



## Older Adult Nutrition Considerations *Frequently Asked Questions*

March 13, 2020

**1. Q: How can I prepare for COVID-19?**

**A:** Households should have an action plan that identifies individual needs that must be met if a 14-day isolation period is required. This includes appropriate food, prescription medicines, over-the-counter medicines, and any other items individuals may need for physical or emotional support while ill. Households should identify a room in their residence that can be used for isolation if an individual becomes ill. Households are encouraged to plan ways to care for individuals who might be at greater risk for serious complications, including older adults and those with chronic health conditions, such as heart or lung disease or diabetes.

**2. Q: Do I need to have emergency food on hand?**

**A:** An unexpected, 14-day isolation period can create food-safety and food supply problems. To prepare, households should have an action plan that includes securing a 14-day, shelf-stable food supply. It is best to choose food your and/or members of your household will eat. Remember to consider any special dietary needs.

**3. Q: What does “shelf-stable” mean?**

**A:** Foods that can be safely stored at room temperature, or “on the shelf” are called “shelf-stable”. These non-perishable products included canned and bottled foods or drinks, rice, pasta, flour, nut butter, and other food products that do not require refrigeration after opening. Not all canned/bottle foods are safe at room temperature. It is important to read the packaging label. Products marked “refrigeration required” should only be stored in the refrigerator.

It is important to maintain food safety of your shelf-stable food. For more information about shelf-stable food safety, visit: <https://www.fsis.usda.gov>.

**4. Q: How are foods made shelf-stable?**

**A:** In order to be shelf stable, perishable foods must be treated by heat and/or dried to destroy foodborne microorganisms that can cause illness or spoil food. Food can be packaged in sterile, airtight containers. All food will eventually spoil if it is not preserved.

*Fostering sound public policy, research, and initiatives that benefit older Ohioans.*

**5. Q: What examples of shelf-stable food?**

**A:** The following items are suggested when you plan your emergency food supply needs. Choose food that you like to eat and consider choosing healthy options.

- Ready-to-eat canned meats, fruits, and vegetables. Make sure you have a functional can opener
- Protein or fruit bars
- Dry cereal, oatmeal, or granola
- Peanut butter or other nut-butters
- Dried fruit and vegetables
- Nuts and Seeds
- Non-perishable, pasteurized milk
- Bread, crackers, rice, and/or pasta

**6. Q: I received home-delivered meals, will my provider continue to deliver my meals?**

**A:** Home-delivered meal providers may elect to suspend daily meal deliveries and temporarily transition to periodic delivery. This periodic delivery includes delivery meals to cover multiple mealtimes in one delivery. Your meal provider will notify you of any changes to the frequency of your meal delivery. In addition, your meal provider may provide you with a longer supply of frozen and/or shelf stable meals.

It is important to maintain food safety of your home-delivered meals. For more information about food safety tips for home-delivered meals, visit: <https://nutritionandaging.org/wp-content/uploads/2014/11/HDM-Infographic-6.1.15.pdf>

**7. Q: I attend a congregate meal site for my nutrition needs, will this meal site be closed? What should I do?**

**A:** Congregate meal sites may be moved, or closed, in the event of an emergency. In times of emergency closing, nutrition service providers may also establish temporary food facilities or distribute emergency/shelf-stable meals to consumers. If meal site must close, it may be moved to another location in the area. If the temporary meal site is a far distance from the original location, transportation may be provided. Nutrition service providers will work with local health authorities and the designated area agency on aging to ensure requirements of a temporary food facility is met.

Nutrition service providers are required to provide reasonable notice, before a scheduled mealtime, when a meal site will be temporary relocated or closed. Providers may notify consumers using broadcast media (Television or radio), by using its website, and/or by telephone.

**8. Q: Are there other food resources that can help meet my nutrition needs?**

**A:** There are several federally funded programs that may provide emergency food for low-income, older Ohioans in need. These programs include the Commodity Supplemental Food Program (CSFP) and the Emergency Food Assistance Program (TEFAP).

