



# Reduce Emergency Nutritional Risk and Expense

Emergencies from Hurricane Katrina to the earthquakes and fires of California have taught us a tragic lesson that providing patients or residents with proper nutritional care during emergency periods is critical to survival of both people and healthcare communities.

**Meals for All** is committed to helping healthcare communities ensure institutional emergency preparedness for uninterrupted nutrition care that saves lives and money. Meals are complete, convenient, cost-effective and planned with regulations in mind to reduce nutrition risk and expense in emergencies.

## RD Formulated and Approved

**Meals for All** provides nutritionally balanced complete meals in three to seven day solutions. No planning or recipes are required. Just add water and serve with the confidence of knowing that everyone you are feeding is receiving the nutrition they need. **Meals for All** is...

- Complete nutritionally balanced meals
- RD planned to meet survey nutritional requirements
- Three full meals a day plus snack
- Approximately 2,000 calories
- 90-100 grams protein with moderate sodium
- Most therapeutic diets and textures with puree available
- USDA inspected real meat and quality ingredients
- Easily prepared without utilities or trained staff
- Turnkey written emergency plan included

*"You purchase **Meals for All** just once and don't bother with it again for ten years. The food tastes good. ANYONE can prepare it. You just add hot water, stir, and serve." - SM, CDM San Jose, CA*

**Spend Less to Provide Excellent Emergency Nutrition Care**  
Learn more at [www.mealsforall.com](http://www.mealsforall.com) or call (916) 832-MEAL (6325)

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## Total Emergency Nutrition Preparedness Solution

*Finally, an emergency meal solution we can all live with.*

**Meals for All** emergency solution offers a complete, RD created and approved emergency meal plan, emergency and disaster policies and procedures, and nutritious, delicious **Meals for All**. These menus were created by Registered Dietitians based on thirty-five years of expertise as the number one provider of dietitians to health care facilities in the Western United States. Everybody wins... Facilities save money, reduce risk, and residents have improved care quality with uninterrupted nutritious meal service even during emergencies.



## Reduce Emergency Preparedness Costs

- 10 Year shelf-life
- Similar cost as one year of meals
- Save 90% over traditional emergency food plans
- No rotation saves time and money
- Save more by avoiding costly survey infractions





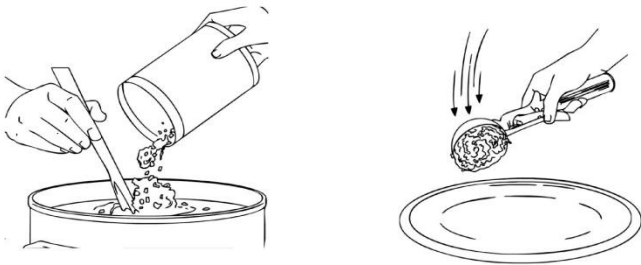
### Pre-planned Total Preparedness

Meals for All are pre-planned meals that are nutritious and suitable for most ages, diets and textures. Meals for All are manufactured under USDA inspection with the utmost attention to safe food handling. This total solution for emergency preparedness provides the plan, the meals and all the instructions needed. Meals for All are packed to easily transport with the emergency victims should an evacuation be necessary.

*"In my 28 year career as a Dietary Manager I have never seen a product remotely as innovative. Meals for All lifts a burden and provides confidence in survey preparedness for ten years." - PJ, DM Phoenix, AZ*

### No staff, No Utilities? No Problem.

Trained food service staff may not be available to prepare meals during emergencies. Meals for All are complete meals easily prepared by any staff or untrained volunteers using hot or cold water allowing uninterrupted meal service even when gas or electricity is not available. No recipes needed. No combining foods required. No knowledge of cooking necessary.



### Real Food... Great Taste

Meals for All are real foods that contain beef, chicken, and turkey with no soy substitutes and no preservatives. All the meals are fully cooked before dehydrating or freeze drying. After adding hot or cold water to reconstitute, they look and taste just like fresh cooked foods; no additional cooking is necessary. Our recipes have been specially prepared and tested to provide a great dining experience. We use high quality ingredients and the same spices and herbs you use in your facility recipes.

### Food, Water and Supplies: Everything Needed

In addition to food, emergency nutrition plans require the availability of water and supplies. Meals for All is a complete, integrated emergency solution that delivers everything needed to provide quality emergency nutrition care.

- Money saving quality emergency food that requires no utilities
- FREE Emergency Preparedness Consultation and plan support
- Water storage and distribution systems and components
- Compact dining kits for storing disposables



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# Three to Seven Day Menu Solutions

Enjoy these delicious Meals for All custom formulated entrées suitable for most therapeutic diets!

- **Chicken Curry with Rice** – a savory blend of far eastern spices combined with chicken and rice for a tasty meal that satisfies without being spicy
- **Beef Stroganoff with Noodles** – a classic old-world recipe of beef, pasta, and mushrooms in a rich sour cream sauce
- **Southwest Chicken with Rice** – a zesty mixture of chicken, rice and beans with seasonings to delight all ages
- **Beef Stew with Potatoes and Gravy** – beef, potatoes, carrots and vegetables in a rich brown sauce warms the way to a hearty meal
- **Turkey and Potatoes with Cranberries** – a wholesome combination of turkey and fall ingredients that pops with a few sweet cranberries
- **Macaroni and Cheese** – creamy classic of macaroni pasta with rich cheese sauce; a vegetarian delight for all
- **Spaghetti with Mushrooms** – a flavorful tomato sauce over spaghetti noodles with real mushrooms; a vegetarian entrée everyone loves

## Meals for All Four-Day Menu

Visit [mealsforall.com](http://mealsforall.com) for a complete seven-day menu

	Breakfast	Lunch	Dinner
Day 1	<ul style="list-style-type: none"> <li>• Fortified Apple Cereal</li> <li>• Cracker-Biscuits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Beef &amp; Mushrooms with Noodles</li> <li>• Green Peas</li> <li>• Diced Apples</li> <li>• Cracker-Biscuits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Curry with Rice</li> <li>• Carrots</li> <li>• Cracker-Biscuits</li> <li>• Chocolate Pudding</li> <li>• Beverage</li> </ul>
Day 2	<ul style="list-style-type: none"> <li>• Fortified Apple Cereal</li> <li>• Cracker-Biscuits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey &amp; Potatoes with Cranberry</li> <li>• Corn Niblets</li> <li>• Diced Peaches</li> <li>• Cracker-Biscuits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Spaghetti with Mushrooms</li> <li>• Garden Mixed Vegetables</li> <li>• Cracker-Biscuits</li> <li>• Banana Pudding</li> <li>• Beverage</li> </ul>
Day 3	<ul style="list-style-type: none"> <li>• Fortified Apple Cereal</li> <li>• Cracker-Biscuits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Southwestern Chicken &amp; Rice</li> <li>• Green Beans</li> <li>• Applesauce</li> <li>• Cracker-Biscuits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Stew with Potatoes</li> <li>• Broccoli</li> <li>• Cracker-Biscuits</li> <li>• Vanilla Pudding</li> <li>• Beverage</li> </ul>
Day 4	<ul style="list-style-type: none"> <li>• Fortified Apple Cereal</li> <li>• Cracker-Biscuits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Curry with Rice</li> <li>• Garden Mixed Vegetables</li> <li>• Diced Peaches</li> <li>• Cracker-Biscuits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Macaroni &amp; Cheese</li> <li>• Green Peas</li> <li>• Cracker-Biscuits</li> <li>• Banana Pudding</li> <li>• Beverage</li> </ul>

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