	73.04%	73.35	20.24	1240.81	18.85	3347.01	8419.13	505.95	1.56	2.06	31.41	2399.61	115.41	2.55	1486.29
	Target %	93.58%	115.15%	99.83%	48.54	34.45%	96.33%	103.40%	235.36%	71.21%	210.46%	126.49%	143.64%	137.33%	224.36%	79.99%	153.68%	231.82%	212.33%
	Day 1	1856.22	89.48	286.12	43.93	82.52	21.55	1257.56	19.56	3452.25	9270.99	505.58	1.61	2.16	32.2	2528.46	118.68	2.58	1506.33
	Day 2	1921.2	80.48	282.73	58.12	55.02	19.7	1210.5	18.16	3358.88	6715.46	496.2	1.53	2.06	30.15	2237.66	114.25	2.47	1462.43
	Day 3	1843.56	89.13	282.7	44.77	82.52	19.46	1254.38	18.63	3229.89	9270.91	516.08	1.61	1.94	31.87	2432.7	113.31	2.61	1490.11

Disaster Menu - RENAL

	Calories	Protein	Carbs	Fat	Chol	Fiber	Calcium	Iron	*Potassium	Vit A	Folacin	Thiamin	Vit B6	Niacin	Sodium	Vit C	Riboflavin	Phosphorus	
Nutrition Target	2000 KCAL	80 g	285 g	67g	300 mg	21g	1200 mg	8mg	3000 mg	4000 IU	400 ug	1.1 mg	1.5 mg	14 mg	3000 mg	75 mg	1.1 ug	1300 mg	
Week 1	Average	1886.86	79.39	315.96	40.28	86.22	23.85	571.71	23.05	2274.38	7842.97	500.19	1.52	2.12	37.86	2712.75	81.96	1.84	1056.34
	Target %	94.34%	99.24%	110.85%	60.12%	28.74%	113.57%	47.64%	288.13%	75.81%	196.07%	125.05%	138.18%	141.33%	270.43%	90.43%	109.28%	167.27%	81.26%
	Day 1	1883.74	79.02	317.44	39.54	86.22	24.6	557.69	23.42	2407.04	7843.1	492.4	1.5	2.24	37.82	2781.18	85.53	1.8	1052.57
	Day 2	1872.64	78.63	311.68	40.74	86.22	22.52	566.27	22.72	2180.96	7842.9	500.98	1.5	2.04	37.49	2543.42	80.16	1.85	1035.63
	Day 3	1904.21	80.53	318.76	40.57	86.22	24.42	591.18	23	2235.13	7842.9	507.2	1.55	2.09	38.26	2713.66	80.19	1.85	1080.82

Disaster Menu - PUREED

	Calories	Protein	Carbs	Fat	Chol	Fiber	Calcium	Iron	*Potassium	Vit A	Folacin	Thiamin	Vit B6	Niacin	Sodium	Vit C	Riboflavin	Phosphorus	
Nutrition Target	2000 KCAL	75 g	285 g	67g	300 mg	21g	1200 mg	8mg	4700 mg	4000 IU	400 ug	1.1 mg	1.5 mg	14 mg	3000 mg	75 mg	1.1 ug	700 mg	
Week 1	Average	1838.7	38.68	306.26	27.65	114.08	18.51	1422.71	22.32	3622.47	10991.18	512.8	1.75	2.2	32.88	2712.45	126.5	2.87	1611.78
	Target %	91.94%	131.57%	107.46%	41.27%	38.03%	88.14%	118.56%	279%	77.07%	274.78%	128.20%	159.09%	146.67%	234.86%	90.42%	168.67%	260.91%	230.25%
	Day 1	1838.7	98.68	306.26	27.65	114.08	18.51	1422.71	22.32	3622.47	10991.18	512.8	1.75	2.2	32.88	2712.45	126.5	2.87	1611.78
	Day 2	1838.7	98.68	306.26	27.65	114.08	18.51	1422.71	22.32	3622.47	10991.18	512.8	1.75	2.2	32.88	2712.45	126.5	2.87	1611.78
	Day 3	1838.7	98.68	306.26	27.65	114.08	18.51	1422.71	22.32	3622.47	10991.18	512.8	1.75	2.2	32.88	2712.45	126.5	2.87	1611.78

*Nutrient value listed may be understated due to nutrient values not being available on all ingredients.



Community Emergency Food & Water Supply

This information defines how many people the community is required to provide food and water for in the event of a disaster or emergency.

Total Number of Beds _____

Total Number of Staff _____

Dietary _____

Housekeeping _____

Nursing _____

Office _____

Maintenance _____

Total Number of People to Prepare Food For _____

One (1) gallon water is required per person per day

- **Two (2) quarts for hydration (drinking)**

- **Two (2) quarts for food preparation and hygiene**

X **1 gallon / person**

X _____ **days (3, 4 or 7)***

Total Gallons of Water to Provide For Community = _____

Emergency Water Supplied by: _____

Emergency Food & Water Located: _____

*** Please follow your state's regulations for number of days.** Refer to the *Crandall Disaster Menu Policy and Procedure, Disaster Menus* and *Disaster Menu Purchase Guides for 3, 4 or 7-Days* for documented meal service guidelines, amounts per person, food allowed per diet, and nutrient analysis.

- The guides are in quantified measures of 25, 50, 75, 100, 125.
- If the combined number of residents and staff exceeds the highest quantified measure, add the appropriate columns together to equal or cover the total number of people to provide for. Purchase that amount of food. It is best to purchase more than not enough.
For example:

To feed 165 people, add columns for 125 and 50 together = total of 175

Refer to the *Crandall Disaster Menu Policy and Procedure*, Book 6 on menu program, section #5, Emergency Water.

Thickener must be available to thicken beverages.

Meal	Amounts Per Person	
	Serving Size	3-Day
Breakfast		
Juice Base (orange, apple or cranberry).....	1- 1/2 oz	4-1/2 oz
Water	4- 1/2 oz	13-1/2 oz
Peanut Butter *** <i>or</i> Canned Meat <i>or</i> Meat Alternate+.....	1 oz	3 oz
Saltine Crackers <i>or</i>	2 pkgs	6 pkgs
Bread	1 slice	3 slices
with Jelly	1 Tbsp	3 Tbsp
Canned Fruit	1/2 cup	1-1/2 cups
Dry Cereal	3/4 cup	2-1/4 cups
Reconstituted Milk **	1 oz	3 oz
Water	1 cup	3 cups
Noon Meal		
Canned Meat (tuna, ham, chicken, beef) <i>or</i> Meat Alternate+	3 oz	9 oz
Canned Potato <i>or</i>	1/2 cup	1-1/2 cups
Bread <i>or</i> Roll.....	1 each	3 each
Mayonnaise, PC	1 packet	3 packets
Canned Vegetables.....	1/2 cup	1-1/2 cups
Canned Fruit	1/2 cup	1-1/2 cups
Graham Crackers <i>or</i>	2 pkgs	6 pkgs
Cookies <i>or</i>	2 each	6 each
Pudding, RTU	1/2 cup	1-1/2 cups
Reconstituted Milk **	1 oz	3 oz
Water	1 cup	3 cups
Evening Meal		
Canned Meat (tuna, ham, chicken, beef) <i>or</i> Meat Alternate+	2 oz	6 oz
Canned Potato <i>or</i>	1/2 cup	1-1/2 cups
Bread <i>or</i> Roll.....	1 each	3 each
Mayonnaise, PC	1 packet	3 packets
Canned Vegetables.....	1/2 cup	1-1/2 cups
Canned Fruit	1/2 cup	1-1/2 cups
Graham Crackers <i>or</i>	2 pkgs	6 pkgs
Cookies <i>or</i>	2 each	6 each
Pudding, RTU	1/2 cup	1-1/2 cups
Reconstituted Milk **	1 oz	3 oz
Water	1 cup	3 cups
Optional Alternate Evening Meal		
Peanut Butter ***	2 Tbsp	3/8 cup
Jelly.....	1 Tbsp	3 Tbsp
Saltine Crackers <i>or</i>	2 pkgs	6 pkgs
Bread <i>or</i> Roll.....	1 each	3 each
Canned Fruit	1/2 cup	1-1/2 cups
Cookies.....	2 each	6 each
Reconstituted Milk **	1 oz	3 oz
Water	1 cup	3 cups
Bedtime Snack		
Juice Base (orange, apple or cranberry).....	6 oz	2-1/4 cups
Water	4- 1/2 oz	13-1/2 oz
Graham Crackers <i>or</i>	2 pkgs	6 pkgs
Cookies <i>or</i>	2 each	6 each

Meal	Food Allowed Per Diet X = Same as Regular		
	Serving Size	*Liberal Diabetic (CCHO)	*Liberal Renal
Breakfast			
Juice Base (orange, apple or cranberry).....	1-1/2 oz	X	Apple or Cranberry
Water	4-1/2 oz	X	X
Peanut Butter *** or Canned Meat or Meat Alternate+..	1 oz	X	X
Saltine Crackers or	2 pkgs	X	LS
Bread.....	1 slice	X	X
with Jelly	1 Tbsp	Diet	X
Canned Fruit	1/2 cup	X	X
Dry Cereal	3/4 cup	Unsweetened	X
Reconstituted Milk **	1 oz	X	½ ounce
Nonfat Dry Milk			
Water	1 cup	X	4 ounces
Noon Meal			
Canned Meat (tuna, ham, chicken, beef) or			Tuna, Beef or
Meat Alternate +	3 oz	X	Chicken
Canned Potato or	1/2 cup	X	X
Bread or Roll	1 each	X	X
Canned Vegetables	1/2 cup	X	X
Canned Fruit.....	1/2 cup	X	X
Cookies or	2 each	X	X
Pudding, RTU.....	1/2 cup	X	No
Reconstituted Milk **	1 oz	X	No
Nonfat Dry Milk			
Water	1 cup	X	X
Evening Meal			
Canned Meat (tuna, ham, chicken, beef) or			Tuna, Beef or
Meat Alternate +	2 oz	X	Chicken 3 oz
Canned Potato or	1/2 cup	X	No
Bread or Roll	1 each	X	2 each
Canned Vegetables	1/2 cup	X	X
Canned Fruit.....	1/2 cup	X	X
Cookies or	2 each	X	X
Pudding, RTU.....	1/2 cup	X	No
Milk **.....	1 oz	X	No
Powdered Milk			
Water	1 cup	X	X
Optional Alternate Evening Meal			
Peanut Butter ***.....	2 Tbsp	X	X
Jelly	1 Tbsp	Diet	X
Saltine Crackers or	2 pkgs	X	LS
Bread or Roll	1 each	X	X
Canned Fruit.....	1/2 cup	X	X
Cookies	2 each	X	X
Reconstituted Milk **	1 oz	X	No
Nonfat Dry Milk			
Water	1 cup	X	X
Bedtime Snack			
Juice Base (orange, apple or cranberry).....	1-1/2 oz	X	Apple or Cranberry
Water	4-1/2 oz	X	X
Graham Crackers or	2 pkgs	X	X
Cookies or	2 each	X	X

DISASTER MENU

PUREED & DYSPHAGIA MECH ALTERED (L2)

3-DAY

Thickener must be available to thicken beverages.

