



Heartland Kidney
Network

We're Here For You.

MY PLAN: PEDIATRIC 3-DAY EMERGENCY DIET MENU

Natural and man made disasters happen in Iowa, Kansas, Missouri and Nebraska each year. Our region has blizzards, ice storms, windstorms, tornadoes, flash floods and heat waves. In an emergency you may not be able to get to dialysis. If this happens, you will need to follow a more limited diet. This information has a 3 day meal plan for you to use if you are 17 years old or younger. If you are on home hemodialysis or peritoneal dialysis and cannot get your supplies you may need to follow this plan as well.



DAY ONE (ADD 4 OZ. OF WATER TO TAKE MEDICINE)

Breakfast

Cereal and fruit:

- ½ cup milk or mix ¼ cup evaporated milk with ¼ cup distilled water from sealed containers or disinfected water
- 1 box of cereal (single-serving) (No Raisin Bran)
- 1 tbsp. sugar
- ½ can (2 oz.) canned peaches (drained)

Morning Snack

Choose one:

- Vanilla wafers (5) or
- Graham crackers (1 ½ squares) or
- Sourballs (10)

Lunch

Peanut butter and jelly sandwich:

- 2 slices of bread
- 2 tbsp. peanut butter
- 2 tbsp. jelly
- ½ cup canned pears (drained)
- 4 oz. (½ cup) pre-made powdered fruit drink

Afternoon Snack

- Marshmallows (10)
- ½ cup canned applesauce

Dinner

Chicken sandwich:

- 2 slices of bread
- ½ can (2 oz.) canned low sodium chicken*
- 2 tbsp. mayonnaise*
- ½ cup canned low sodium carrots (drained)
- ½ cup cranberry juice

Evening Snack

- Jelly beans (10)
- Vanilla wafers (5) or
- Graham crackers (1 ½ squares)

*Perishable item: Throw away unused food in open containers if not refrigerated or used within 4 hours.

If you are diabetic, avoid the sweets in this diet plan. However, have some high sugar content foods like hard candies in case you go “low” with too little sugar in your body.

For more information or to file a grievance please contact the Heartland Kidney Network at: Heartland Kidney Network • 7306 NW Tiffany Springs Pkwy. • Suite 230 • Kansas City, MO 64153
Toll-Free Patient Line: (800) 444-9965 • net12@nw12.esrd.net • www.heartlandkidney.org

End-Stage Renal Disease (ESRD) #12 Network Coordinating Council, Inc. dba Heartland Kidney Network. This resource was (created, developed, compiled, etc.) while under contract with Center for Medicare and Medicaid Services, Baltimore, Maryland.
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DAY TWO (ADD 4 OZ. OF WATER TO TAKE MEDICINE)

Breakfast

Cereal and fruit:

- ½ cup milk or mix ¼ cup evaporated milk with ¼ cup distilled water from sealed containers or disinfected water
- 1 box of cereal (single-serving) (No Raisin Bran)
- 1 tbsp. sugar
- ½ can (2 oz.) canned pears (drained)

Morning Snack

- ½ cup canned applesauce
- Jelly beans (10)

Lunch

- 2 slices of bread
- ½ can (2 oz.) canned low sodium chicken*
- 2 tbsp. mayonnaise*
- ½ cup pineapple (drained)
- 4 oz. (½ cup) pre-made powdered fruit drink

Afternoon Snack

- Mints (10)
- ½ cup canned applesauce

Dinner

Tuna sandwich:

- 2 slices of bread
- ½ can (2 oz.) canned low sodium tuna*
- 1-2 tbsp. mayonnaise*

- ½ cup canned low sodium peas drained
- ½ cup cranberry juice

Evening Snack

- Vanilla wafers (5) or
- Graham crackers (1 ½ squares)
- Sourballs (10)

*Perishable item: Throw away unused food in open containers if not refrigerated or used within 4 hours.

DAY THREE (ADD 4 OZ. OF WATER TO TAKE MEDICINE)

Breakfast

- ½ cup milk or mix ¼ cup evaporated milk with ¼ cup distilled water from sealed containers or disinfected water
- 1 box of cereal (single-serving) (No Raisin Bran)
- 1 tbsp. sugar
- ½ cup canned cherries (drained)

Morning Snack

- Vanilla wafers (5) or
- Graham crackers (1 ½ squares)
- Hard candies (10)

Lunch

Peanut butter and jelly/honey sandwich:

- 2 slices of bread
- 2 tbsp. peanut butter*
- 2 tbsp. jelly or honey
- ½ cup canned peaches (drained)
- 4 oz. (½ cup) cranberry juice

Afternoon Snack

- ½ cup canned applesauce
- Jelly beans (10)

Dinner

Salmon sandwich:

- 2 slices of bread
- ½ can (2 oz.) canned low sodium salmon*
- 1-2 tbsp. mayonnaise*
- ½ cup canned low sodium green beans (drained)
- ½ cup soft drink

Evening Snack

- Vanilla wafers (5) or
- Graham crackers (1 ½ squares) or
- Marshmallows (10)

*Perishable item: Throw away unused food in open containers if not refrigerated or used within 4 hours.

Source: "Getting Ready for an Emergency" Children's Mercy Hospital Dialysis Unit, Kansas City, Missouri http://www.dhss.mo.gov/Ready_in_3/FamilySafetyGuideEnglish.pdf

MY QUESTIONS

Ask your Care Team: Are there any other foods that I can eat? What foods should I not eat? Do I need to make any changes to my medications if an emergency happens?