

Nutrition Guide During a Disaster or Flu Pandemic

In the case of a disaster or pandemic flu episode, it is important that you have adequate water and food on hand. The items listed below will help guide you in making a two week supply kit for one adult person.

Water

A normal person needs to drink at least two quarts (64 oz) of water per day. If it's hot, if you are physically active, or if you are ill you need more water.

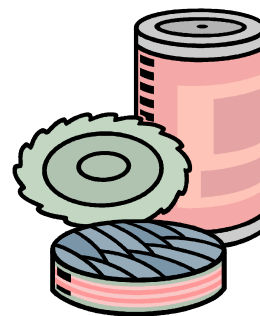
- ✓ Store one gallon of water per person per day for drinking and all other daily activities which require water.
- ✓ Keep at least a two week supply of water per person.

Bottled water can be purchased at a grocery store and should be replaced according to its expiration date.

Food

Choose foods that are shelf stable and do not need refrigeration, water, preparation or cooking. Pick sizes of foods that will be eaten in one meal, and avoid foods that make you thirsty. A food kit should have enough food to last two weeks and can contain:

- ✓ Canned meats and fish
- ✓ Canned or dry fruits
- ✓ Canned vegetables and beans
- ✓ Protein or fruit bars
- ✓ Dry cereal and granola
- ✓ Crackers (salt free)
- ✓ Peanut butter or salt free nuts
- ✓ Powdered milk
- ✓ Canned fruit juice
- ✓ Non-electric can opener
- ✓ Soap and/or alcohol based (60-95%) hand sanitizer



Sample Meal Plan for One Week: 1800 Calories

| | Breakfast | Lunch | Dinner |
|--------------|--|---|---|
| Day 1 | 2 graham crackers 2 T peanut butter 1 can fruit 1 c **powdered milk | 1 **canned entree 1 can vegetables 10 saltine crackers 1 c **powdered milk | 1 **canned entree 1 can vegetables 1 can fruit 1 c **powdered milk |
| Day 2 | 1 granola bar 2 T peanut butter 1 can fruit 1 c **powdered milk | 1 **canned entree 1 can fruit 10 saltine crackers 1 c **powdered milk | 1 **canned entree 1 can vegetables 1 fruit bar 1 c **powdered milk |
| Day 3 | 1 c dry cereal 1 fruit bar 1 can fruit 1 c **powdered milk | 1 **canned entree 1 can vegetables 1 can fruit 1 c **powdered milk | 1 **canned entree 1 can vegetables 10 saltine crackers 1 c **powdered milk |
| Day 4 | 2 graham crackers 2 T peanut butter 1 can fruit 1 c **powdered milk | 1 **canned entree 1 can vegetables 1 granola bar 1 c **powdered milk | 1 **canned entree 1 can fruit 10 saltine crackers 1 c **powdered milk |
| Day 5 | 1 granola bar 2 T peanut butter 1 can fruit 1 c **powdered milk | 1 **canned entree 1 can vegetables 10 saltine crackers 1 c **powdered milk | 1 canned entree 1 can vegetables 1 fruit bar 1 c **powdered milk |
| Day 6 | 1 c dry cereal 1 fruit bar 1 can fruit 1 c **powdered milk | 1 canned entree 1 can vegetables 10 saltine crackers 1 c **powdered milk | 1 **canned entree 1 can vegetables 1 granola bar 1 c **powdered milk |
| Day 7 | 2 graham crackers 2 T peanut butter 1 can fruit 1 c **powdered milk | 1 **canned entree 1 can vegetables 1 can fruit 1 c **powdered milk | 1 **canned entree 1 can vegetables 10 saltine crackers 1 c **powdered milk |

**Powdered milk should be mixed with water according to package directions.

**Canned entrees include items as: canned tuna, chicken, beef stew, ravioli, chili, etc.

Grocery List 1 week: One Adult Person (Multiply by 2 for a two-week supply)

- ✓ 1- 25 oz box powdered milk
- ✓ 12 canned fruit
- ✓ 14 canned entrees
- ✓ 4 fruit bars (1 box)
- ✓ 1 package (8 count) graham crackers
- ✓ 1 small jar peanut butter
- ✓ 12 canned vegetables
- ✓ 4 granola bars (1 box)
- ✓ 2 sleeves salt free saltine crackers

If available these substitutions can be made:

- ✓ Fresh milk for powdered milk
- ✓ 2 slices bread for crackers
- ✓ Fresh fruit for canned fruit

Contact your local VA Dietitian for more information