Ohio CSFP provides low-income, elderly individuals with a monthly box of food. To find CSFP resources near you, visit: <http://jfs.ohio.gov/ofam/CSFP-March-2018.stm>

Ohio TEFAP is a nutrition assistance program that helps supplement the diets of low-income Ohioans by providing food at no cost to them. This food is distributed through many of Ohio's food pantries, soup kitchens, and shelters. To find TEFAP resources near you, visit: <http://jfs.ohio.gov/ofam/pdf/TEFAPmapApril2016.stm>

In addition, there are 12 foodbanks that, along with its network of providers, distribute food through local food pantries to Ohioans in need. Ohio's emergency food network is comprised of foodbanks, food pantries, soup kitchens, shelters, and congregate meal sites. To find the foodbank that serves Ohioans in your area, visit: [www.ohiofoodbanks.org/foodbanks/](http://www.ohiofoodbanks.org/foodbanks/)

## **Emergency Shelf-Stable Meals** ***US Providers***

### **GA Foods – 5-Day SunMeadow® Shelf-Stable (also provides Frozen) Meals:**

(Florida Based)

Nutritional analysis provided

5 meal and 7 meal packs

<https://www.sunmeadow.com/what-we-offer/senior/home-delivered-meals/>

### **Golden Gourmet Meals – Shelf Stable Meal Solutions:**

5 meal and 7 meal packs

(Georgia Based) Nutrition analysis provided

<https://www.goldengourmetmeals.com/products-and-solutions/shelf-stable-meal-solutions>

### **TRIO Community Meals– Frozen, Fresh, Chilled, Shelf-Stable HDMs:**

<https://triocommunitymeals.com/our-services/>

### **CPI Foods – Shelf Stable Meals:**

(Texas Based) Packages and distributes shelf stable meals to Meals on Wheels and Senior Nutrition Providers, nationally. CPI Foods, Inc., offers a variety of menus including Regular, Diabetic, Kosher, Renal and Low Sodium. We offer breakfast, lunch and dinner meals. Our meals are packed in one meal, two meal, three meal boxes. We also offer larger bulk packed economy boxes. This would include, 4, 5,6,7, 10 and 20 meal packs.

Follows Meal Patterns

<http://www.cpifoods.com/>

### **My Own Meal® Shelf Stable (Kosher) Meals:**

(Deerfield, IL Based)

May have to request nutritional data from them (unable to locate on their site)

<http://www.myownmeals.com/products/meal-descriptions-and-ingredients/>

### **Traditions:**

(Mississippi based)

Meet the 1/3 the DRI

<http://traditionsi.com/shelf-stable-meals>

### **JA Food Service – Shelf Stable Senior Meals:**

3 Day Menus with nutritional data available, Kosher and Low sodium options “packaged to meet your states requirements”

Menus available that meet the 1/3 DRI

Packagedmealkits.com

<https://packagedmealkit.com/senior-meal-kits/>

### **Magic Kitchen**

Frozen meals, Offers Medically tailored

\$10-15 per meal + shipping

Shipped from KS on dry ice to all 50 states

<https://www.magickitchen.com/county-area-of-aging-meals/>

**Mom's Meals (Iowa based)**

Fresh meals (keep for 2 weeks), Offer Medically tailored meals

Costs \$6.99 per meal

<https://www.momsmeals.com/aaa-state-governments/>

Delivers nationwide (combo of own delivery drivers and 3<sup>rd</sup> party carriers)

**Personal Chef-To-Go**

Fresh, available in 5, 8, or 10 meal packs

Deliver every Thursday, \$70 for 5-meal sampler, 16-meal plan for \$175 (\$10.90 per meal)

Delivered via FedEx (ship nationwide, shipping is free to eastern US)

<https://personalcheftogo.com/>

## REFERENCES

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