Preparing for an emergency: What you need to know about kidney disease and food safety

September 27, 2022
National Food Safety Education Month
Reminders

• Please send in your questions for the speakers or the AKF team:
  • Zoom: Use the Q&A feature
  • Facebook: Leave a comment
  • You can email education@kidneyfund.org to request a certificate of attendance.

• At the end of today’s event, please complete a brief feedback survey.
20+ years of experience in managing complex and comprehensive programs in healthcare.

10+ years of experience supervising and leading teams.

5 years of experience in managing a $350M patient assistance program with a grant review team and a call-center.

Expert skills as a liaison, in conflict resolution and mentoring teams to deliver exceptional results.

Director of Patient Support at AKF
Thanks to our speakers!

Meredith Carothers, MPH

• Technical Information Specialist at the USDA’s Food Safety and Inspection Service.

• Works in food safety education and promotes safe food handling and positive behavior change through creative national campaigns and outreach programs.

• Directly assists the public by answering consumer food safety inquiries on USDA’s Meat and Poultry Hotline.

• Received her Masters in Public Health from George Mason University with a concentration in Community Health Promotion.

• Passionate about sharing food safety information to keep consumers safe from foodborne illness.
AKF’s Emergency Preparedness Resources
Disaster Relief Program

Helping kidney patients rebuild their lives

Helps dialysis patients with grants for areas of need such as transportation, temporary lodging, home repair, and food replacement.

AKF reaches out to the Kidney Community Emergency Response (KCER) Coalition, as well as the area ESRD networks, to gauge patient need. If the need is great enough and sufficient funding is available, AKF will open the program.

The Disaster Relief Program (DRP) has provided millions in assistance to help dialysis patients rebuild their lives following natural disasters.

William, Dialysis patient

“It’s a sign of hope that people are being generous in a time of national and financial crisis.”
In 2021, AKF provided disaster relief through the DRP - Hurricane Ida, and the Texas Winter Storm Programs.

Hurricane Ida - We spent $151,575 to help 766 patients impacted.

Texas Winter Storm - We spent $329,735 to help 1,663 patients impacted.
In 2022, AKF has provided disaster relief through the DRP-New Mexico Wildfires and the Kentucky Flooding.

**New Mexico Wild Fires**
- We spent $500 to help 2 patients impacted.

**Kentucky Flooding**
- We spent $2,250 to help 9 patients impacted.
How to Get a Disaster Relief Grant

- Visit KidneyFund.org to learn more about AKF’s financial assistance programs and how to apply.
  - Create a profile register in the Grants Management System (GMS) and apply for grants.
  - For GMS registration issues e-mail us at registration@kidneyfund.org.
- Call us at 800.795.3226 Monday through Thursday to speak with a live representative or visit GMSassist.com to schedule a phone appointment for a day and time that is convenient for you.
Resources for Disaster Relief

PREPARING FOR A NATURAL DISASTER

Tips for dialysis patients

1. PLAN AHEAD
   - Arrange to have dialysis before the storm arrives
   - Talk to your dietitian about a more restrictive meal plan before the storm
   - Make a disaster prep kit containing all of your disaster supplies and materials

2. BE IN THE KNOW
   - Home dialyzers: contact your provider for disaster instructions
   - Write down your medicines and phone numbers for your care team and nearby dialysis centers
   - Check public transportation disaster plan

3. SELF-ADVOCATE
   - Keep a patient ID card with you
   - Consider wearing a medical alert bracelet
   - Inform utility companies that you need power and water for survival
   - Identify an emergency contact person

4. STOCK UP
   - Create an emergency first aid kit with bandages, antibiotic creams, etc.
   - Create an emergency food supply with non-perishables to last 3 days
   - Have enough medicine on hand for at least 5-7 days

5. CHECK UP
   - Check your disaster prep kit every 6 months to make sure it's well stocked
   - Update your lists of phone numbers, medicines and other info
   - Check that your emergency food has not expired

6. RESOURCES
   - American Kidney Fund: KidneyFund.org (800) 638-8299
   - Kidney Community Emergency Response Coalition (KCER): kceroalloy.com (516) 209-5253

KidneyFund.org
Where to Go for Additional Resources

• Health Services Advisory Group (HSAG) provides:
  • Quality improvement, data management, grievance investigation, technical assistance, patient and professional education services for more than 1,990 dialysis providers and over 161,000 dialysis patients in participating states and their respective end-stage renal disease (ESRD) networks.

• The goal of the ESRD Network:
  • Efficiently and effectively increase the quality of care and quality of life for ESRD patients, and all HSAG ESRD Network activities are focused on promoting patient-centered care as well as patient and family engagement at the provider level.
Additional Resources

- Kidney Community Emergency Response: kcercoalition.com
- ESRD National Coordinating Center: esrdncc.org

Emergency planning checklist
Patient emergency contact list
Preparing for Emergencies: A Guide for People on Dialysis
Three-Day Emergency Diet Guide (in English and Spanish)
Emergency Disconnect Procedure for In-Center Hemodialysis Patients (in English and Spanish)
USDA’s Food Safety Presentation

Meredith Carothers, MPH
The Food Safety and Inspection Service (FSIS) is responsible for ensuring that meat, poultry, and egg products are safe and that they are properly labeled and packaged.

FSIS also educates consumers on foodborne illness and how to safely handle food.
Foodborne Illness

Each year, foodborne illness…

- Results in 48M illnesses
- Results in 128K hospitalizations
- Causes 3K deaths
Food Safety for Those at Risk

Some people are at greater risk for experiencing a more serious illness or even death should they get a foodborne illness.

