

<b>Section:</b> Emergency Planning Manual	<b>Subsection:</b> Code Grey Internal Disaster	<b>Policy Number:</b> EPP-1064
<b>Subject:</b> Meal Pattern during Emergencies		<b>Reviewed Date:</b> June 2022, March 13
<b>Standard:</b>	<b>Authority:</b> Dietary Manager	<b>Supersedes</b> May 2007 December 2008 February 2012
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**Policy**

Belvedere Heights will have a plan for meals patterns, to be used during emergency situations.

**Emergency Meal Pattern**

- Breakfast**            Fruit or Juice  
                              Cereal  
                              Bread/butter/margarine  
                              Beverage
  
- Lunch**                Soup or juice  
                              Sandwich or one meal dish  
                              Fruit, biscuit or cookie  
                              Beverage
  
- Dinner**                One dish meal  
                              Vegetable (s)  
                              Bread/butter/margarine  
                              Simple dessert or fruit  
                              Beverage
  
- Beverages**            Tea, instant coffee,  
                              Fresh, milk  
                              Sugar  
                              Canned juices
  
- Soups**                 Canned or dehydrated  
                              Bouillion cubes, quick soups made by diluting canned stews
  
- Main Dish Items**    Canned meats, fish, ready to serve stews, spaghetti, beans  
                              Quick stews made from canned meat, adding canned
  
- Vegetables & Fruits Canned**  
                              Vegetables  
                              Fresh, canned and frozen fruits
  
- Cereal Products**    Bread, crackers, biscuits,  
                              Ready mixes, ready to eat cereals  
                              Hot cereals with milk, sugar and fruit
  
- Spreads**                Butter or margarine  
                              Jams, jellies, marmalade, honey, peanut butter

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If potable water is limited or unavailable, and public utilities affected. The basic meal plan will have to be modified

**1. Water restricted: utilities affected**

- Utilize all liquids from canned foods
- Substitute other liquids such as juices, canned soups, and soft drinks in cooking
- To conserve water, cook as many foods by dry methods in ovens and try to steam
- Serve food which can be eaten from the hand (finger foods) if unable to wash dishes
- Use disposable food service items
- Restrict the use of salty foods

**2. Safe Water; No utilities**

- Use canned and packaged foods to be eaten cook
- Where possible, construct improvised cooking units to heat cooked or ready to serve canned foods

**3. No Water; No utilities**

- Use canned and packaged food to be eaten cold
- Serve sandwiches, canned foods which can be eaten cold, and snack foods

If necessary to purify water, boil (10) minutes or treat as directed by the Public Health Unit, or try to arrange delivery by local water supplier.

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Authorized Signing Authority

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Date