

Nutrition in Preparedness

.....surviving or thriving

for

Community Health Workers

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TEXAS
Health and Human
Services

Texas Department of State
Health Services

Course Description

This course includes practical information and tips to help prepare a three-day emergency food supply and a “Get and Go Kit”. Having an emergency food supply means you won’t go hungry when transportation, weather, health, or other problems prevent you from getting your usual supply of groceries or meals.

CHW can help families understand the importance of nutrition preparedness by following the topics covered in this training.

Course Format

This course has been divided into five modules. Each module will fulfill a series of learning objectives that guide you in the mastery of the material.

- Module 1: Rationale: “What would I do if....?”
- Module 2: Nutrition
- Module 3: Preparation
- Module 4: Rotation
- Module 5: Resources

What would I do if.....?

....there was a “Twister”

....there was an “Outbreak”

....a major earthquake along I-80, I-70, I-40, or I-20



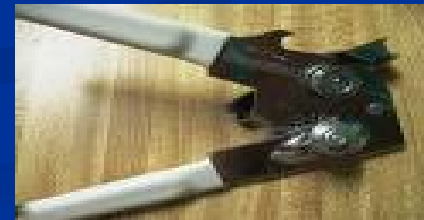
One of these incidents could cause a “food shortage” at your store within 30 minutes.

Part of being prepared is being ready to live off of foods which are most nourishing and longer lasting than what your diet may currently consist of in your household.

Nutrition

Store food that will not just enable you to survive, but *THRIVE*.

- Each meal you plan for should provide at least one serving of each of the five food groups. Include all special needs foods.
- Avoid foods that make you thirsty.
- Stock foods that do not require refrigeration or cooking.
- Include a manual can opener.



The Five Food Groups

Knowing the amount of food to eat from each food group can help you eat enough, but not too much. It is important to eat foods from all of the food groups every day.

- Grains – any food made from wheat, rice, oats or cornmeal, whole grains, refined grains
- Vegetable Group – provides vitamins and minerals
- Fruit Group – nutrients such as potassium, fiber, vitamin C
- Protein Group – repairs tissues, skin, muscles and hair
complete, incomplete, complimentary
- Dairy Group and “Others”--calcium, vitamin D



Suggested Menus

Day 1:

Breakfast: Cold/hot cereal, milk, juice, coffee or tea

Lunch: Peanut butter*, bread, applesauce, cocoa

Dinner: Canned chili, crackers, corn, milk



Day 2:

Breakfast: Toast, peanut butter*, juice, coffee or tea

Lunch: Tuna, bread, peaches, cocoa or juice

Dinner: Canned beef stew, crackers, pudding, milk

Suggested menus continued

Day 3:

Breakfast: Cold/hot cereal, milk, juice, coffee or tea

Lunch: Cheese, crackers, pork and beans, fruit cocktail,
cocoa

Dinner: Tomato or other soup, peanut butter*, bread,
applesauce, milk

Snacks: Pudding, dried fruits, small packages of peanuts or other
nuts, cocoa, individual cans of juice, coffee or tea

*If you have an allergy to peanuts, try hummus. Hummus is made from chickpeas and is a good source of protein, fiber, zinc, calcium, magnesium, phosphorus and folate.

Suggested Grocery List

(for 1 person: increase as needed for household)

Dry cereal/instant oatmeal – 1 (7-ounce) box

Crackers – 1 box (8-ounces or larger)

Peanut butter – 1 12 ounce jar or Hummus

Canned juice 1 6-pack of 6-ounce containers

Applesauce – 1 4-pack of 6-ounce containers

Peaches – 1 (8-ounce) can

Fruit cocktail – 1 (8-ounce) can

Pork and beans – 1 (8-ounce) can

Corn – 1 (8-ounce) can

Tuna – 1 (3 ¼-ounce) can



Suggested grocery list continued

Processed cheese spread – 1 (8-ounce) box or 4 ¼-ounce jar

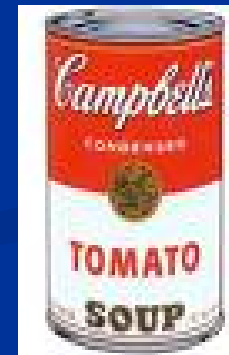
Beef stew – 1 small can or container

Chili – 1 small can or container

Tomato or other soup – 1 can

Cocoa – 1 box of individual packets

Pudding – 1 4-pack of 4 ¼-ounce containers



Suggested grocery list continued

Raisins 1 12-ounce package

Peanuts or other nuts – 1 package or jar

Tea – 1 box with 16 bags or 1 (2-ounce) jar instant coffee

Nonfat dried milk – 1 box

Bottled water – 1 gallon per day ($\frac{1}{2}$ for drinking, $\frac{1}{2}$ for cooking & sanitation)

