

Food



F800 Food and Nutrition

The facility must provide each resident with a nourishing, palatable, well-balanced diet that meets his or her daily nutritional and special dietary needs, taking into consideration the preferences of each resident.

F804 Food and Drink

**Food prepared by methods that conserve nutritive value, flavor, and appearance;
Food and drink that is palatable, attractive, and at a safe and appetizing temperature.**

F806 Food that accommodates resident allergies, intolerances, and preferences; Appealing options of similar nutritive value to residents who choose not to eat food that is initially served or who request a different meal choice.

How to engage the residents at a Resident Council Meeting:

⇒ Enjoying food is as important to your well-being as nutrition is to your health.

- Tell me something good about the meals here. Tell me where there needs to be improvement.
 - Do the meals taste and smell good and look appetizing? Is the hot food hot and the cold food cold? Are the meals on time? Are there meal choices and alternatives?
- Do you have a special diet (gluten free, low sodium, diabetic) and is the home meeting your nutritional wants and needs?
- Do you prefer to eat in the dining room or in your room? You have a choice.
 - For those of you who eat in the dining room, what do you enjoy about it?

⇒ How you can be involved in making changes in regards to food.

- Start a food committee. Set aside some time in resident council just for food concerns.
- Update your care plan to include your food choices and dining preferences.
- Have your physician prescribe the therapeutic diet that meets your needs.

It is not required that there be individualized menus for all residents; however, alternatives aligned with individual needs and preferences should be available if the primary menu or immediate selections for a particular meal are not to a resident's liking. Facilities must make reasonable and good faith efforts to develop a menu based on resident requests and resident groups' feedback.

The regulation also states: suitable, nourishing alternative meals and snacks must be provided to residents who want to eat at non-traditional times or outside of scheduled meal service times, consistent with the resident plan of care.