Meal	Amounts Per Person	
	Serving Size	3-Day
Breakfast		
Noon and Evening Meals		
Pureed Canned Meat or Meat Alternate		
Noon	3 oz	9 oz
Evening	2 oz	6 oz
Slurried Saltine Crackers <i>or</i>	2 pkgs	6 pkgs
Slurried Bread or Roll.....	1 each	3 each
Pureed Vegetables or Vegetable Juice.....	1/2 cup	1-1/2 cups
Pureed Canned Fruit	1/2 cup	1-1/2 cups
Slurried Cookies <i>or</i>	2 each	6 each
Pudding, RTU	1/2 cup	1-1/2 cups
Reconstituted Milk **Nonfat Dry Milk	1 oz	3 oz
Thicken if necessary Water	1 cup	3 cups
Bedtime Snack		
Juice Base (orange, apple or cranberry).....	1-1/2 oz	4-1/2 oz
Thicken if necessary Water	4-1/2 oz	13-1/2 oz
Slurried Cookies <i>or</i>	2 each	6 each
Pudding, RTU	1/2 cup	1-1/2 cups

* Diets will be liberalized for the Disaster Diabetic and Renal Menus.

** Use of evaporated milk: Evaporated milk should be kept on hand in case your water supply is limited, contaminated or cut off. Unopened cans of evaporated milk can be stored on a cool, dry shelf for up to six months. There is generally no 'use by' code on evaporated milk. Once opened, the evaporated milk can be kept 3 to 5 days, covered, labeled, dated and refrigerated. A mixture of one part water and one part evaporated milk will have about the same nutritional value of an equal amount of fresh milk. You could reconstitute evaporated milk in this manner and use it in cooking in order to rotate your stock. Half (1/2) cup evaporated milk yields approximately 170 calories and 9 gm protein; therefore, 1 to 1 1/2 cups evaporated milk per day would meet required nutritional needs.

*** Peanut Butter is allowed if permitted by the corporation / community. If not allowed, select a Meat Alternate.

+ For the Dysphagia Advanced Mech Soft (Level 3) modification, meat must be chopped into bite-sized pieces.

DAILY USAGE GUIDE

REGULAR & DYSPHAGIA ADV MECH SOFT (L3)

3-DAY

Thickener must be available to thicken beverages.

MEAL	YIELDS					PACK SIZE
	25	50	75	100	125	
Breakfast						
Juice Base (orange, apple or cranberry)	4 units	7 units	10 units	1 case + 2 units	1 case + 5 units	12 / 33.8 oz
Water	2 gal +3 qt	5 gal + 2 qt	8 gal	10 gal + 3 qt	13 gal + 1 qt	1/ 1 gallon
Peanut Butter *** <i>or</i>	1 unit	2 units	3 units	4 units	5 units	6 / 5#
Canned Meat or Meat Alternate +	4.75 lb	9.5 lb	14.0 lb	18 .75 lb	23.5 lb	6/ 66.5 oz
Saltine Crackers <i>or</i>	150 pkgs	300 pkgs	450 pkgs	1 case + 100 pk	1.5 case	500 / 2 pk
Bread	2.5 loaves	5 loaves	1 .25 case	1.5 case + .5 lv	2 case	6 / 32 slices
Jelly	75 pkts	150 pkts	1 case + 25 pkt	1.5 case	2 case	200 / 0.5 oz
Canned Fruit	5 cans	1 .5 case	2 case + 2 cans	3 case	3 case + 5 cans	6 / #10
Dry Cereal	3 boxes	1 case + 1 box	1 case + 3 box	2 case + 1 box	2 case + 3 box	4 / 26 oz
Reconstituted Milk** Nonfat Dry Milk	1 unit	2 units	3 units	4 units	5 units	6 / 5#
Water	4 gal +3 qt	9 gal + 2 qt	14 gal + 1 qt	18 gal + 3 qt	23 gal + 2 qt	1/ 1 gallon
Noon Meal						
Canned Meat (tuna, ham, chicken, beef) or Meat Alternate +	14.0 lb	28.25 lb	42.25 lb	56.25 lb	70.5 lb	6/ 66.5 oz
Canned Potato <i>or</i>	4 cans	1 case + 1 can	1 case + 5 cans	2 cases + 2 cans	3 case	6 / #10
Bread or Roll	2.5 loaves	5 loaves	1.25 case	1.5 case + .5 lv	2 case	6 / 32 slices
Mayonnaise, PC	75 pkts	150 pkts	225 pkts	300 pkts	0.75 case	500 / .9 gm
Canned Vegetables	0.5 case	1 case	1.5 case	2 case	2 case + 3 cans	6 / #10
Canned Fruit	5 cans	1.5 case	2 case + 2 cans	3 case	3 case + 5 cans	6 / #10
Graham Crackers <i>or</i>	1 case	2 case	3 case	4 case	5 case	150 / 3 pk
Cookies <i>or</i>	0.5 case	1 case	1.5 case	2 case	2.5 case	324 / 0.5 oz
Pudding, RTU	4 cans	1 case	1 case + 4 cans	2 case + 1 can	2 case + 4 cans	6 / #10
Reconstituted Milk** Nonfat Dry Milk	1 unit	2 units	3 units	4 units	5 units	6 / 5#
Water	4 gal + 3 qt	9 gal + 2 qt	14 gal + 1 qt	18 gal + 3 qt	23 gal + 2 qt	1/ 1 gallon
Evening Meal						
Canned Meat (tuna, ham, chicken, beef) or Meat Alternate +	9.5 lb	18.75 lb	28.25 lb	37.5 lb	47.0 lb	6/ 66.5 oz
Canned Potato <i>or</i>	4 cans	1 case + 1 can	1 case + 5 cans	2 cases + 2 cans	3 case	6 / #10
Bread or Roll	2.5 loaves	5 loaves	1 .25 case	1.5 case + .5 lv	2 case	6 / 32 slices
Mayonnaise, PC	75 pkts	150 pkts	225 pkts	300 pkts	0.75 case	500 / .9 gm
Canned Vegetables	0.5 case	1 case	1.5 case	2 case	2 case + 3 cans	6 / #10
Canned Fruit	5 cans	1.5 case	2 case + 2 cans	3 case	3 case + 5 cans	6 / #10
Graham Crackers <i>or</i>	1 case	2 case	3 case	4 case	5 case	150 / 3 pk
Cookies <i>or</i>	0.5 case	1 case	1.5 case	2 case	2.5 case	324 / 0.5 oz
Pudding, RTU	4 cans	1 case	1 case + 4 cans	2 case + 1 can	2 case + 4 cans	6 / #10
Reconstituted Milk** Nonfat Dry Milk	1 unit	2 units	3 units	4 units	5 units	6 / #5
Water	4 gal + 3 qt	9 gal + 2 qt	14 gal + 1 qt	18 gal + 3 qt	23 gal + 2 qt	1/ 1 gallon
Optional Alternate Evening Meal						
Peanut Butter ***	1 unit	2 units	3 units	4 units	5 units	6 / 5#
Jelly	75 pkts	150 pkts	1 case + 25 pkt	1.5 case	2 case	200 / 0.5 oz

Saltine Crackers <i>or</i>	150 pkgs	300 pkgs	450 pkgs	1 case + 100 pk	1.5 case	500 / 2 pk
Bread or Roll	2.5 loaves	5 loaves	1 .25 case	1.5 case + .5 lv	2 case	6 / 32 slices
Canned Fruit	5 cans	1.5 case	2 case + 2 cans	3 case	3 case + 5 cans	6 / #10
Cookies	0.5 case	1 case	1.5 case	2 case	2.5 case	324 / 0.5 oz
Reconstituted Milk**	(see above)					
Bedtime Snack Juice Base (orange, apple or cranberry)	4 units	7 units	10 units	1 case + 2 units	1 case + 5 units	12 / 33.8 oz
Water	2 gal +3 qt	5 gal + 2 qt	8 gal	10 gal + 3 qt	13 gal + 1 qt	1/ 1 gallon
Graham Crackers <i>or</i>	1 case	2 case	3 case	4 case	5 case	150 / 3 pk
Cookies	0.5 case	1 case	1.5 case	2 case	2.5 case	324 / 0.5 oz

DAILY USAGE GUIDE

DIABETIC

3-DAY

For Diabetic Diets, make the following adjustments to the Disaster Menu - Regular - 3 Day Purchase Guide:

MEAL	YIELDS					PACK SIZE
	5	10	15	20	25	
Breakfast Dry Cereal, Unsweetened	0.5 box	1 box	1.5 boxes	1.75 boxes	2.25 boxes	4 / 26 oz
Jelly, Diet	15 pkts	30 pkts	45 pkts	60 pkts	75 pkts	200 / 1 pkt
Noon Meal No Changes Necessary	--	--	--	--	--	--
Evening Meal No Changes Necessary	--	--	--	--	--	--
Optional Alternate Evening Meal Jelly, Diet	15 pkts	30 pkts	45 pkts	60 pkts	75 pkts	200 / 1 pkt
Bedtime Snack No Changes Necessary	--	--	--	--	--	--

DAILY USAGE GUIDE

RENAL

3-DAY

For Renal Diets, make the following adjustments to the Disaster Menu - Regular - 3 Day Purchase Guide:

MEAL	YIELDS					PACK SIZE
	5	10	15	20	25	
Breakfast Juice Base (apple or cranberry only)	1 unit	1.5 unit	2 units	3 units	4 units	12 / 33.8 oz
Water	3 qt	1 gal + 1 qt	1 gal + 3 qt	2 gal + 1 qt	2 gal + 3 qt	1 / 1 gallon
Crackers, LS	30 Pkgs	60 pkgs	90 pkgs	120 pkgs	0.5 case	300 / 2 pk
Reconstituted Milk** Nonfat Dry Milk (1/2 oz per person)	7.5 oz	15 oz	22.5 oz	30 oz	0.5 unit	6 / 5#
Water (4 oz per person)	2 qt	1 gal	1 gal + 2 qt	2 gal	2 gal + 2 qt	1 / 1 gallon
Noon Meal Canned Meat (tuna, chicken, or beef) + (NO HAM)	3.0 lb	5.75 lb	8.5 lb	11.25 lb	14.0 lb	6 / 66.5 oz
NO Milk served	--	--	--	--	--	--
Evening Meal Canned Meat (tuna, chicken, or beef) + (NO HAM)	3.0 lb	5.75 lb	8.5 lb	11.25 lb	14.0 lb	6 / 66.5 oz
Bread or Roll, 2 each (NO Potato served)	1 loaf	2 loaves	3 loaves	3.75 loaves	4.75 loaves	6 / 32 oz
NO Milk served	--	--	--	--	--	--
Optional Alternate Evening Meal Crackers, LS	30 Pkgs	60 pkgs	90 pkgs	120 pkgs	0.5 case	300 / 2 pk
NO Milk served	--	--	--	--	--	--
Bedtime Snack Juice Base (apple or cranberry only) Water	1 unit 3 qt	1.5 unit 1 gal + 1 qt	2 units 1 gal + 3 qt	3 units 2 gal + 1 qt	4 units 2 gal + 3 qt	12 / 33.8 oz 1 / 1 gallon

DAILY USAGE GUIDE

PUREED & DYSPHAGIA MECH ALTERED (L2)

3-DAY

Thickener must be available to thicken beverages.

