

# *Special Dietary Needs Checklist*

*As with any situation you can have people with special needs, medical conditions, and special dietary requirements. If anyone in your group has any of these special requirement, you will need to plan ahead for that. This is a general list of some of the most common issued but it is not by any means a complete list. You can add to this list as needed.*

## *General Preparation:*

*Emergency Food Supply: Stock up on non-perishable foods that meet your dietary requirements.*

*Water Supply: Ensure a sufficient supply of clean drinking water and purification methods.*

*Prescription Medications: Have an extra supply of necessary medications.*

*Emergency Contact List: Include contacts of healthcare providers and pharmacies.*

## *Allergies:*

*Allergen-Free Foods: Stock up on foods that do not contain common allergens like gluten, nuts, dairy, etc.*

*Epinephrine Auto-Injectors: If prescribed, ensure to have extras on hand.*

*Antihistamines: Over-the-counter or prescription, as necessary.*

## *Heart Health:*

*Low-Sodium Foods: Stock up on foods that are heart-healthy and low in sodium.*

*Blood Pressure Monitor: To keep track of blood pressure levels.*

*Heart Medications: Extra supply of prescribed heart medications.*

### *Diabetes Management:*

*Glucose Monitoring Supplies: Glucose meter, test strips, lancets, and lancing device.*

*Insulin: Extra supply along with a proper storage solution to keep it cool.*

*Hypoglycemia Treatments: Glucose tablets, gels, or other fast-acting carbohydrates.*

### *Digestive Disorders:*

*Specialty Foods: Such as gluten-free, lactose-free, or low FODMAP foods.*

*Digestive Medications: Like antacids, anti-diarrheals, and other digestive aids.*

*Probiotics: To support digestive health.*

### *Kidney Health:*

*Low-Potassium and Low-Phosphorus Foods: As per dietary restrictions for kidney issues.*

*Fluid Restrictions: Properly measured water and fluid intake if required.*

### *Celiac Disease or Gluten Sensitivity:*

*Gluten-Free Foods: Ensure a variety of gluten-free food options.*

*Gluten-Free Cooking Supplies: Separate cooking utensils to avoid cross-contamination.*

### *Lactose Intolerance:*

*Lactose-Free Foods: Including dairy substitutes like almond milk, coconut milk, etc.*

*Lactase Supplements: To help digest lactose if consuming dairy products.*

### *Vegan or Vegetarian:*

*Plant-Based Foods: Variety of canned or dehydrated fruits, vegetables, legumes, and grains.*

*Protein Sources: Such as nuts, seeds, and plant-based protein powders or bars.*

### *Pregnancy:*

*Prenatal Vitamins: Extra supply to last through the emergency period.*

*Healthy Snacks: Nutritious snacks rich in protein, fiber, and healthy fats.*

*Hydration: Plenty of water and electrolytes to stay hydrated.*

### *Infant and Toddler Needs:*

*Baby Formula: If applicable, an extra supply of baby formula.*

*Baby Food: Variety of baby food jars or pouches.*

*Feeding Supplies: Bottles, nipples, sippy cups, and baby utensils.*

### *Supplements and Vitamins:*

*Daily Multivitamins: To fill any nutritional gaps in the diet.*

*Specific Supplements: Like iron, calcium, or vitamin D, as per individual needs.*

### *Accessibility:*

*Easy-Open Packaging: For those with mobility issues in hands or fingers.*

*Meal Preparation: Ready-to-eat meals or simple preparation meals for ease.*

*Mobility tools: canes, wheel chairs, crutches, etc.*