

Nutrition Bytes

A bulletin to assist those in the residential care field to meet regulation requirements as it pertains to food and nutrition services.

This bulletin only suggests some ways to meet Regulation and is not all inclusive

Menu Planning for Texture Modified Diets

1. What does the Regulation say?

Menu Planning

- 62** (2) A licensee must ensure that each menu provides
- (a) for each day, a nutritious morning, noon and evening meal, with each meal containing at least 3 food groups as described in Canada's Food Guide,
 - (b) for each day, at least 2 nutritious snacks, with each snack containing at least 2 food groups as described in Canada's Food Guide,
 - (c) a variety of foods, taking into consideration
 - (i) the nutrition plan of each person in care and the nutrition needs, age, gender and level of activity of the persons in care,
 - (ii) the food preferences and cultural background of the persons in care,
 - (iii) seasonal variations in food,
 - (iv) the texture, colour and matters that affect food safety, taste and visual appeal, and
 - (d) for substitutions to be made that are from the same food group and have a similar nutritional value.
- (3) The licensee must take all reasonable steps to ensure that the food served to persons in care follows the menu and, if unable to do so because of unforeseen circumstances, that the food provided to persons in care meets the nutritional requirements set out in subsection (2).

Food services employees

- 44** (1) A licensee must ensure that employees responsible for the preparation and delivery of food
- (a) have the experience, competence and training necessary to ensure that food is safely prepared and handled and meets the nutrition needs of the persons in care, and
 - (b) receive ongoing education respecting the preparation and delivery of food, nutrition and, if required, assisted eating techniques.

2. Why do I need to know this?

You need to know that the Regulation sets standards for all persons in care, including those with texture modified diets.

A texture modified diet means cut up, minced, pureed and thickened fluids for persons in care who have trouble chewing or swallowing.

The intent behind these regulations is to maintain, enhance and/or optimize the person in cares' nutritional and hydration status by:

- Ensuring an organized menu that provides adequate nutrition (variety and quantity), which meets the preferences and nutritional needs of a person with a texture modified diet.
- Ensuring that meals and snacks are prepared and served by trained and competent staff to ensure food safety and to meet the nutritional needs of a person with a texture modified diet.

3. How do you know you are in compliance with the Regulation?

Does the menu reflect the nutritional needs of a person in care with a texture modified diet? These are some ways we know a facility is in compliance:

- The menu is regularly audited and evidence to support this.
- For facilities with more than 24 persons, a dietitian has planned the menu and there is evidence to support this.
- For facilities with 24 or less persons, there is an assessment of the menu such as the checklist found in the *Meals and More Manual* (pages 9-12).
- A separate menu exists for persons with a texture modified diet.

Is there evidence to support that the texture modified diet is being provided? These are some ways we know a facility is in compliance:

- Preparation instructions/recipes available to guide staff.
- Equipment/supplies (e.g., blender, food processor, thickener) available to follow food preparation instructions.
- Food is available as per the menu.
- Staff are trained in safe food handling practices.
- Staff receive ongoing training to prepare a texture modified diet.

4. Here is an example of a Licensee meeting the Regulation requirements:

Sunshine Residence, a 4 bed community living home, has 3 persons in care who require a texture modified diet. The dietitian involvement is limited to nutrition plan assessments.

After a staff member was observed to be mixing all food together while feeding a person in care, the Manager realized staff required training. Staff were then instructed to learn more about menu planning and safe food preparation for texture modified diets by reading and following section 2 (individual nutrition care planning), 3 (food texture, modified fluids, and swallowing disorders), 6 (menu planning) and 9 (managing food safely to maintain quality) of the *Meals and More Manual*. They also recently completed the online food safety course available at www.foodsafety.gov.bc.ca.

In addition staff received an order from the dietitian to fortify the protein and calories in one of the texture modified diets. So they now also refer to the *Modified Texture Food Production – A Manual for Patient Care Facilities* (2nd Edition, 2008) by Wendy Dahl (available at www.dietitians.ca in their resource centre for a fee) and section 4 (special diets) of the *Meals and More Manual* (available online at http://www.health.gov.bc.ca/library/publications/year/2008/Meals_and_More_Manual.pdf).

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