	YIELDS					PACK SIZE
	5	10	15	20	25	
Breakfast						
Juice Base (orange, apple or cranberry) Thicken if necessary Water	1 unit 3 qt	1.5 unit 1 gal + 1 qt	2 units 1 gal + 3 qt	3 units 2 gal + 1 qt	4 units 2 gal + 3 qt	12 / 33.8 oz 1 / 1 gallon
Pureed Canned Meat <i>or</i> Meat Alternate	15.0 oz	2.0 lb	3.0 lb	3.75 lb	4.75 lb	6 / 66.5 oz
Slurried Saltine Crackers <i>or</i>	30 Pkgs	60 pkgs	90 pkgs	120 pkgs	150 pkgs	500 / 2 pk
Slurried Bread	0.5 loaf	1 loaf	1.5 loaves	2 loaves	2.5 loaves	6 / 32 slices
Jelly	15 pkts	30 pkts	45 pkts	60 pkts	75 pkts	400 / 0.5 oz
Pureed Canned Fruit	1 can	2 cans	3 cans	4 cans	5 cans	6 / #10
Slurried Dry Cereal	0.5 box	1 box	1.5 boxes	1.75 boxes	2.25 boxes	4 / 26 oz
Reconstituted Milk** Nonfat Dry Milk	15 oz	30 oz	45 oz	60 oz	1 unit	6 / 5#
Water	1 gal	2 gal	3 gal	3 gal + 3 qt	4 gal + 3 qt	1 / 1 gallon
Thicken if necessary						
Noon and Evening Meals						
Pureed Canned Meat <i>or</i> Meat Alternate <i>Noon</i>	3.0 lb	5.75 lb	8.5 lb	11.25 lb	14.0 lb	6 / 66.5 oz
<i>Evening</i>	2.0 lb	3.75 lb	5.75 lb	7.5 lb	9.5 lb	6 / 66.5 oz
Slurried Saltine Crackers <i>or</i>	30 Pkgs	60 pkgs	90 pkgs	120 pkgs	150 pkgs	500 / 2 pk
Slurried Bread or Roll	0.5 loaf	1 loaf	1.5 loaves	2 loaves	2.5 loaves	6 / 32 slices
Mayonnaise, PC	30 pkts	60 pkts	90 pkts	120 pkts	150 pkts	500 / .9 gm
Pureed Canned Vegetables	0.75 can	1.25 cans	2 cans	2.5 cans	3 cans	6 / #10
Pureed Canned Fruit	1 can	2 cans	3 cans	4 cans	5 cans	6 / #10
Slurried Graham Crackers <i>or</i>	30 pkgs	60 pkgs	90 pkgs	120 pkgs	1 case	150 / 3 pk
Slurried Cookies <i>or</i>	30 each	60 each	90 each	120 each	0.5 Case	324 / 0.5 oz
Pudding, RTU	0.75 can	1.25 cans	2 cans	2.5 cans	3.25 cans	6 / #10
Reconstituted Milk** Nonfat Dry Milk	15 oz	30 oz	45 oz	60 oz	1 unit	6 / 5#
Water	1 gal	2 gal	3 gal	3 gal + 3 qt	4 gal + 3 qt	1 / 1 gallon
Thicken if necessary						
Bedtime Snack						
Juice Base (apple or cranberry only) Water	1 unit 3 qt	1.5 unit 1 gal + 1 qt	2 units 1 gal + 3 qt	3 units 2 gal + 1 qt	4 units 2 gal + 3 qt	12 / 33.8 oz 1 / 1 gallon
Slurried Graham Crackers <i>or</i>	30 pkgs	60 pkgs	90 pkgs	120 pkgs	1 case	150 / 3 pk
Slurried Cookies <i>or</i>	30 each	60 each	90 each	120 each	0.5 Case	324 / 0.5 oz
Pudding, RTU	0.75 can	1.25 cans	2 cans	2.5 cans	3.25 cans	6 / #10

COMBINED PURCHASE GUIDE

REGULAR & DYSPHAGIA ADV MECH SOFT (L3)

3 DAY

Ingredients / Yields	25	50	75	100	125	Pack Size
Canned Fruit	3 case	6 case	9 case	12 case	15 case	6 / #10
Canned Meat (tuna, ham, chicken, beef) or Meat Alternate+	1.25 case	2.5 case	3.75 case	5 case	6.25 case	6/ 66.5 oz
Canned Potato <i>or</i> Bread or Roll	1.5 case 1.5 case	3 case 3 case	4.5 case 4.5 case	6 case 6 case	7.5 case 7.5 case	6 / #10 6 / 32 slices
Canned Vegetables	1 case	2 case	3 case	4 case	5 case	6 / #10
Dry Cereal	0.75 case	1.5 case	2.25 case	3 case	3.75 case	4 / 26 oz
Graham Crackers <i>or</i> Cookies <i>or</i> Pudding, RTU	3 case 2 case 1.5 case	6 case 4 case 3 case	9 case 6 case 4.5 case	12 case 8 case 6 case	15 case 10 case 7.5 case	150 / 3 pk 324 / 0.5 oz 6 / #10
Jelly	1 case	2 case	3 case	4 case	5 case	400 / 0.5 oz
Juice Base (orange, apple or cranberry)	1 case	2 case	3 case	4 case	5 case	12 / 33.8 oz
Mayonnaise, PC	0.5 case	1 case	1.5 case	2 case	2.5 case	500 / .9 gm
Peanut Butter <i>or</i> Canned Meat or Meat Alternate+	0.5 case 0.25 case	1 case 0.5 case	1.5 case 0.75 case	2 case 1 case	2.5 case 1.25 case	6 / 5# 6/ 66.5 oz
Saltine Crackers <i>or</i> Bread	1 case 0.5 case	2 case 1 case	3 case 1.5 case	4 case 2 case	5 case 2.5 case	500 / 2 pk 6 / 32 slices
Nonfat Dry Milk - Reconstituted Milk**	0.75 case	4.5 case	6.75 case	9 case	11.25 case	6 / #5
Water	14 gal + 1 qt	28 gal + 2 qt	42 gal + 3 qt	57 gal	71 gal + 1 qt	1/ 1 gallon

COMBINED PURCHASE GUIDE

DIABETIC

3 DAY

For Renal Diets, make the following adjustments to the Disaster Menu - Regular - 3 Day COMBINED Purchase Guide:

Ingredients / Yields	5	10	15	20	25	Pack Size
Dry Cereal, Unsweetened	0.25 case	0.5 case	0.75 case	1 case	1.25 case	4 / 26 oz
Jelly, Diet	15 pkt	30 pkt	45 pkt	60 pkt	75 pkt	400 / 1 pkt

COMBINED PURCHASE GUIDE

RENAL

3 DAY

Ingredients / Yields	5	10	15	20	25	Pack Size
Bread or Roll, 2 each (NO Potato served)	1 unit	2 unit	3 unit	4 unit	5 unit	6 / 32 oz
Canned Meat (tuna, chicken, or beef - NO ham)+	1.5 unit	3 unit	4.5 unit	6 unit	7.5 unit	6 / 66.5 oz
Crackers, LS	60 unit	120 unit	180 unit	240 unit	1 case	300 / 2 pk
Juice Base (apple or cranberry only)	0.5 case	1 case	1.5 case	2 case	2.5 case	12 / 33.8 oz
Reconstituted Milk**	0.25 unit	0.5 unit	0.75 unit	1 unit	1.25 unit	6 / 5#
Nonfat Dry Milk (1/2 oz per person)						
Water (4 oz per person)	2 qt	1 gal	1 gal + 2 qt	2 gal	2 gal + 2 qt	1 / 1 gallon

COMBINED PURCHASE GUIDE

PUREE & DYSPHAGIA MECH ALTERED (L2)

3 DAY

Ingredients / Yields	5	10	15	20	25	Pack Size
Jelly	15 pkt	30 pkt	45 pkt	60 pkt	75 pkt	400 / 0.5 oz
Juice Base (orange, apple or cranberry)	0.5 case	1 case	1.5 case	2 case	2.5 case	12 / 33.8 oz
Mayonnaise, PC	30 pkt	60 pkt	90 pkt	120 pkt	150 pkt	500 / .9 gm
Pureed Canned Fruit	2 unit	4 unit	6 unit	8 unit	10 unit	6 / #10
Pureed Canned Meat <i>or</i> Meat Alternate	1.5 unit	3 unit	4.5 unit	6 unit	1 case + 1.5 unit	6 / 66.5 oz
Pureed Canned Vegetables	0.75 unit	1.5 unit	2.25 unit	3 unit	3.75 unit	6 / #10
Slurried Dry Cereal	0.25 case	0.5 case	0.75 case	1 case	1.25 case	4 / 26 oz
Slurried Graham Crackers <i>or</i> Slurried Cookies <i>or</i> Pudding, RTU	0.5 case 0.5 case 1.5 unit	1 case 1 case 3 unit	1.5 case 1.5 case 4.5 unit	2 case 2 case 6 unit	2.5 case 2.5 case 1 case + 1.5 unit	150 / 3 pk 324 / 0.5 oz 6 / #10
Slurried Saltine Crackers <i>or</i> Slurried Bread Slurried Bread or Roll	60 unit 0.5 unit 0.5 unit	120 unit 1 unit 1 unit	180 unit 1.5 unit 1.5 unit	240 unit 2 unit 2 unit	300 unit 2.5 unit 2.5 unit	500 / 2 pk 6 / 32 slices 6 / 32 slices
Nonfat Dry Milk - Reconstituted Milk**	0.5 unit	1 unit	1.5 unit	2 unit	2.5 unit	6 / #5
Water - <i>Thicken if necessary</i>	2 gal	4 gal	6 gal	8 gal	10 gal	1 / 1 gallon

DISASTER MENU

REGULAR & DYSPHAGIA ADV MECH SOFT (L3)

4-DAY

Thickener must be available to thicken beverages.

Meal	Amounts Per Person	
	Serving Size	4 Day
Breakfast		
Juice Base (orange, apple or cranberry).....	1-1/2 oz	6 oz
Water.....	4-1/2 oz	2-1/4 cups
Peanut Butter *** <i>or</i> Canned Meat <i>or</i> Meat Alternate +	1 oz	4 oz
Saltine Crackers <i>or</i>	2 pkgs	8 pkgs
Bread	1 slice	4 slices
with Jelly	1 Tbsp	1/4 cup
Canned Fruit	1/2 cup	2 cups
Dry Cereal	3/4 cup	3 cups
Reconstituted Milk **	1 oz	4 oz
Nonfat Dry Milk	1 cup	4 cups
Water		
Noon Meal		
Canned Meat (tuna, ham, chicken, beef) <i>or</i> Meat Alternate +	3 oz	12 oz
Canned Potato <i>or</i>	1/2 cup	2 cups
Bread <i>or</i> Roll.....	1 each	4 each
Mayonnaise, PC	1 packet	4 packets
Canned Vegetables.....	1/2 cup	2 cups
Canned Fruit	1/2 cup	2 cups
Graham Crackers <i>or</i>	2 pkgs	8 pkgs
Cookies <i>or</i>	2 each	8 each
Pudding, RTU	1/2 cup	2 cups
Reconstituted Milk **	1 oz	4 oz
Nonfat Dry Milk	1 cup	4 cups
Water		
Evening Meal		
Canned Meat (tuna, ham, chicken, beef) <i>or</i> Meat Alternate +	2 oz	8 oz
Canned Potato <i>or</i>	1/2 cup	2 cups
Bread <i>or</i> Roll.....	1 each	4 each
Mayonnaise, PC	1 packet	4 packets
Canned Vegetables.....	1/2 cup	2 cups
Canned Fruit	1/2 cup	2 cups
Graham Crackers <i>or</i>	2 pkgs	8 pkgs
Cookies <i>or</i>	2 each	8 each
Pudding, RTU	1/2 cup	2 cups
Reconstituted Milk **	1 oz	4 oz
Nonfat Dry Milk	1 cup	4 cups
Water		
Optional Alternate Evening Meal		
Peanut Butter ***	2 Tbsp	1/2 cup
Jelly	1 Tbsp	1/4 cup
Saltine Crackers <i>or</i>	2 pkgs	8 pkgs
Bread <i>or</i> Roll.....	1 each	4 each
Canned Fruit	1/2 cup	2 cups
Cookies.....	2 each	8 each
Reconstituted Milk **	1 oz	4 oz
Nonfat Dry Milk	1 cup	4 cups
Water		
Bedtime Snack		
Juice Base (orange, apple or cranberry).....	1-1/2 oz	6 oz
Water.....	4-1/2 oz	2-1/4 cups
Graham Crackers <i>or</i>	2 pkgs	8 pkgs
Cookies.....	2 each	8 each

