



DINING *Directions*

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IN CASE OF EMERGENCY: READ THESE SEVEN TIPS TO MAKE SURE YOU ARE PREPARED

Benjamin Franklin once said, "If you fail to plan, you are planning to fail." Having a plan in place to keep food services running in the event of an emergency is not only sound advice, it is essential to keeping your community well-fed and hydrated.

Tip 1: Have a Plan

The one thing you absolutely must have in case of an emergency is a plan. Having a plan in the event of a potential threat such as severe weather conditions can take the uncertainty out of the equation and help you limit problems that might occur in your dietary department. To assure your plan is up to date, review it at least monthly and immediately prior to the potential expected threat.

Tip 2: Water, Water, Everywhere.

Making sure you have enough water for drinking and food preparation in case of an emergency is vital.

Tip 3: A Good, Simple, Repeatable Menu.

Keeping everyone well-fed is critical during an emergency situation. For Florida Assisted Living Facilities, you should have at least a three-day food supply. For Skilled Nursing Facilities, you need at least a seven-day supply.

Tip 4: Watch your Bac(teria, that is)

Food poisoning becomes a risk especially in the event that you lose power and cannot operate your dishwashing equipment. You must thoroughly wash metal pans, ceramic dishes, and utensils (including can openers) with soap and water. Rinse and then sanitize them in a solution of quaternary sanitizer or one tablespoon of unscented, liquid chlorine bleach per gallon of potable water. Use this same solution to sanitize the countertops and let them air dry. Keep disposable plates, cup and silverware, as well as disposable pans to lighten workload and lessen the need to sanitize



Tip 5: Let there be Lights.

Make sure you have enough battery-powered lanterns to keep the dining room lit when people are eating. Lanterns brighten the place up and are often more practical than candles. Get forehead strap LED lights for all key staff to free up hands and then wait to issue them until needed.

Tip 6: Most Like It Hot.

A warm meal can be comforting in times of stress. For about \$5 you can buy yourself about 12 hours of canned heat or Sterno, designed to be used indoors, which is a significant advantage over other emergency cooking options which usually require significant ventilation.

Tip 7: Low Tech, High Need

During a power outage, be prepared with a few low-tech and highly effective tools that don't use power.

- A nonelectric can opener.
- Pencil and paper with a plastic sharpener.
- Medicine droppers for measuring bleach to make city water safe to drink.
- Duct tape.
- A good pair of pliers.
- 3 or 4 cases of very thick garbage bags.

TO PURCHASE OUR COMPREHENSIVE EBOOK ON EMERGENCY READINESS FOR ONLY \$19.95, WWW.SENIORNUTRITION.NET/PRODUCT/THE-INSIDE-SCOOP-ON-EMERGENCY-READINESS-EBOOK

KNOW YOUR COUNTY WATER REQUIREMENTS OR YOU MIGHT FIND YOURSELF IN HOT WATER.

Do you know the requirements for how much water you need to stock per person in case of an emergency in your community? Before you answer, check out the differences between just four Florida counties.

- Duvall County: One gallon per person per day- need to have enough for 7 days
- Leon County: Two gallons of water per person per day for two weeks
- Miami-Dade County: One gallon of water per person per day
- Escambia County—Three gallons of water per person per day.



Surprised by the differences? Two of them don't even list the number of days for which you need to supply water. Make sure you find out the requirements for your area by checking out this list of Emergency Management Authority's in Florida by county at www.floridadisaster.org/counties.

RECIPE CORNER

Easy chocolate pudding recipe made with three ingredients: chocolate pudding, graham crackers, and peanut butter.

Makes 6 servings

- 3 cups Chocolate Pudding
- 6 TB peanut butter
- 3/4 cup crushed Graham crackers

Stir peanut butter and Chocolate pudding together. Serve six 1/2 cup pudding, each topped with 2 tablespoons graham crackers. Serve immediately.

PEANUT BUTTER CHOCOLATE PUDDING



SERVES 6

Nutrition Per 1/2 cup serving: Calories: 260 calories, Fat: 11 grams, Protein: 6 grams, Carbohydrate: 35 grams



ARE YOUR EMERGENCY SUPPLIES ENOUGH?

What you need to provide food and water for the people in your community in the event of an emergency

Now is a good time to check you emergency inventory to make sure you are covered!

Here's a quick estimated count of shelf stable food that would meet the requirements for 7 days, 3 meals per day, based on a census of either 10, 50 or 100. For ALF's, the number of days is generally 3, but may need to be adjusted according to your state's regulations.

SKILLED NURSING CENTERS SAMPLE MENU SUPPLY LIST FOR 7 DAYS, 3 MEALS PER DAY			CENSUS FOR THE COMMUNITY # OF UNITS NEEDED		
FOOD ITEMS	SERVINGS PER CONTAINER	SERVINGS PER DAY X 7 DAYS	10	50	100
Protein - combination: beef stew, chili, corned beef hash	12 servings per #10 can	2	11.7	58.5	117
Protein - solid meat: tuna	33 servings per pouch	1	2.1	10.5	21
Fruit	25 servings per #10 can	2	5.6	28	56
Vegetables	26 servings per #10 can	2	5.6	28	56
Grains	individual cereal bowls	1	70	350	700
Bread	22 servings per loaf	3	9.5	47.5	95
Milk	100 servings per 5 lb. bag	2	1.4	7	14
Potable water to reconstitute milk	6.25 gallons of water per 5 lb. bag	N/A	8.75	43.75	87.5
Potable Water for drinking	1 gallon jug	1	70	350	700
Total Potable Water needed			78.5	393.75	787.5

ASSISTED LIVING FACILITIES SAMPLE MENU SUPPLY LIST FOR 3 DAYS, 3 MEALS PER DAY			CENSUS FOR THE COMMUNITY # OF UNITS NEEDED		
FOOD ITEMS	SERVINGS PER CONTAINER	SERVINGS PER DAY X 3 DAYS	10	50	100
Protein - combination: beef stew, chili, corned beef hash	12 servings per #10 can	2	6	30	60
Protein - solid meat: tuna	33 servings per pouch	1	1.0	50	100
Fruit	25 servings per #10 can	2	3.0	15	30
Vegetables	26 servings per #10 can	2	3.0	15	30
Grains	individual cereal bowls	1	30	150	300
Bread	22 servings per loaf	3	4.5	22.5	45
Milk	100 servings per 5 lb. bag	2	1.0	5	10
Potable water to reconstitute milk	6.25 gallons of water per 5 lb. bag	N/A	4.3	21.5	43
Potable Water for drinking	1 gallon jug	1	30	150	300
Total Potable Water needed			40	200	400



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