

SECTION .0700 - NUTRITION

10A NCAC 14D .0701 NUTRITION AND FOOD SERVICE

(a) Food Procurement and Safety:

- (1) The kitchen, dining and food storage areas shall be clean, orderly and protected from contamination;
- (2) All food and beverage being procured, stored, prepared or served by the facility shall be protected from contamination;
- (3) All meat processing shall occur at a United States Department of Agriculture (USDA) approved processing plant; and
- (4) There shall be at least a three-day supply of perishable food and a five-day supply of non-perishable food in the facility based on the menus, for both regular and therapeutic diets.

(b) Food Preparation and Service:

- (1) Sufficient staff, space and equipment shall be provided for safe and sanitary food storage, preparation and service;
- (2) Table service shall include a napkin and non-disposable place setting consisting of at least a knife, fork, spoon, plate and beverage containers. Exceptions may be made on an individual basis and shall be based on documented needs or preferences of the resident; and
- (3) If residents require feeding assistance, food shall be maintained at serving temperature until assistance is provided.

(c) Menus:

- (1) Menus shall be prepared according to the USDA Dietary Guidelines for Americans which is incorporated by reference with all subsequent amendments and is available at no cost on the internet website, <http://www.health.gov/dietaryguidelines>;
- (2) Menus shall be maintained in the kitchen and identified as to the current menu day and cycle for any given day for guidance of food service staff;
- (3) any substitutions made in the menu shall be of equal nutritional value, appropriate for therapeutic diets and documented to indicate the foods actually served to residents;
- (4) Menus shall be planned to take into account the food preferences and customs of the residents;
- (5) All menus including all therapeutic diets shall be planned or reviewed by a licensed dietitian/nutritionist as required by G.S. Chapter 90, Article 25. The facility shall maintain verification of the dietitian's approval of the therapeutic diets which shall include an original signature by the dietitian and the licensure number of the dietitian; and
- (6) The facility shall have a matching therapeutic diet menu for all physician-ordered therapeutic diets for guidance of food service staff.

(d) Food Requirements:

- (1) Each adult day care program offering overnight respite care services shall be served a minimum of three meals a day at regular hours with at least 10 hours between the breakfast and evening meals; and
- (2) Foods and beverages that are appropriate to overnight respite residents' diets shall be offered or made available to overnight respite residents as snacks between each meal for a total of three snacks per day and shown on the menu as snacks.

(e) Therapeutic Diets:

- (1) All therapeutic diet orders including thickened liquids shall be in writing from the resident's physician;
- (2) Where applicable, the therapeutic diet order shall be specific to calorie, gram or consistency, such as for calorie controlled American Diabetic Association diets, low sodium diets or thickened liquids, unless there are written orders which include the definition of any therapeutic diet identified in the facility's therapeutic menu approved by a licensed dietitian/nutritionist; and
- (3) The facility shall maintain an accurate and current listing of overnight respite residents with physician-ordered therapeutic diets for guidance of food service staff.

(f) Feeding Assistance:

- (1) Sufficient staff shall be available for individual feeding assistance as needed; and
- (2) Residents needing help in eating shall be assisted upon receipt of the meal and the assistance shall be unhurried and in a manner that maintains or enhances each resident's dignity and respect.

(g) Variations from the required three meals or time intervals between meals to meet individualized needs or preferences of residents shall be documented in the overnight respite resident's record.

*History Note: Authority S.L. 2011-104;
Temporary Adoption Eff. January 1, 2012.*