Food Allowed Per Diet X = Same as Regular			
Meal	Serving Size	*Liberal Diabetic (CCHO)	*Liberal Renal
Breakfast			
Juice Base orange, apple or cranberry).....	1-1/2 oz	X	Apple or Cranberry
Water	4-1/2 oz	X	X
Peanut Butter *** or Canned Meat or Meat Alternate+...	1 oz	X	X
Saltine Crackers or	2 pkgs	X	LS
Bread.....	1 slice	X	X
with Jelly	1 Tbsp	Diet	X
Canned Fruit	1/2 cup	X	X
Dry Cereal	3/4 cup	Unsweetened	X
Reconstituted Milk **	1 oz	X	½ ounce
Nonfat Dry Milk	1 cup	X	4 ounces
Noon Meal			
Canned Meat (tuna, ham, chicken, beef) or			Tuna, Beef or Chicken
Meat Alternate +	3 oz	X	
Canned Potato or	1/2 cup	X	X
Bread or Roll	1 each	X	X
Canned Vegetables	1/2 cup	X	X
Canned Fruit.....	1/2 cup	X	X
Cookies or	2 each	X	X
Pudding, RTU.....	1/2 cup	X	No
Reconstituted Milk **	1 oz	X	No
Nonfat Dry Milk	1 cup	X	X
Evening Meal			
Canned Meat (tuna, ham, chicken, beef) or			Tuna, Beef or Chicken 3 oz
Meat Alternate +	2 oz	X	
Canned Potato or	1/2 cup	X	No
Bread or Roll	1 each	X	2 each
Canned Vegetables	1/2 cup	X	X
Canned Fruit.....	1/2 cup	X	X
Cookies or	2 each	X	X
Pudding, RTU.....	1/2 cup	X	No
Milk **.....	1 oz	X	No
Powdered Milk	1 cup	X	X
Optional Alternate Evening Meal			
Peanut Butter***.....	2 Tbsp	X	X
Jelly	1 Tbsp	Diet	X
Saltine Crackers or	2 pkgs	X	LS
Bread or Roll	1 each	X	X
Canned Fruit.....	1/2 cup	X	X
Cookies	2 each	X	X
Reconstituted Milk **	1 oz	X	No
Nonfat Dry Milk	1 cup	X	X
Bedtime Snack			
Juice Base (orange, apple or cranberry).....	1-1/2 oz	X	Apple or Cranberry
Water.....	4-1/2 oz	X	X
Graham Crackers or	2 pkgs	X	X
Cookies	2 each	X	

Thickener must be available to thicken beverages.

Meal	Amounts Per Person	
	Serving Size	4 Day
Breakfast		
Juice Base (orange, apple or cranberry)	1-1/2 oz	6 oz
Thicken if necessary Water	4-1/2 oz	2-1/4 cups
Pureed Canned Meat or Meat Alternate	1 oz	4 oz
Slurried Dry Cereal (No coarse cereals)	3/4 cup	3 cups
Saltine Crackers <i>or</i>	2 pkgs	8 pkgs
Slurried Bread or Roll	1 each	4 each
with Jelly.....	1 Tbsp	1/4 cup
Pureed Canned Fruit.....	1/2 cup	2 cups
Reconstituted Milk **	1 oz	4 oz
Thicken if necessary Nonfat Dry Milk Water	1 cup	4 cups
Noon and Evening Meals		
Pureed Canned Meat or Meat Alternate		
Noon.....	3 oz	12 oz
Evening	2 oz	8 oz
Slurried Saltine Crackers <i>or</i>	2 pkgs	8 pkgs
Slurried Bread or Roll	1 each	4 each
Pureed Vegetables or Vegetable Juice	1/2 cup	2 cups
Pureed Canned Fruit.....	1/2 cup	2 cups
Slurried Cookies <i>or</i>	2 each	8 each
Pudding, RTU	1/2 cup	2 cups
Reconstituted Milk **	1 oz	4 oz
Thicken if necessary Nonfat Dry Milk Water	1 cup	4 cups
Bedtime Snack		
Juice Base (orange, apple or cranberry)	1-1/2 oz	6 oz
Thicken if necessary Water	4-1/2 oz	2-1/4 cups
Slurried Cookies <i>or</i>	2 each	8 each
Pudding, RTU	1/2 cup	2 cups

* Diets will be liberalized for the Disaster Diabetic and Renal Menus.

** Use of evaporated milk: Evaporated milk should be kept on hand in case your water supply is limited, contaminated or cut off. Unopened cans of evaporated milk can be stored on a cool, dry shelf for up to six months. There is generally no 'use by' code on evaporated milk. Once opened, the evaporated milk can be kept 3 to 5 days, covered, labeled, dated and refrigerated. A mixture of one part water and one part evaporated milk will have about the same nutritional value of an equal amount of fresh milk. You could reconstitute evaporated milk in this manner and use it in cooking in order to rotate your stock. Half (1/2) cup evaporated milk yields approximately 170 calories and 9 gm protein; therefore, 1 to 1 1/2 cups evaporated milk per day would meet required nutritional needs.

*** Peanut Butter is allowed if permitted by the corporation / community. If not allowed, select a Meat Alternate.

+ For the Dysphagia Advanced Mech Soft (Level 3) modification, meat must be chopped into bite-sized pieces.

DAILY USAGE GUIDE

REGULAR & DYSPHAGIA ADV MECH SOFT (L3)

4-DAY

Thickener must be available to thicken beverages.

MEAL	YIELDS					PACK SIZE
	25	50	75	100	125	
Breakfast						
Juice Base (orange, apple or cranberry)	5 units	9 units	1 case + 2 units	1.5 case	1.5 case + 5 units	12 / 33.8 oz
Water	3 gal + 2 qt	7 gal + 1 qt	10 gal + 3 qt	14 gal + 1 qt	17 gal + 3 qt	1/ 1 gallon
Peanut Butter *** <i>or</i>	2 units	3 units	4 units	5 units	7 units	6 / 5#
Canned Meat or Meat Alternate +	6.25 lb	12.5 lbs	18.75 lbs	25 lb	31.25 lb	6/ 66.5 oz
Saltine Crackers <i>or</i>	200 pk	400 pk	1 case + 100 pk	1 case + 300 pk	2 case	500 / 2 pk
Bread	3.5 loaves	1 case + 0.5 lv	1.5 case + 0.5 lv	2 case + 0.5 lv	2 case + 4 lv	6 / 32 slices
Jelly	0.5 case	1 case	1.5 case	2 case	2.5 case	200 / 0.5 oz
Canned Fruit	1 case	2 case	3 case	4 case	5 case	6 / #10
Dry Cereal	3 boxes	1 case + 2 box	2 case + 1 box	3 case	2 case + 3 boxes	4 / 26 oz
Reconstituted Milk** Nonfat Dry Milk	2 units	3 units	4 units	5 units	1 case + 1 unit	6 / 5#
Water	6 gal + 1 qt	12 gal + 2 qt	18 gal + 3 qt	25 gal	31 gal + 1 qt	1/ 1 gallon
Noon Meal						
Canned Meat (tuna, ham, chicken, beef) or Meat Alternate +	18.75 lb	37.5 lb	56.25	75 lb	93.75 lb	6/ 66.5 oz
Canned Potato <i>or</i>	5 cans	1 case + 4 cans	2 case + 2 cans	3 case + 1 can	4 case	6 / #10
Bread or Roll	3.5 loaves	1 case + 0.5 lv	1 case + 3.5 lv	2 case + 0.5 lv	2 case + 4 lv	6 / 32 slices
Mayonnaise, PC	100 pkts	200 pkts	300 pkts	400 pkts	1 case	500 / .9 gm
Canned Vegetables	4 cans	1 case + 2 cans	2 case	2 case + 4 cans	3 case + 2 cans	6 / #10
Canned Fruit	1 case	2 case	3 case	4 case	5 case	6 / #10
Graham Crackers <i>or</i>	1 case + 50 pk	2 case +100 pk	4 case	5 case + 50 pks	6 case + 100pks	150 / 3 pk
Cookies <i>or</i>	0.75 case	1.25 case	2 case	2.5 case	3.25 case	324 / 0.5 oz
Pudding, RTU	5 cans	1 case + 3 cans	2 case + 1 can	2 case + 5 cans	3.5 case	6 / #10
Reconstituted Milk** Nonfat Dry Milk	2 units	3 units	4 units	5 units	1 case + 1 unit	6 /5#
Water	6 gal + 1 qt	12 gal + 2 qt	18 gal + 3 qt	25 gal	31 gal + 1 qt	1/ 1 gallon
Evening Meal						
Canned Meat (tuna, ham, chicken, beef) or Meat Alternate +	12.5 lbs	25 lbs	37.5 lbs	50 lbs	62.5 lbs	6/ 66.5 oz
Canned Potato <i>or</i>	5 cans	1 case + 4 cans	2 case + 2 cans	3 case + 1 can	4 case	6 / #10
Bread or Roll	3.5 loaves	1 case + 0.5 lv	1 case + 3.5 lvs	2 case + 0.5 lvs	2 case + 4 lv	6 / 32 slices
Mayonnaise, PC	100 pkts	200 pkts	300 pkts	400 pkts	1 case	500 / .9 gm
Canned Vegetables	4 cans	1 case + 2 cans	2 case	2 case + 4 cans	3 case + 2 cans	6 / #10
Canned Fruit	1 case	2 case	3 case	4 case	5 case	6 / #10
Graham Crackers <i>or</i>	1 case + 50 pk	2 case +100 pk	4 case	5 case + 50 pks	6 case + 100pks	150 / 3 pk
Cookies <i>or</i>	0.75 case	1.25 case	2 case	2.5 case	3.25 case	324 / 0.5 oz
Pudding, RTU	5 cans	1 case + 3 cans	2 case + 1 can	2 case + 5 cans	3.5 case	6 / #10
Reconstituted Milk** Nonfat Dry Milk	2 units	3 units	4 units	5 units	1 case + 1 unit	6 / 5#
Water	6 gal + 1 qt	12 gal + 2 qt	18 gal + 3 qt	25 gal	31 gal + 1 qt	1/ 1 gallon
Optional Alternate Evening Meal						
Peanut Butter ***	2 units	3 units	4 units	5 units	1 case + 1 unit	6 / 5#
Jelly	0.5 case	1 case	1.5 case	2 case	2.5 case	200 / 0.5 oz
Saltine Crackers <i>or</i>	200 pkts	400 pkts	1 case + 100 pk	1 case + 300 pk	2 case	500 / 2 pk
Bread or Roll	3.5 loaves	1 case + 0.5 lv	1 case + 3.5 lv	2 case + 0.5 lv	2 case + 4 lv	6 / 32 slices
Canned Fruit	1 case	2 case	3 case	4 case	5 case	6 / #10
Cookies	0.75 case	1.25 case	2 case	2.5 case	3.25 case	324 / 0.5 oz
Reconstituted Milk**	(see above)					
Bedtime Snack						
Juice Base (orange, apple or cranberry)	5 units	9 units	1 case + 2 units	1.5 case	1.5 case + 5 units	12 / 33.8 oz
Water	3 gal + 2 qt	7 gal + 1 qt	10 gal + 3 qt	14 gal + 1 qt	17 gal + 3 qt	1 / 1 gallon
Graham Crackers <i>or</i>	1 case + 50 pk	2 case +100 pk	4 case	5 case + 50 pks	6 case + 100pks	150 / 3 pk
Cookies	0.75 case	1.25 case	2 case	2.5 case	3.25 case	324 / 0.5 oz

DAILY USAGE GUIDE

DIABETIC

4-DAY

For Diabetic Diets, make the following adjustments to the Disaster Menu - Regular - 4 Day Purchase Guide:

