

# Aging and Disability Services Division

## Title III-C Nutrition Shelf Stable Meals

Shelf stable meals are an excellent way to provide a nutritious meal in a situation where a regular meal is not an option. Shelf stable meals are to be used during bad weather, or other emergency meal replacements, when home delivered meals cannot be delivered. These meals do not require refrigeration and can be consumed at room temperature if needed.

To help our homebound clients during emergencies, nutrition programs will:

- ✓ Purchase and create a 2-day supply of self-stable meals from the approved menu shown below, or purchase the complete shelf stable meals from a company. Some companies are listed below.
- ✓ Deliver a 2-day supply of shelf stable meals to all home delivered recipients prior to emergencies or bad weather.
- ✓ Place a note on the shelf stable meals informing participants:

*This 2-day supply of shelf stable meals is being provided to each home-delivered meal recipient to keep and use in case of an emergency when meals cannot be delivered. The meals should be eaten by the "use by date."*

- ✓ **The two shelf stable meals may be counted as 2 units of service or 2 meals. These meals must be counted separately from regular home delivered meals for auditing purposes.**

Programs that create their own shelf stable meals need to be aware of the "used by dates" of individual items used. Programs that purchase their meals from a company will need to place expiration dates on the packages.

### **Companies that sell shelf stable meals:**

Sun Meadow	1-800-926-1541	<a href="http://www.sunmeadow.net">www.sunmeadow.net</a>
Traditions	1-866-413-8723	<a href="http://www.traditionsi.com">www.traditionsi.com</a>
J & R Packaging	269-695-5600	<a href="http://www.jrpack.com">www.jrpack.com</a>
National Partners	1-888-414-5054	<a href="http://www.mynpi.org">www.mynpi.org</a>
CPI Foods, Inc.	1-800-549-9630	<a href="http://www.cpifoods.com">www.cpifoods.com</a>

## Shelf Stable Meal Menu

<ul style="list-style-type: none"> <li>• Beef Stew</li> <li>• Orange Juice</li> <li>• Fruit Lite Mixed Cup</li> <li>• Saltines</li> <li>• Non-Fat Dry Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Noodles &amp; Chicken</li> <li>• Tomato Juice</li> <li>• Pudding Cup</li> <li>• Oatmeal Cookie</li> <li>• Non-Fat Dry Milk</li> </ul>
<ul style="list-style-type: none"> <li>• Chili With Beans</li> <li>• Orange Pineapple Juice</li> <li>• Applesauce</li> <li>• Granola Bar</li> <li>• Wheat Twins</li> <li>• Non-Fat Dry Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chili Mac</li> <li>• V-8 Juice</li> <li>• Applesauce</li> <li>• Wheat Twins</li> <li>• Oatmeal Cookie</li> <li>• Non-Fat Dry Milk</li> </ul>
<ul style="list-style-type: none"> <li>• Corned Beef Hash</li> <li>• Orange Pineapple Juice</li> <li>• Raisins</li> <li>• Dry Cereal</li> <li>• Non-Fat Dry Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chunk Lite Tuna</li> <li>• Apple Juice</li> <li>• Mayonnaise</li> <li>• Relish</li> <li>• Raisins</li> <li>• Saltines</li> <li>• Non-Fat Dry Milk</li> </ul>
<ul style="list-style-type: none"> <li>• Beans &amp; Wieners</li> <li>• Pink Grapefruit Juice</li> <li>• Raisins</li> <li>• Granola Bar</li> <li>• Non-Fat Dry Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Lasagna</li> <li>• Apple Juice</li> <li>• Spinach</li> <li>• Saltines</li> <li>• Non-Fat Dry Milk</li> </ul>
<ul style="list-style-type: none"> <li>• Chicken &amp; Dumplings</li> <li>• Grapefruit Juice</li> <li>• Applesauce</li> <li>• Saltines</li> <li>• Non-Fat Dry Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Beef Soup</li> <li>• Apple Juice</li> <li>• Cheese PB Crackers</li> <li>• Raisins</li> <li>• Non-Fat Dry Milk</li> </ul>