- * Include any special needs foods
- * Include supplies for pets



Suggested grocery list continued

Contents for “Get and Go Kit”:

- 1 packet hot chocolate
- 2 packets flavored instant oatmeal
- 2 packets instant cup of soup
- 1 packet cappuccino
- 1 packet spiced cider
- 1 package cheese & crackers
- 1 granola bar
- 1 package raisins
- 1 packet of tea
- 2 packets of beef bouillon
- 1 Oberto meat stick
- 1 book matches
- 3 pcs jolly rancher hard candy
- 1 vitamin pack

you can always chunk in canned tuna, chicken, sardines....
whatever meat you prefer....



Preparation

How are you going to prepare your food?

➤ Outdoors:

Charcoal grills

Camping stoves



➤ Indoors:

Small electrical appliances, such as electric skillets, electric woks, hot plates or coffee makers, can be used to prepare meals with a generator.

- ❖ Honda EU2000i generators (efficient @ 8 hours per gallon)

Preparation continued

After preparation:



- ✓ Keep the refrigerator and freezer doors closed as much as possible while the power is out. The refrigerator will keep food safely cold for about 4 hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed.
- ✓ Do not save leftovers from cans or jars for more than two hours.
- ✓ Purchase canned or bottled food in container sizes that can be used up in one meal or snack.

Preparation continued

How are you going to ensure sanitized cooking conditions?

Clean and sanitize food-contact surfaces in a four-step process:

1. Wash with soap and warm, clean water.
2. Rinse with clean water.
3. Sanitize by immersing for 1 minute in a solution of 1 teaspoon of chlorine bleach (5.25%, unscented) per gallon of clean water.
4. Allow to air dry.

Preparation continued

Hidden water sources in your home



If a disaster catches you without a stored supply of clean water:

- You can use the water in your hot-water tank
- Pipes and ice cubes
- And at last resort the reservoir tank of your toilet
- Your swimming pool can be used as “back-up” water

Preparation continued

To use the hidden water sources in your home:

- Shut off the incoming water to stop contaminated water from entering your home.
- To use the water in your pipes, let air into the plumbing by turning on the faucet at the highest level.
- To use water in your hot-water tank, turn off electricity or gas and open the drain at the bottom of the tank. Turn off the water intake valve and turning on a hot-water faucet. Do NOT turn on the gas or electricity when the tank is empty.

Preparation continued

Water treatment methods if necessary:

- Boiling
 - Safest way to treat water is to boil for 3 minutes
- Chlorination (bleach)
 - Add 16 drops per gallon (4 drops per quart)
 - Let stand for 30 minutes before drinking
 - Use *regular* bleach only

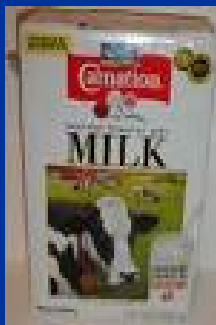


Rotation

Never have the mentality of “store it and forget it”.
Store foods in a cool place.

Guidelines for replacement:

- ✓ Six months
 - powdered milk, dried fruit, crackers, potatoes



Rotation continued

- ✓ One year
 - canned meat, vegetables, soups, fruits, juices
 - ready-to-eat cereals and uncooked instant cereals
 - peanut butter, jelly, canned nuts, hard candy



- ✓ Indefinitely
 - vegetable oils, instant coffee, tea, cocoa, salt, bouillon
 - white rice and dry pasta

Resources

- Federal Emergency Management Agency (FEMA),
“Food and Water in an Emergency”
- Preparedness Pro,
“Underwhelmed in Food Storage Part 8 of 8”
- University of Maine Cooperative Extension,
“Be Prepared with a Three-Day Emergency Food Supply”