MEAL	YIELDS					PACK SIZE
	5	10	15	20	25	
<i>Breakfast</i> Dry Cereal, Unsweetened	0.75 box	1.25 box	1.75 box	2.5 box	3 box	4 / 26 oz
Jelly, Diet	20 pkts	40 pkts	60 pkts	80 pkts	100 pkts	200 / 1 pkt
<i>Noon Meal</i> No Changes Necessary	--	--	--	--	--	--
<i>Evening Meal</i> No Changes Necessary	--	--	--	--	--	--
<i>Optional Alternate Evening Meal</i> Jelly, Diet	20 pkts	40 pkts	60 pkts	80 pkts	100 pkts	200 / 1 pkt
<i>Bedtime Snack</i> No Changes Necessary	--	--	--	--	--	--

DAILY USAGE GUIDE

RENAL

4-DAY

For Renal Diets, make the following adjustments to the Disaster Menu - Regular - 4 Day Purchase Guide:

MEAL	YIELDS					PACK SIZE
	5	10	15	20	25	
<i>Breakfast</i> Juice Base (apple or cranberry only)	1 unit	2 units	3 units	4 units	5 units	12 / 33.8 oz
Water	3 qt	1 gal + 2 qt	2 gal + 1 qt	3 gal	3 gal + 3 qt	1 / 1 gallon
Crackers, LS	40 pkts	80 pkts	120 pkts	160 pkts	200 pkts	300 / 2 pk
Reconstituted Milk** Nonfat Dry Milk (1/2 oz per person)	10 oz	20 oz	30 oz	0.5 unit	0.75 unit	6 / 5#
Water (4 oz per person)	3 qt	1 gal + 1 qt	2 gal	2 gal + 2 qt	3 gal + 1 qt	1 / 1 gallon
<i>Noon Meal</i> Canned Meat (tuna, chicken, or beef - NO ham) +	3.75 lbs	7.5 lbs	11.25 lbs	15 lbs	18.75 lbs	6 / 66.5 oz
NO Milk served	--	--	--	--	--	--
<i>Evening Meal</i> Canned Meat (tuna, chicken, or beef - NO ham) +	3.75 lbs	7.5 lbs	11.25 lbs	15 lbs	18.75 lbs	6 / 66.5 oz
Bread or Roll, 2 each (NO Potato served)	1.25 loaves	2.5 loaves	3.75 loaves	5 loaves	6.25 loaves	6 / 32 oz
NO Milk served	--	--	--	--	--	--
<i>Optional Alternate Evening Meal</i> Crackers, LS	40 pkts	80 pkts	120 pkts	160 pkts	200 pkts	300 / 2 pk
NO Milk served	--	--	--	--	--	--
<i>Bedtime Snack</i> Juice Base (apple or cranberry only)	1 unit	2 units	3 units	4 units	5 units	12 / 33.8 oz
Water	3 qt	1 gal + 2 qt	2 gal + 1 qt	3 gal	3 gal + 3 qt	1 / 1 gallon

DAILY USAGE GUIDE

PUREED & DYSPHAGIA MECH ALTERED (L2)

4-DAY

Thickener must be available to thicken beverages.

MEAL	YIELDS					PACK SIZE
	5	10	15	20	25	
Breakfast						
Juice Base (orange, apple or cranberry) <i>Thicken if necessary</i>	1 unit	2 units	3 units	4 units	5 units	12 / 33.8 oz
Water	3 qt	1.5 gal	2 gal + 1 qt	3 gal	3 gal + 3 qt	
Pureed Canned Meat <i>or</i> Meat Alternate	1.25 lb	2.5 lbs	3.75 lbs	5 lbs	6.25lbs	6 / 66.5 oz
Slurried Saltine Crackers <i>or</i> Slurried Bread	40 pkts 0.75 loaf	80 pkts 1.25 loaves	120 pkts 2 loaves	160 pkts 2.5 loaves	200 pkts 3.25 loaves	500 / 2 pk 6 / 32 slices
Jelly	20 pkts	40 pkts	60 pkts	80 pkts	100 pkts	200 / 0.5 oz
Pureed Canned Fruit	1.25 cans	2.5 cans	3.75 cans	4.75 cans	6 cans	6 / #10
Slurried Dry Cereal	0.75 box	1.25 box	1.75 box	2.5 box	3 box	4 / 26 oz
Reconstituted Milk** Nonfat Dry Milk	0.25 box	0.5 box	0.75 box	1 box	1.25 box	6 / 5#
Water	1 gal + 1 qt	2 gal + 2 qt	3 gal + 3 qt	5 gal	6 gal + 1 qt	1 / 1 gallon
Thicken if necessary						
Noon and Evening Meals						
Pureed Canned Meat <i>or</i> Meat Alternate Noon	3.75 lbs	7.5 lbs	11.25 lbs	15 lbs	18.75 lbs	6 / 66.5 oz
Evening	2.5 lbs	5 lbs	7.5 lbs	10 lbs	12.5 lbs	6 / 66.5 oz
Slurried Saltine Crackers <i>or</i> Slurried Bread or Roll	40 pkts 0.75 loaf	80 pkts 1.25 loaves	120 pkts 2 loaves	160 pkts 2.5 loaves	200 pkts 3.25 loaves	500 / 2 pk 6 / 32 slices
Mayonnaise, PC	40 pkts	80 pkts	120 pkts	160 pkts	200 pkts	500 / .9 gm
Pureed Canned Vegetables	1 can	1.75 cans	2.5 cans	3.25 cans	4 cans	6 / #10
Pureed Canned Fruit	1.25 cans	2.5 cans	3.75 cans	4.75 cans	1 case	6 / #10
Slurried Graham Crackers <i>or</i> Slurried Cookies <i>or</i> pudding, RTU	40 pkgs 40 each 1 can	80 pkgs 80 each 1.75 cans	120 pkgs 120 each 2.5 cans	1 case + 10 pkgs 0.5 case 3.5 cans	1 case + 50 pkgs 0.75 case 4.25 cans	150 / 3 pk 324 / 0.5 oz 6 / #10
Reconstituted Milk** Nonfat Dry Milk	0.25 box	0.5 box	0.75 box	1 box	1.25 box	6 / 5#
Water	1 gal + 1 qt	2 gal + 2 qt	3 gal + 3 qt	5 gal	6 gal + 1 qt	1 / 1 gallon
Thicken if necessary						
Bedtime Snack						
Juice Base (orange, apple or cranberry) <i>Thicken if necessary</i>	1 unit	2 units	3 units	4 units	5 units	12 / 33.8 oz
Water	3 qt	1 gal + 2 qt	2 gal + 1 qt	3 gal	3 gal + 3 qt	1 / 1 gallon
Slurried Graham Crackers <i>or</i> Slurried Cookies <i>or</i> pudding, RTU	40 pkgs 40 each 1 can	80 pkgs 80 each 1.75 cans	120 pkgs 120 each 2.5 cans	1 case + 10 pkgs 0.5 case 3.5 cans	1 case + 50 pkgs 0.75 case 4.25 cans	150 / 3 pk 324 / 0.5 oz 6 / #10

COMBINED PURCHASE GUIDE **REGULAR & DYSPHAGIA MECH SOFT (L3)** **4 DAY**

Ingredients / Yields	25	50	75	100	125	Pack Size
Canned Fruit	3 case	6 case	9 case	12 case	15 case	6 / #10
Canned Meat (tuna, ham, chicken, beef) or Meat Alternate +	31.25 lbs	62.5 lbs	93.75 lbs	125 lbs	156.25 lbs	6/ 66.5 oz
Canned Potato <i>or</i> Bread or Roll	1 case + 4 can 1 case + 1 loaf	3 case + 2 can 2 case + 2 lv	4 case + 4 can 3 case + 1 loaf	6 case + 2 can 4 case + 1 loaf	8 case 5 case + 2 lv	6 / #10 6 / 32 slices
Canned Vegetables	1 case + 2 can	2 case + 4 can	4 case	5 case + 2 can	6 case + 4 can	6 / #10
Dry Cereal	3 box	1 case + 2 box	2 case + 1 box	3 case	3 case + 3 box	4 / 26 oz
Graham Crackers <i>or</i> Cookies <i>or</i> Pudding, RTU	4 case 2.25 case 1 case + 4 can	8 case 3.75 case 3 case	12 case 6 case 4 case + 2 can	16 case 7.5 case 5 case + 4 can	20 case 9.75 case 7 case	150 / 3 pk 324 / 0.5 oz 6 / #10
Jelly	1 case	2 case	3 case	4 case	5 case	200 / 0.5 oz
Juice Base (orange, apple or cranberry)	10 units	1.5 case	2 case + 4 unit	3 case	3 case + 10 unit	12 / 33.8 oz
Water	7 gal + 2 qt	14 gal + 2 qt	21 gal + 2 qt	28 gal + 2 qt	35 gal + 2 qt	1/ 1 gallon
Mayonnaise, PC	200 pkts	400 pkts	1 case + 100 pk	1 case + 300 pk	2 case	500 / .9 gm
Peanut Butter <i>or</i> Canned Meat or Meat Alternate +	2 unit 6.25 lbs	3 case 12.5 lbs	4 unit 18.75 lbs	5 unit 25 lbs	1 case + 1 unit 31.25 lbs	6 / 5# 6/ 66.5 oz
Saltine Crackers <i>or</i> Bread	200 pkts 3.5 loaves	400 pkts 1 case + 0.5 lv	1 case + 100 pk 1 case + 3.5 lv	1 case + 300 pk 2 case + 0.5 lv	2 case 2 case + 4 lv	500 / 2 pk 6 / 32 slices
Nonfat Dry Milk - <i>Reconstituted Milk**</i>	1 case	1.5 case	2 case	2 case + 3 unit	3.5 case	6 / #5
Water	18 gal + 3 qt	37 gal + 2 qt	56 gal + 1 qt	75 gal	93 gal + 3 qt	1/ 1 gallon
Optional Alternate Evening Meal						
Peanut Butter ***	2 units	3 units	4 units	5 units	1 case + 1 unit	6 / 5#
Jelly	0.5 case	1 case	1.5 case	2 case	2.5 case	200 / 0.5 oz
Saltine Crackers <i>or</i> Bread or Roll	200 pkts 3.5 loaves	400 pkts 1 case + 0.5 lv	1 case + 100 pk 1 case + 3.5 lv	1 case + 300 pk 2 case + 0.5 lv	2 case 2 case + 4 lv	500 / 2 pk 6 / 32 slices
Canned Fruit	1 case	2 case	3 case	4 case	5 case	6 / #10
Cookies	0.75 case	1.25 case	2 case	2.5 case	3.25 case	324 / 0.5 oz
Reconstituted Milk**	<i>(see above)</i>					

COMBINED PURCHASE GUIDE **DIABETIC** **4 DAY**

Ingredients / Yields	5	10	15	20	25	Pack Size
Dry Cereal, Unsweetened	0.75 box	1.25 box	1.75 box	2.5 box	3 box	4 / 26 oz
Jelly, Diet	20 pkts	40 pkts	60 pkts	80 pkts	100 pkts	200 / 1 pkt
Optional Alternate Evening Meal						
Jelly, Diet	20 pkts	40 pkts	60 pkts	80 pkts	100 pkts	200 / 1 pkt

COMBINED PURCHASE GUIDE **RENAL**

4 DAY

For Renal Diets, make the following adjustments to the Disaster Menu - Regular - 3 Day COMBINED Purchase Guide:

