

DISASTER MENU PLANNING GUIDE

These foods are ones that can be stored and used when you can not cook your usual meals. Select foods to be as close to your normal diet as you can. This is a temporary way to eat. AS SOON AS YOU CAN, GET BACK ON YOUR NORMAL MEAL PLAN.

FOOD CATEGORY	SUGGESTED FOOD ITEM
BREAKFAST	
FRUIT	Canned Peaches/Pears in Lite Syrup Unsweetened Applesauce
FRUIT JUICE	Canned Orange/Apple Juice
HOT BEVERAGE	Sugar Free Hot Chocolate/Decaf Coffee/Herb Tea
CEREAL	Oatmeal & Milk/Cream of Wheat & Milk
BREAD	Graham Crackers/Granola Bars/Rice Cakes/Saltines
SPREAD	Peanut Butter/ Sugar Free Jam or Jelly/Butter
PROTEIN	Boiled Egg, Cheese, Protein bar
LUNCH	
VEGETABLE	Canned Green Beans/Corn/Carrots Single Serving Soup Cups
FRUIT/SALAD	Lite Fruit Cocktail/Dried Fruit
HOT BEVERAGE	Herb Tea/Decaf Coffee/ Sugar Free Hot Cider
COLD BEVERAGE	Diet Soda/V8 Juice/Powdered Milk or soy milk Powdered Lemonade
DESSERT	Pudding Cups/Nuts
DINNER	
SOUP/STEW/TUNA	Chunky Vegetable Soup/Stew/Tuna in Single Serving Cups/String Cheese
CRACKER	Ritz Crackers/Saltines/Wheat Thins/Pretzels
SPREAD	Peanut Butter/Bottled Cheese Spread/Butter
FRUIT	Canned Pears/Apricots/ or Plums in Single Serving Cans
HOT BEVERAGE	Decaf Coffee or Herb Tea/ Sugar Free Cider
COLD BEVERAGE	Diet Soda
DESSERT	Nuts, Raisins or other Dried Fruit/Sugar Free Jello