Emergency Preparedness
FOOD PLANNING TIPS FOR KIDNEY CARE

BCRenal
Provincial Health Services Authority



*These tips are intended for people **NOT** on dialysis.

TIPS FOR MEALS

1. **Eat regularly:** Try to eat regularly, even if the food choices are different from what you would usually eat. Be flexible to choose what is on hand and convenient.
2. **Stay hydrated:** Drink plenty of fluids, mostly water. Use water purification tablets or filter if you need to purify your water.
3. **Check food labels:** Limit sodium, potassium, and phosphate additives, when possible, by reading food ingredient lists.
4. **Ask an expert:** Know which foods are best for you by speaking with your dietitian.

EMERGENCY FOOD CHECKLIST

- [ ] Two 1-litre bottles of water
- [ ] Water purification tablets or water filter
- [ ] Canned fruit/applesauce/fruit cups/freeze-dried fruit
- [ ] Canned/freeze-dried vegetables
- [ ] No-salt-added crackers/ dried cereal packs/granola/oatmeal
- [ ] Dehydrated meals or meats/ canned tuna/salmon/peanut butter

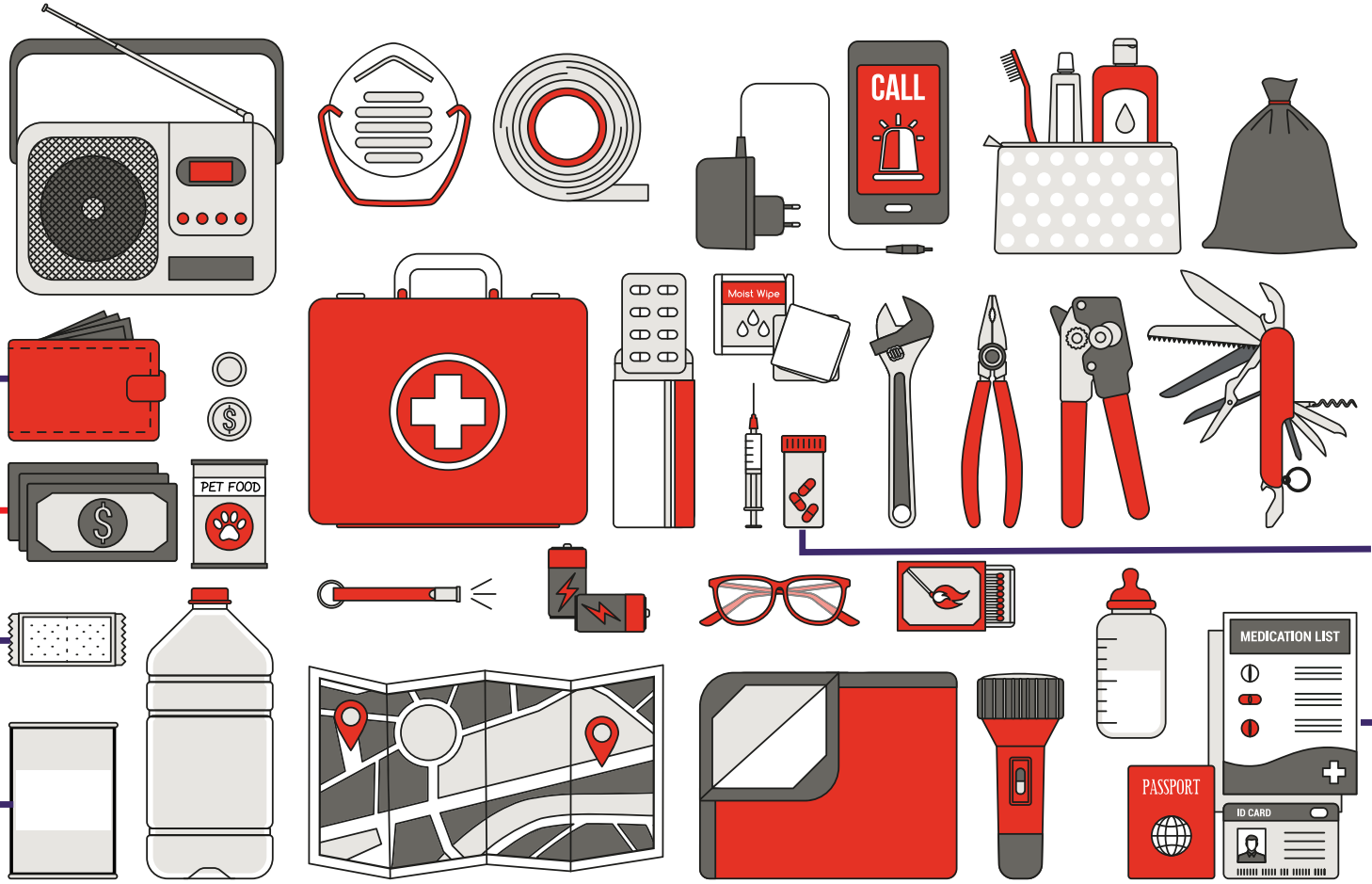
WHAT TO PACK:



*See next page for Emergency Kit Essentials

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Emergency Kit Essentials



money

food* & water

*refer to your specific dialysis or **kidney care food planning tips**

medications and a list of your current medications