Ingredients / Yields	5	10	15	20	25	Pack Size
Bread or Roll, 2 each (NO Potato served)	1.25 loaves	2.5 loaves	3.75 loaves	5 loaves	6.25 loaves	6 / 32 oz
Canned Meat (tuna, chicken, or beef - NO ham) +	7.5 lbs	16 lbs	22.5 lbs	30 lbs	37.5 lbs	6 / 66.5 oz
Crackers, LS	40 pkts	80 pkts	120 pkts	160 pkts	200 pkts	300 / 2 pk
Juice Base (apple or cranberry only)	2 units	4 units	6 units	8 units	10 units	12 / 33.8 oz
Water	1 gal + 2 qt	3 gal	4 gal + 2 qt	6 gal	7 gal + 2 qt	1/ 1 gallon
Reconstituted Milk**						
Nonfat Dry Milk (1/2 oz per person)	10 oz	20 oz	30 oz	0.5 unit	0.75 unit	6 / 5#
Water (4 oz per person)	3 qt	1 gal + 1 qt	2 gal	2 gal + 2 qt	3 gal + 1 qt	1 / 1 gallon
Optional Alternate Evening Meal						
Crackers, LS	40 pkts	80 pkts	120 pkts	160 pkts	200 pkts	300 / 2 pk
NO Milk served	--	--	--	--	--	

COMBINED PURCHASE GUIDE **PUREE & DYSPHAGIA MECH ALTERED (L2)** **4 DAY**

Ingredients / Yields	5	10	15	20	25	Pack Size
Jelly	20 pkts	40 pkts	60 pkts	80 pkts	0.5 case	200 / 0.5 oz
Juice Base (orange, apple or cranberry)	2 units	4 units	0.5 case	8 units	10 units	12 / 33.8 oz
Water	1 gal + 2 qt	3 gal	4 gal + 2 qt	6 gal	7 gal + 2 qt	1/ 1 gallon
Mayonnaise, PC	40 pkts	80 pkts	120 pkts	160 pkts	200 pkts	500 / 0.9 gm
Pureed Canned Fruit	2.5 can	5 can	1 case + 1.5 can	1 case + 3.5 can	2 case	6 / #10
Pureed Canned Meat <i>or</i> Meat Alternate	7.5 lbs	15 lbs	22.5 lbs	30 lbs	37.5 lbs	6 / 66.5 oz
Pureed Canned Vegetables	1 can	1.75 cans	2.5 cans	3.25 cans	4 cans	6 / #10
Slurried Dry Cereal	0.75 box	1.25 box	1.75 box	2.5 box	3 box	4 / 26 oz
Slurried Graham Crackers <i>or</i>	80 pks	1 case + 10 pk	1 case + 90 pk	2 case + 20 pk	2 case + 100 pk	150 / 3 pk
Slurried Cookies <i>or</i>	80 each	0.5 case	0.75 case	1 case	1.5 case	324 / 0.5 oz
Pudding, RTU	2 cans	3.5 cans	5 cans	1 case + 1 can	1 case + 2.5 can	6 / #10
Slurried Saltine Crackers <i>or</i>	80 pkts	160 pkts	240 pkts	320 pkts	400 pkst	500 / 2 pk
Slurried Bread	0.75 loaf	1.5 loaves	2 loaves	2.5 loaves	3.25 loaves	6 / 32 slices
Slurried Bread or Roll	0.75 loaf	1.5 loaves	2 loaves	2.5 loaves	3.25 loaves	6 / 32 slices
Nonfat Dry Milk - Reconstituted Milk**	0.5 box	1 box	1.5 box	2 box	2.5 box	6 / 5#
Water <i>Thicken if necessary</i>	2 gal + 2 qt	5 gal	7 gal + 2 qt	10 gal	12 gal + 2 qt	1 / 1 gallon

DISASTER MENU

REGULAR & DYSPHAGIA ADV MECH SOFT (L3)

7 DAY

Thickener must be available to thicken beverages.

Meal	Amounts Per Person	
	Serving Size	7 Day
Breakfast		
Juice Base (orange, apple or cranberry)	1-1/2 oz	10-1/2 oz
Water	4 - 1/2 oz	4 cups
Peanut Butter *** <i>or</i> Canned Meat <i>or</i> Meat Alternate +	1 oz	7 oz
Saltine Crackers <i>or</i>	2 pkgs	14 pkgs
Bread	1 slice	7 slices
with Jelly	1 Tbsp	7 Tbsp
Canned Fruit	1/2 cup	3-1/2 cups
Dry Cereal	3/4 cup	5-1/4 cups
Reconstituted Milk ** Nonfat Dry Milk	1 oz	7 oz
Water	1 cup	7 cups
Noon Meal		
Canned Meat (tuna, ham, chicken, beef) <i>or</i> Meat Alternate +	3 oz	1-1/3 pounds
Canned Potato <i>or</i>	1/2 cup	3-1/2 cups
Bread <i>or</i> Roll	1 each	7 each
Mayonnaise, PC	1 packet	7 packets
Canned Vegetables	1/2 cup	3-1/2 cups
Canned Fruit	1/2 cup	3-1/2 cups
Graham Crackers <i>or</i>	2 pkgs	14 pkgs
Cookies <i>or</i>	2 each	14 each
Pudding, RTU	1/2 cup	3-1/2 cups
Reconstituted Milk ** Nonfat Dry Milk	1 oz	7 oz
Water	1 cup	7 cups
Evening Meal		
Canned Meat (tuna, ham, chicken, beef) <i>or</i> Meat Alternate +	2 oz	7/8 pounds
Canned Potato <i>or</i>	1/2 cup	3-1/2 cups
Bread <i>or</i> Roll	1 each	7 each
Mayonnaise, PC	1 packet	7 packets
Canned Vegetables	1/2 cup	3-1/2 cups
Canned Fruit	1/2 cup	3-1/2 cups
Graham Crackers <i>or</i>	2 pkgs	14 pkgs
Cookies <i>or</i>	2 each	14 each
Pudding, RTU	1/2 cup	3-1/2 cups
Reconstituted Milk ** Nonfat Dry Milk	1 oz	7 oz
Water	1 cup	7 cups
Optional Alternate Evening Meal		
Peanut Butter ***	2 Tbsp	7/8 cup
Jelly	1 Tbsp	7 Tbsp
Saltine Crackers <i>or</i>	2 pkgs	14 pkgs
Bread <i>or</i> Roll	1 each	7 each
Canned Fruit	1/2 cup	3-1/2 cups
Cookies	2 each	14 each
Reconstituted Milk ** Nonfat Dry Milk	1 oz	7 oz
Water	1 cup	7 cups
Bedtime Snack		
Juice Base (orange, apple or cranberry)	1-1/2 oz	10-1/2 oz
Water	4-1/2 oz	4 cups
Graham Crackers <i>or</i>	2 pkgs	14 pkgs
Cookies	2 each	14 each

Meal	Food Allowed Per Diet X = Same as Regular		
	Serving Size	*Liberal Diabetic (CCHO)	*Liberal Renal
Breakfast			
Juice Base (orange, apple or cranberry)	1-1/2 oz	X	Apple or Cranberry
Water	4-1/2 oz	X	X
Peanut Butter *** or Canned Meat or Meat Alternate +	1 oz	X	X
Saltine Crackers or	2 pkgs	X	LS
Bread	1 slice	X	X
with Jelly	1 Tbsp	Diet	X
Canned Fruit	1/2 cup	X	X
Dry Cereal	3/4 cup	Unsweetened	X
Reconstituted Milk ** Nonfat Dry Milk	1 oz	X	½ ounce
Water	1 cup	X	4 ounces
Noon Meal			
Canned Meat (tuna, ham, chicken, beef) or Meat Alternate +	3 oz	X	Tuna, Beef or Chicken
Canned Potato or	1/2 cup	X	X
Bread or Roll	1 each	X	X
Canned Vegetables	1/2 cup	X	X
Canned Fruit	1/2 cup	X	X
Cookies or	2 each	X	X
Pudding, RTU	1/2 cup	X	No
Reconstituted Milk ** Nonfat Dry Milk	1 oz	X	No
Water	1 cup	X	X
Evening Meal			
Canned Meat (tuna, ham, chicken, beef) or Meat Alternate +	2 oz	X	Tuna, Beef or Chicken 3 oz
Canned Potato or	1/2 cup	X	No
Bread or Roll	1 each	X	2 each
Canned Vegetables	1/2 cup	X	X
Canned Fruit	1/2 cup	X	X
Cookies or	2 each	X	X
Pudding, RTU	1/2 cup	X	No
Milk ** Powdered Milk	1 oz	X	No
Water	1 cup	X	X
Optional Alternate Evening Meal			
Peanut Butter***	2 Tbsp	X	X
Jelly	1 Tbsp	Diet	X
Saltine Crackers or	2 pkgs	X	LS
Bread or Roll	1 each	X	X
Canned Fruit	1/2 cup	X	X
Cookies	2 each	X	X
Reconstituted Milk ** Nonfat Dry Milk	1 oz	X	No
Water	1 cup	X	X
Bedtime Snack			
Juice Base (orange, apple or cranberry)	1-1/2 oz	X	Apple or Cranberry
Water	4-1/2 oz	X	X
Graham Crackers or	2 pkgs	X	X
Cookies	2 each	X	X

Thickener must be available to thicken beverages.

Meal	Amounts Per Person			
	Serving Size	3-day	4-day	7-day
Breakfast				
Juice Base (orange, apple or cranberry) <i>Thicken if necessary</i>	1-1/2 oz	4-1/2 oz	6 oz	10-1/2 oz
Water	4-1/2 oz	13-1/2 oz	2-1/4 cups	4 cups
Pureed Canned Meat or Meat Alternate	1 oz	3 oz	4 oz	7 oz
Slurried Dry Cereal (No coarse cereals)	3/4 cup	2-1/4 cups	3 cups	5-1/4 cups
Slurried Saltine Crackers or	2 pkgs	6 pkgs	8 pkgs	14 pkgs
Slurried Bread or Roll	1 each	3 each	4 each	7 each
with Jelly	1 Tbsp	3 Tbsp	1/4 cup	7 Tbsp
Pureed Canned Fruit	1/2 cup	1-1/2 cups	2 cups	3-1/2 cups
Reconstituted Milk **				
Nonfat Dry Milk <i>Thicken if necessary</i>	1 oz	3 oz	4 oz	7 oz
Water	1 cup	3 cups	4 cups	7 cups
Noon and Evening Meals				
Pureed Canned Meat or Meat Alternate				1-1/3 pounds
<i>Noon</i>				
	3 oz	9 oz	12 oz	
<i>Evening</i>				
	2 oz	6 oz	8 oz	7/8 pounds
Slurried Saltine Crackers <i>or</i>	2 pkgs	6 pkgs	8 pkgs	14 pkgs
Slurried Bread or Roll	1 each	3 each	4 each	7 each
Pureed Vegetables or Vegetable Juice	1/2 cup	1-1/2 cups	2 cups	3-1/2 cups
Pureed Canned Fruit	1/2 cup	1-1/2 cups	2 cups	3-1/2 cups
Slurried Cookies <i>or</i>	2 each	6 each	8 each	14 each
Pudding, RTU	1/2 cup	1-1/2 cups	2 cups	3-1/2 cups
Reconstituted Milk **				
Nonfat Dry Milk <i>Thicken if necessary</i>	1 oz	3 oz	4 oz	7 oz
Water	1 cup	3 cups	4 cups	7 cups
Bedtime Snack				
Juice Base (orange, apple or cranberry) <i>Thicken if necessary</i>	1-1/2 oz	2-1/4 cups	6 oz	10-1/2 oz
Water	4-1/2 oz	13-1/2 oz	2 1/4 cups	4 cups
Slurried Cookies <i>or</i>	2 each	6 each	8 each	14 each
Pudding, RTU	1/2 cup	1-1/2 cups	2 cups	3-1/2 cups

* Diets will be liberalized for the Disaster Diabetic and Renal Menus.