- Infants
- Young children
- Pregnant women and their unborn babies
- Older adults
- People with weakened immune systems, such as those with:
  - HIV/AIDS
  - Cancer
  - Diabetes
  - Kidney disease
  - Transplant patients
Why Are Emergencies Risky for Food?

• Power outages = unsafe temperatures

• Floods = bacteria and contaminants

• Fires = contaminants
Power Outages

PREPARING

**BEFORE**
PLAN AHEAD (IF YOU CAN) …

- **Put appliance thermometers** in your refrigerator and freezer.
- **Keep freezer** 0°F or below
- **Group foods together** in the freezer to help food stay colder longer.
- **Freeze refrigerated items** such as leftovers, milk, and fresh meat and poultry that you do not need immediately.
- **If you think power will be out for an extended period of time**, buy **dry or block ice** to keep the fridge or freezer cold.
- **Store nonperishable foods** on higher shelves to avoid flood water.

- **Freeze containers of water and gel packs** to help keep food cold if the power goes out.
- **Refrigerator** 40°F or below
Power Outages

DURING

DURING
WHILE THE POWER IS OUT...

... a full freezer will hold its temperature for 48 hours.

IF DOORS STAY CLOSED...

... a fridge will keep food safe for 4 hours.

Keep the refrigerator and freezer doors closed to maintain cold temperature.

American Kidney Fund®
Fighting on all fronts

KidneyFund.org
Power Outages

AFTER

**WHEN IN DOUBT, THROW IT OUT!**

Check the temperature inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.

**ONCE THE POWER IS BACK ON ...**

Never taste food to determine its safety!

**WHAT CAN I KEEP?**

The following foods are safe if held above 40 °F for more than 2 hours:

- Hard cheeses (Cheddar, Colby, Swiss, Parmesan, Provolone, Romano)
- Grated Parmesan, Romano, or combination (in can or jar)
- Butter or margarine
- Opened fruit juices
- Opened canned fruits
- Jelly, relish, taco sauce, mustard, ketchup, olives, pickles
- Worcestershire, soy, barbecue, and Hussin sauces
- Peanut butter
- Opened vinegar-based dressings
- Bread, rolls, cakes, muffins, quick breads, tortillas
- Breakfast foods (waffles, pancakes, bagels)
- Fruit pies
- Fresh mushrooms, herbs, and spices
- Uncut raw vegetables and fruit

**WHAT SHOULD I THROW OUT?**

- Meat, poultry or seafood products
- Soft cheeses and shredded cheeses
- Milk, cream, yogurt, and other dairy products

- Opened baby formula
- Eggs and egg products
- Dough, cooked pasta
- Cooked or cut produce

**REFREEZE FOOD THAT STILL CONTAINS ICE CRYSTALS OR IS AT 40°F OR BELOW.**
# What foods are safe vs not safe after a power outage?

## Refrigerator

**Unsafe**
- Raw, cooked, or leftover meat, poultry, fish, eggs, and egg substitutes
- Luncheon meat and hot dogs
- Casseroles, soups, stews, and pizza
- Cut or cooked fruits and vegetables
- Milk, cream, yogurt, sour cream, and soft cheeses
- Mixed salads (i.e. chicken, tuna, macaroni, potato)

**Safe**
- High-acid foods such as mustard, ketchup, relishes, pickles, non-creamy salad dressings, jams and jellies
- Whole fruits and vegetables
- Unopened juices
- Hard and processed cheeses
- Butter and margarine
- Baked goods such as bread, muffins, cakes (except those with cream cheese frosting or cream fillings)
What foods are safe vs not safe after a power outage?

**FREEZER**

SAFE

- Frozen foods that have partially thawed, but still contain ice crystals
- Foods that have remained at refrigerator temperatures (40°F or below).
  - They may be safely refrozen; however, quality may suffer
- Foods that don’t need to be frozen:
  - Dried fruits
  - Butter and margarine
  - Baked goods such as bread, muffins, cakes (except those with cream cheese frosting or cream fillings)
Floods

**FOLLOW THESE STEPS AFTER A FLOOD:**

- **DO NOT EAT** any food that may have touched flood water.
- **DISCARD FOOD** not in waterproof containers; screw-caps, snap lids, pull tops, and crimped tops are not waterproof.
- **DISCARD** cardboard juice/milk/baby formula boxes and home canned foods.
- **DISCARD** any damaged cans that have swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting severe enough to prevent normal stacking or opening.

**SANITIZE**

1 tbsp. bleach +
1 gallon water

- Pots, pans, dishes and utensils
- Undamaged all-metal cans after removing labels
Resources

Visit the FSIS website at fsis.usda.gov to view factsheets and other resources about food safety during emergencies:

**Emergencies**

- [Keep Your Food Safe During Emergencies](#)
- [A Consumer's Guide to Food Safety: Severe Storms and Hurricanes](#)
- [Fires and Food Safety](#)
- [Removing Odors from Refrigerators and Freezers](#)
Meat and Poultry Hotline

USDA’s Meat & Poultry Hotline

1-888 MPHOTLINE
1-888-674-6854
M–F 10am–6pm ET
Q & A

Please send in your questions using the Q&A feature on Zoom or leave a comment on Facebook.
Two things to know, Two things to do

Two things to know:
1. A refrigerator keeps a safe temperature for 4 hours, and a freezer keeps a safe temperature 24 hours (if half full) or 48 hours (if full) during a power outage.
2. Floods and fires can expose food to contaminants and bacteria.

Two things to do:
1. Create an emergency plan in case of an upcoming disaster and/or emergency.
2. Make a disaster prep kit and check on it every six months to ensure that it is well stocked and has all the supplies and materials that you need.