

# Emergency Renal Diet Plan

You never know when a disaster or emergency may happen that could keep you from your dialysis. And you may not know how long it will be before you can get your dialysis again. You may be without electricity and running water during that time. Being prepared and having certain shelf stable items on hand is very important. This emergency renal diet plan needs to be a lot stricter than your usual renal diet to help keep the toxins and fluids from building up as quickly.

## REFRIGERATED/FROZEN FOOD SAFETY IN A POWER OUTAGE

### KEEP THE DOOR CLOSED

The refrigerator and freezer can hold their temperature longer when the door stays closed. If door is kept closed: Refrigerator lasts for about 4 hours, freezer lasts for about 24 hours if half full, and about 48 hours if full.

**Keep door closed do not open unless needed!**

### GET A THERMOMETER

Refrigerator should be 40°F or below. Freezer should be 0°F.

### THROW SPOILED FOOD AWAY

Discard perishable foods that have been at room temperature more than 2 hours. **Never do the “taste test”** – if you are not sure, be safe and throw it out.

### MAKE AN IGLOO IN THE FREEZER

Place freezer items in an igloo shape to help them stay frozen longer if the freezer is not full.



## HELPFUL TIPS FOR FOOD SAFETY

**Check expiration dates** and rotate items out.

**Do not use salt substitute** (many substitute potassium chloride in place of sodium chloride).

**Drain excess liquid** from canned meats and fruits.

**Discard** used plates, utensils, and cups.

**Diabetics** should have glucose tablets, sugar, hard candy, juice (apple or cranberry), or regular clear soda on hand in case of low blood sugar.

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