** Use of evaporated milk: Evaporated milk should be kept on hand in case your water supply is limited, contaminated or cut off. Unopened cans of evaporated milk can be stored on a cool, dry shelf for up to six months. There is generally no 'use by' code on evaporated milk. Once opened, the evaporated milk can be kept 3 to 5 days, covered, labeled, dated and refrigerated. A mixture of one part water and one part evaporated milk will have about the same nutritional value of an equal amount of fresh milk. You could reconstitute evaporated milk in this manner and use it in cooking in order to rotate your stock. Half (1/2) cup evaporated milk yields approximately 170 calories and 9 gm protein; therefore, 1 to 1 1/2 cups evaporated milk per day would meet required nutritional needs.

*** Peanut Butter is allowed if permitted by the corporation / community. If not allowed, select a Meat Alternate.

+ For the Dysphagia Advanced Mech Soft (Level 3) modification, meat must be chopped into bite-sized pieces.

DAILY USAGE GUIDE

REGULAR & DYSPHAGIA ADV MECH SOFT (L3)

7 DAY

Thickener must be available to thicken beverages.

MEAL	YIELDS					PACK SIZE
	25	50	75	100	125	
Breakfast						
Juice Base (orange, apple or cranberry)	8 units	1 case + 4 unit	2 case	2 case + 8 unit	3 case + 3 unit	12 / 33.8 oz
Water	6 gal + 1 qt	12 gal + 2 qt	18 gal + 2 qt	24 gal + 3 qt	31 gal	1/ 1 gallon
Peanut Butter *** <i>or</i>	3 units	5 units	7 units	9 units	11 units	6 / 5#
Canned Meat or Meat Alternate+	11 lbs	22 lbs	33 lbs	43.75 lbs	55 lbs	6/ 66.5 oz
Saltine Crackers <i>or</i>	350 pkts	1 case + 200 pk	2 case + 50 pk	2 case + 400 pk	3.5 case	500 / 2 pk
Bread	5.5 loaves	11 loaves	16.5 loaves	22 loaves	27.5 loaves	6 / 32 slices
Jelly	175 pkts	1 case + 150 pk	2 case + 125 pk	3 case + 100 pk	4 case + 75 pk	200 / 0.5 oz
Canned Fruit	1 case + 5 can	3 case + 3 can	5 case + 1 can	7 case	8 case + 4 can	6 / #10
Dry Cereal	6 box	11 box	16 box	21 box	26 box	4 / 26 oz
Reconstituted Milk** Nonfat Dry Milk	3 units	5 units	7 units	9 units	11 units	6 / 5#
Water <i>Thicken if necessary</i>	11 gal	22 gal	33 gal	43 gal + 3 qt	54 gal + 3 qt	1/ 1 gallon
Noon Meal Canned Meat (tuna, ham, chicken, beef) or Meat Alternate+	33 lbs	65.75 lbs	99 lbs	131.25 lbs	164.25 lbs	6/ 66.5 oz
Canned Potato <i>or</i>	1 case + 4 can	2 case + 5 can	4 case + 1 can	5 case + 3 can	6 case + 5 can	6 / #10
Bread or Roll	5.5 loaves	11 loaves	16.5 loaves	22 loaves	27.5 loaves	6 / 32 slices
Mayonnaise, PC	175 pkts	350 pkts	1 case + 25 pk	1 case + 200 pk	1 case + 375 pk	500 / .9 gm
Canned Vegetables	1 case + 1 can	2 case + 2 can	3 case + 3 can	4 case + 4 can	5 case + 5 can	6 / #10
Canned Fruit	1 case + 5 can	3 case + 3 can	5 case + 1 can	7 case	8 case + 4 can	6 / #10
Graham Crackers <i>or</i>	2 case + 50 pk	4 case + 100 pk	7 case	9 case + 50 pk	11 case + 100 pk	150 / 3 pk
Cookies <i>or</i>	1 case + 25 ea	2 case + 50 ea	3 case + 75 ea	4 case + 100 ea	5 case + 125 ea	324 / 0.5 oz
Pudding, RTU	1 case + 2 can	2 case + 3 can	3 case + 4 can	5 case	6 case + 1 can	6 / #10
Reconstituted Milk** Nonfat Dry Milk	3 units	5 units	7 units	9 units	11 units	6 / 5#
Water <i>Thicken if necessary</i>	11 gal	22 gal	33 gal	43 gal + 3 qt	54 gal + 3 qt	1/ 1 gallon
Evening Meal Canned Meat (tuna, ham, chicken, beef) or Meat Alternate+	22 lbs	43.75 lbs	65.75 lbs	87.5 lbs	109.5 lbs	6/ 66.5 oz
Canned Potato <i>or</i>	1 case + 3 can	2 case + 5 can	4 case + 1 can	5.5 case	6 case + 5 can	6 / #10
Bread or Roll	5.5 loaves	11 loaves	16.5 loaves	22 loaves	27.5 loaves	6 / 32 slices
Mayonnaise, PC	175 pkts	300 pkts	1 case + 25 pk	1 case + 200 pk	1 case + 375 pk	500 / .9 gm
Canned Vegetables	1 case + 1 can	2 case + 2 can	3 case + 3 can	4 case + 4 can	5 case + 5 can	6 / #10
Canned Fruit	1 case + 5 can	3 case + 3 can	4 case + 1 can	7 case	8 case + 4 can	6 / #10
Graham Crackers <i>or</i>	2 case + 50 pk	4.75 case	7 case	9 case + 50 pk	11 case + 100 pk	150 / 3 pk
Cookies <i>or</i>	1 case + 25 ea	2 case + 50 ea	3 case + 75 ea	4 case + 100 ea	5 case + 125 ea	324 / 0.5 oz
Pudding, RTU	1 case + 2 can	2 case + 3 can	3 case + 4 can	5 case	6 case + 1 can	6 / #10
Reconstituted Milk** Nonfat Dry Milk	3 units	5 units	7 units	9 units	11 units	6 / 5#
Water <i>Thicken if necessary</i>	11 gal	22 gal	33 gal	43 gal + 3 qt	54 gal + 3 qt	1/ 1 gallon
Optional Alternate Evening Meal						
Peanut Butter ***	3 units	5 units	7 units	9 units	11 units	6 / 5#
Jelly	175 pkts	1 case + 150 pk	2 case + 125 pk	3.5 case	4 case + 75 pk	200 / 0.5 oz
Saltine Crackers <i>or</i>	350 pkts	1 case + 200 pk	2 case + 50 pk	2 case + 400 pk	3.5 case	500 / 2 pk
Bread or Roll	5.5 loaves	11 loaves	16.5 loaves	22 loaves	27.5 loaves	6 / 32 slices
Canned Fruit	1 case + 5 can	3 case + 3 can	5 case + 1 can	7 case	8 case + 4 can	6 / #10
Cookies	1 case + 25 ea	2 case + 50 ea	3 case + 75 ea	4 case + 100 ea	5 case + 125 ea	324 / 0.5 oz
Reconstituted Milk**	(see above)					
Bedtime Snack						
Juice Base (orange, apple or cranberry)	8 units	1 case + 4 unit	2 case	2 case + 8 unit	3 case + 3 unit	12 / 33.8 oz
Water	6 gal + 1 qt	12 gal + 2 qt	18 gal + 2 qt	24 gal + 3 qt	31 gal	1/ 1 gallon
Graham Crackers <i>or</i>	2 case +	4 case + 100 pk	7 case	9 case + 50 pk	11.75 case	150 / 3 pk
Cookies	1 case + 25 ea	2 case + 50 ea	3 case + 75 ea	4 case + 100 ea	5 case + 125 ea	324 / 0.5 oz

DAILY USAGE GUIDE

DIABETIC

7 DAY

For Diabetic Diets, make the following adjustments to the Disaster Menu - Regular - 7 Day Purchase Guide:

MEAL	YIELDS					PACK SIZE
	5	10	15	20	25	
Breakfast						
Dry Cereal, Unsweetened	1.25 box	2.25 box	3.25 box	4.25 box	5.25 box	4 / 26 oz
Jelly, Diet	35 pkt	70 pkt	105 pkt	140 pkt	175 pkt	200 / 1 pkt
Noon Meal <i>No Changes Necessary</i>	--	--	--	--	--	--
Evening Meal <i>No Changes Necessary</i>	--	--	--	--	--	--
Optional Alternate Evening Meal						
Jelly, Diet	35 pkt	70 pkt	105 pkt	140 pkt	175 pkt	200 / 1 pkt
Bedtime Snack <i>No Changes Necessary</i>	--	--	--	--	--	--

DAILY USAGE GUIDE

RENAL

7 DAY

For Renal Diets, make the following adjustments to the Disaster Menu - Regular - 7 Day Purchase Guide:

MEAL	YIELDS					PACK SIZE
	5	10	15	20	25	
Breakfast						
Juice Base (apple or cranberry only)	2 units	4 units	5 units	7 units	8 units	12 / 33.8 oz
Water	1 gal + 1 qt	2 gal + 2 qt	3 gal + 3 qt	5 gal	6 gal + 1 qt	1/ 1 gallon
Crackers, LS	70 pkts	140 pkts	210 pkts	280 pkts	1 case + 50 pk	300 / 2 pk
Reconstituted Milk**						
Nonfat Dry Milk (1/2 oz per person)	17.5 oz	35 oz	52.5 oz	70 oz	87.5 oz	6 / 5#
Water (4 oz per person)	1 gal + 1 qt	2 gal + 2 qt	3 gal + 2 qt	4 gal + 2 qt	5 gal + 2 qt	1 / 1 gallon
Noon Meal Canned Meat (tuna, chicken, or beef - NO ham)	6.75 lbs	13.25 lbs	19.75 lbs	26.25 lbs	33 lbs	6 / 66.5 oz
NO Milk served	--	--	--	--	--	--
Evening Meal Canned Meat (tuna, chicken, or beef - NO ham)	6.75 lbs	13.25 lbs	19.75 lbs	26.25 lbs	33 lbs	6 / 66.5 oz
Bread or Roll, 2 each (NO Potato served)	2.25 loaves	4.5 loaves	6.75 loaves	8.75 loaves	11 loaves	6 / 32 oz
NO Milk served	--	--	--	--	--	--
Optional Alternate Evening Meal						
Crackers, LS	70 pkts	140 pkts	210 pkts	280 pkts	1 case + 50 pk	300 / 2 pk
NO Milk served	--	--	--	--	--	--
Bedtime Snack						
Juice Base (apple or cranberry only)	2 units	4 units	5 units	7 units	8 units	12 / 33.8 oz
Water	1 gal + 1 qt	2 gal + 2 qt	3 gal + 3 qt	5 gal	6 gal + 1 qt	1/ 1 gallon

DAILY USAGE GUIDE

PUREED & DYSPHAGIA MECH ALTERED (L2)

7 DAY

Thickener must be available to thicken beverages.

