

## **Title IIIC Emergency Meals Guidance**

### **Purpose:**

This document provides guidance to Area Agencies on Aging (AAA) and nutrition providers for the preparation and distribution of emergency meals to Older Californians Nutrition Program (OCNP) congregate and home-delivered meals clients prior to or during emergencies such as wildfires, storms, pandemics, or other emergencies.

### **Intent to Provide Meals in an Emergency:**

It is the responsibility of the AAAs and their nutrition providers to arrange for the continuation of meals for OCNP clients during an emergency if feasible.<sup>1</sup>

### **Meal Requirements:**

- Meals must meet nutrition requirements which means that they provide a minimum of one-third of the Dietary Reference Intakes (DRI) per meal and comply with the Dietary Guidelines for Americans (DGA). See Page 2 for a sample dietary pattern.
- Meals must be approved by the AAA Registered Dietitian (RD) or provider RD.

### **Tips for Emergency Meals:**

- Create an emergency meal plan in collaboration with the program RD. Considerations include staff and volunteer roles and responsibilities, food supply list, emergency food supply storage, distribution plans, and instructions for clients.
- Shelf-stable meals include non-perishable items that are designed to be stored for long periods at room temperature, making them ideal for emergencies. They are generally ready-to-eat (RTE) and do not require preparation or cooking.
- Canned foods tend to be higher in sodium. Purchase canned food options specifically labeled "low sodium" or "no salt added" to minimize the sodium content of meals.

### **Instructions for Clients:**

Nutrition providers should include instructions when providing emergency meals to clients:

- Consume meals during emergencies when your nutrition provider cannot deliver meals, such as during loss of power, storms, wildfires, or other emergencies.
- Consume meals before the expiration date listed on the packaging.

### **Reporting:**

Emergency meals that are distributed prior to or during emergencies to be consumed at home are reported as IIIC-2 meals.

<sup>1</sup> California Code of Regulations (CCR) 7636.1(b)(8)

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### Sample Dietary Pattern

Food Group	Minimum Requirement	Shelf-Stable Examples
<b>Protein</b>	2 oz equivalent: <ul style="list-style-type: none"> <li>• 2 oz cooked, edible portion of meat, poultry, seafood</li> <li>• ½ cup cooked beans</li> <li>• 2 tbsp nut/seed butter</li> <li>• 1 oz nuts or seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Canned Meat*: chicken, tuna, salmon, ham, beef</li> <li>• Canned Beans/Peas/Lentils*</li> <li>• Canned Chili or Soup* (containing protein equivalent)</li> <li>• Peanut Butter</li> <li>• Unsalted Nuts or Seeds</li> </ul>
<b>Fruits</b>	1 serving: <ul style="list-style-type: none"> <li>• ½ cup canned fruit</li> <li>• ½ cup 100% fruit juice</li> <li>• ½ cup dried fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Canned Fruit**</li> <li>• Fruit Cup**</li> <li>• 100% Fruit Juice</li> <li>• Dried Fruit</li> </ul>
<b>Vegetables</b>	1-2 servings: <ul style="list-style-type: none"> <li>• ½ cup canned vegetables</li> <li>• ½ cup 100% vegetable juice</li> <li>• ½ cup dried vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Canned Vegetables*</li> <li>• 100% Vegetable Juice*</li> <li>• Dried Vegetable Snack</li> </ul>
<b>Grains</b>	1-2 servings (whole grain when possible): <ul style="list-style-type: none"> <li>• ½ cup cooked rice, pasta, or cooked cereal</li> <li>• 1 cup ready-to-eat cereal</li> <li>• 1 oz crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Dried Cereal</li> <li>• RTE Rice/Pasta/Cereal*</li> <li>• Crackers*</li> <li>• Pretzels*</li> <li>• Granola/Granola Bar</li> </ul>
<b>Dairy/Soy Alternatives</b>	1 serving: <ul style="list-style-type: none"> <li>• 1 cup (8 oz) milk, yogurt, or fortified soy beverage</li> <li>• 1 ½ oz cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Shelf-stable (aseptic-packed) milk or fortified soy beverage</li> <li>• Shelf stable yogurt</li> <li>• Shelf-stable cheese</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>• Cutlery kit (fork, knife, spoon, napkin)</li> <li>• Condiments (shelf-stable mustard and mayonnaise)</li> <li>• Bottled water (if needed to rehydrate foods)</li> </ul>	

\* Low sodium

\*\* Packed in juice