MEAL	YIELDS					PACK SIZE
	5	10	15	20	25	
Breakfast <i>Thicken if necessary</i>						
Juice Base (orange, apple or cranberry)	2 units	4 units	5 units	7 units	8 units	12 / 33.8 oz
Water	1 gal + 1 qt	2 gal + 2 qt	3 gal + 3 qt	5 gal	6 gal + 1 qt	1/ 1 gallon
Pureed Canned Meat <i>or</i> Meat Alternate	2.25 lbs	4.5 lbs	6.75 lbs	8.75 lbs	11 units	6 / 66.5 oz
Slurried Saltine Crackers <i>or</i>	70 pkts	140 pkts	210 pkts	280 pkts	350 pkts	500 / 2 pk
Slurried Bread	1.25 loaves	2.25 loaves	3.5 loaves	4.5 loaves	5.5 loaves	6 / 32 slices
Jelly	35 pkt	70 pkt	105 pkt	140 pkt	175 pkt	200 / 0.5 oz
Pureed Canned Fruit	2.25 can	4.25 can	6.25 can	8.25 can	10.5 can	6 / #10
Slurried Dry Cereal	1.25 box	2.25 box	3.25 box	4.25 box	5.25 box	4 / 26 oz
Reconstituted Milk** Nonfat Dry Milk	0.5 unit	1 unit	1.5 unit	1.75 unit	2.25 unit	6 / 5#
Water <i>Thicken if necessary</i>	2 gal + 1 qt	4 gal + 2 qt	6 gal + 3 qt	8 gal + 3 qt	11 gal	1 / 1 gallon
Noon and Evening Meals						
Pureed Canned Meat <i>or</i> Meat Alternate						
<i>Noon</i>	6.75 lbs	13.25 lbs	19.75 lb s	26.25 lbs	33 lbs	6 / 66.5 oz
<i>Evening</i>	4.5 lbs	8.75 lbs	13.25 lbs	17.5 lbs	22 lbs	6 / 66.5 oz
Slurried Saltine Crackers <i>or</i>	70 pkts	140 pkts	210 pkts	280 pkts	350 pkts	500 / 2 pk
Slurried Bread or Roll	1.25 loaves	2.25 loaves	3.5 loaves	4.5 loaves	5.5 loaves	6 / 32 slices
Mayonnaise, PC	35 pkt	70 pkt	105 pkt	140 pkt	175 pkt	500 / .9 gm
Pureed Canned Vegetables	1.5 can	3 can	4.25 can	5.75 can	1 case + 1 can	6 / #10
Pureed Canned Fruit	2.25 can	4.25 can	6.25 can	1 case + 2.25 can	1 case + 4.5 can	6 / #10
Slurried Graham Crackers <i>or</i>	70 pkts	140 pkts	1 case + 60 pk	1 case + 130 pk	2 case + 50 pk	150 / 3 pk
Slurried Cookies <i>or</i>	70 ea	140 ea	210 ea	280 ea	350 ea	324 / 0.5 oz
Pudding, RTU	1.5 can	0.5 case	4.5 can	1 case	1case + 1.5 can	6 / #10
Reconstituted Milk** Nonfat Dry Milk	0.5 unit	1 unit	1.5 unit	1.75 unit	2.25 unit	6 / 5#
Water <i>Thicken if necessary</i>	2 gal + 1 qt	4 gal + 2 qt	6 gal + 3 qt	8 gal + 3 qt	11 gal	1 / 1 gallon
Bedtime Snack <i>Thicken if necessary</i>						
Juice Base (orange, apple or cranberry)	2 units	4 units	5 units	7 units	8 units	12 / 33.8 oz
Water	1 gal + 1 qt	2 gal + 2 qt	3 gal + 3 qt	5 gal	6 gal + 1 qt	1/ 1 gallon
Slurried Graham Crackers <i>or</i>	70 pkts	140 pkts	1 case + 60 pk	1 case + 130 pk	2 case + 50 pk	150 / 3 pk
Slurried Cookies <i>or</i>	70 ea	140 ea	210 ea	280 ea	350 ea	324 / 0.5 oz
Pudding, RTU	1.5 can	0.5 case	4.5 can	1 case	1case + 1.5 can	6 / #10

COMBINED PURCHASE GUIDE **REGULAR & DYSPH MECH SOFT (L3)** **7 DAY**

Ingredients / Yields	25	50	75	100	125	Pack Size
Canned Fruit	5.5 case	10.5 case	15.5 case	21 case	26 case	6 / #10
Canned Meat (tuna, ham, chicken, beef) or Meat Alternate +	55 lbs	109.5 lbs	164.75 lbs	218.75 lbs	273.75 lbs	6/ 66.5 oz
Canned Potato or Bread or Roll	3 case 1 case + 5 lv	5 case + 4 can 3 case + 4 lv	8 case 5.5 case	11 case 7 case + 2 lv	13 case + 4 can 9 case + 1 lv	6 / #10 6 / 32 slices
Canned Vegetables	2 case + 2 can	4 case + 4 can	7 case	9 case + 2 can	11 case + 4 can	6 / #10
Dry Cereal	1.5 case	2 case + 3 box	4 case	5 case + 1 box	6.5 case	4 / 26 oz
Graham Crackers or Cookies or + 75 pk + 150 pk + 225 pk + 300 pk + 55 pk Pudding, RTU	7 case 3 case + 75 pk 2 case + 4 can	14 case 6 case + 150 pk 5 case	21 case 9 case + 225 pk 7 case + 2 can	28 case 12 case + 300 pk 10 case	35 case 16 case + 55 pk 12 case + 2 can	150 / 3 pk 324 / 0.5 oz 6 / #10
Jelly	175 pk	1 case + 150 pk	2 case + 125 pk	3.5 case	4 case + 75 pk	400 / 0.5 oz
Juice Base (orange, apple or cranberry)	1 case + 4 unit	2 case + 8 unit	4 case	5 case + 4 unit	6.5 case	12 / 33.8 oz
Water	12 gal + 2 qt	25 gal	37 gal	49 gal + 2 qt	62 gal	1/ 1 gallon
Mayonnaise, PC	350 pk	1 case + 200 pk	2 case + 50 pk	2 case + 400 pk	3.5 case	500 / .9 gm
Peanut Butter or Canned Meat or Meat Alternate +	3 units 11 lbs	5 units 22 lbs	7 units 33 lbs	9 units 43.75 lbs	11 units 55 lbs	6 / 5# 6/ 66.5 oz
Saltine Crackers or Bread	0.5 case 5.5 loaves	1 case + 200 pk 1 case + 5 lv	2 case + 50 pk 2 case + 4.5 lv	2 case + 400 pk 3 case + 4 lv	3.5 case 4 case + 3.5 lv	500 / 2 pk 6 / 32 slices
Nonfat Dry Milk - Reconstituted Milk**	1.5 case	2.5 case	3.5 case	4.5 case	5.5 case	6 / #5
Water	33 gal	66 gal	99 gal	131 gal + 1 qt	164 gal + 1 qt	1/ 1 gallon
Optional Alternate Evening Meal						
Peanut Butter ***	3 units	5 units	7 units	9 units	11 units	6 / 5#
Jelly	175 pkts	1 case + 150 pk	2 case + 125 pk	3.5 case	4 case + 75 pk	200 / 0.5 oz
Saltine Crackers or	350 pkts	1 case + 200 pk	2 case + 50 pk	2 case + 400 pk	3.5 case	500 / 2 pk
Bread or Roll	5.5 loaves	11 loaves	16.5 loaves	22 loaves	27.5 loaves	6 / 32 slices
Canned Fruit	1 case + 5 can	3 case + 3 can	5 case + 1 can	7 case	8 case + 4 can	6 / #10
Cookies	1 case + 25 ea	2 case + 50 ea	3 case + 75 ea	4 case + 100 ea	5 case + 125 ea	324 / 0.5 oz
Reconstituted Milk**	(see above)					

COMBINED PURCHASE GUIDE **DIABETIC** **7 DAY**

Ingredients / Yields	5	10	15	20	25	Pack Size
Dry Cereal, Unsweetened	1.25 box	2.25 box	3.25 box	1 case + 0.25 box	1 case + 1.25 box	4 / 26 oz
Jelly, Diet	35 pkt	70 pkt	105 pkt	140 pkt	175 pkt	200 / 1 pkt
Optional Alternate Evening Meal						
Jelly, Diet	35 pkt	70 pkt	105 pkt	140 pkt	175 pkt	200 / 1 pkt

COMBINED PURCHASE GUIDE **RENAL**

7 DAY

For Renal Diets, make the following adjustments to the Disaster Menu - Regular - 3 Day COMBINED Purchase Guide:

Ingredients / Yields	5	10	15	20	25	Pack Size
Bread or Roll, 2 each (NO Potato served)	2.25 loaves	4.5 loaves	1 case + 0.75 lv	1 case + 2.75 lv	1 case + 5 lv	6 / 32 oz
Canned Meat (tuna, chicken, or beef - NO ham) +	13.5 lbs	26.5 lbs	39.5 lbs	52.5 lbs	66 lbs	6 / 66.5 oz
Crackers, LS	70 pk	140 pk	210 pkts	280 pkts	1 case + 50 pk	300 / 2 pk
Juice Base (apple or cranberry only)	4 unit	8 unit	10 unit	1 case + 2 unit	1 case + 4 unit	12 / 33.8 oz
Water (4 oz per person)	2 gal + 2 qt	5 gal	7 gal + 2 qt	10 gal	12 gal + 2 qt	1 / 1 gallon
Reconstituted Milk**						
Nonfat Dry Milk (1/2 oz per person)	17.5 oz	35 oz	52.5 oz	70 oz	87.5 oz	6 / #5
Water (4 oz per person)	1 gal + 1 qt	2 gal + 2 qt	3 gal + 2 qt	4 gal + 2 qt	5 gal + 2 qt	1 / 1 gallon
Optional Alternate Evening Meal						
Crackers, LS	70 pkts	140 pkts	210 pkts	280 pkts	1 case + 50 pk	300 / 2 pk
NO Milk served	--	--	--	--	--	--

COMBINED PURCHASE GUIDE **PUREED & DYSPH MECH ALTER (L2)** 7 DAY

Ingredients / Yields	5	10	15	20	25	Pack Size
Jelly	35 pkt	70 pkt	105 pkt	140 pkt	175 pkt	400 / 0.5 oz
Juice Base (orange, apple or cranberry)	4 unit	8 unit	10 unit	1 case + 2 unit	1 case + 4 unit	12 / 33.8 oz
Water <i>Thicken if necessary</i>	2 gal + 2 qt	5 gal	8 gal + 1 qt	10 gal	12 gal + 2 qt	1 / 1 gallon
Mayonnaise, PC	35 pkt	70 pkt	105 pkt	140 pkt	175 pkt	500 / .9 gm
Pureed Canned Fruit	4.5 can	1 case + 2.5 can	2 case + 0.5 can	2 case + 4.5 can	3.5 case	6 / #10
Pureed Canned Meat <i>or</i> Meat Alternate	13.5 lbs	26.5 lbs	39.75 lbs	52.5 lbs	66 lbs	6 / 66.5 oz
Pureed Canned Vegetables	1.5 can	3 can	4.25 can	5.75 can	1 case + 1 can	6 / #10
Slurried Dry Cereal	1.25 box	2.25 box	3.25 box	4.25 box	5.25 box	4 / 26 oz
Slurried Graham Crackers <i>or</i>	140 pk	1 case + 130 pk	2 case + 120 pk	3 case + 100 pk	4 case + 100 pk	150 / 3 pk
Slurried Cookies <i>or</i>	140 ea	280 ea	1 case + 100 ea	1.75 case	2 case + 55 ea	324 / 0.5 oz
Pudding, RTU	0.5 case	1 case	1.5 case	2 case	2.5 case	6 / #10
Slurried Saltine Crackers <i>or</i>	140 unit	280 unit	420 unit	1 case + 60 unit	1 case + 200 unit	500 / 2 pk
Slurried Bread	1.25 loaf	2.5 loaves	3.5 loaves	4.5 loaves	5.5 loaves	6 / 32 slices
Slurried Bread or Roll	1.25 loaf	2.5 loaves	3.5 loaves	4.5 loaves	5.5 loaves	6 / 32 slices
Nonfat Dry Milk - <i>Reconstituted Milk**</i>	1 unit	2 unit	3 unit	3.5 units	4.5 units	6 / #5
Water - <i>Thicken if necessary</i>	4 gal + 2 qt	9 gal	13 gal + 2 qt	18 gal + 1 qt	22 gal	1 / 1 gallon