

*Meals & More: A Foods and Nutrition Manual for Homes of Adults and Children with  
24 Persons or Fewer in Care (revised 2008)*

This information is provided to help you to adjust the information in the Meals & More manual to fit the nutrition requirements in the new Residential Care Regulation (effective October 1, 2009).

The new Residential Care Regulation can be viewed at: [www.health.gov.bc.ca/ccf/legislation](http://www.health.gov.bc.ca/ccf/legislation). The Meals & More manual can also be viewed at this site under the “Publications” tab located on the left-hand side of the web page.

## Adjustments:

### 1. Nutrition Care Plan (NCP) Development timelines

- On Page 17, and 18 [point #6(i)]

“2 weeks” is described as the timeline within which the initial NCP must be developed.

Change: It should read on both pages that the timeline is “30 days” for the development of the NCP.

### 2. Nutrition Care Plan (NCP) Reviewing timelines

- On Pages 17, 18 [point #6(ii)] and 26

“14 weeks” is described as the timeline within which the NCP must be reviewed.

Change: It should read on all three pages that the timeline for review of an NCP is “at least annually if there is no substantial changes to the circumstances of the person in care (PIC)”

### 3. Meals and Snacks/nourishments

- On page 12 [point #8]

Change: In addition to “includes 3 meals and a minimum of 2 snacks” include the following “at least 3 food groups from Canada’s Food Guide are included in every meal” and “at least 2 food groups from Canada’s Food Guide are included in every snack”.

- On page 80 [point #4]

Change: The requirement for 1 snack to be provided in the evening has been removed from the legislation. Snacks which previously required 1 food group must now include “2 food groups”.

### 4. Forms to Accompany Meals & More

- On pages 2, 6, 35, 37, 46, 74, 81, 83, 85, 95, 104, and 123

Change: Replace [www.publications.gov.bc.ca](http://www.publications.gov.bc.ca) with [www.health.gov.bc.ca/ccf](http://www.health.gov.bc.ca/ccf). The forms can be located by clicking on “Publications” tab located on the left-hand side of the web page.

### 5. Significant Weight Change Tables

- On page 32 table “significant weight change” [column 3]

Change: Heading “2 months” should read “3 months”.

**Please note:** The weights in the first table are listed in kg (*lbs*) and the weights in the second table are listed in lbs (*kg*).

### 6. Healthy Body Weight and Body Mass Index (BMI)

- On page 39

Change: Contact a registered dietitian if the weight does not fall within a “BMI of 18.5–30” should read, “BMI of 18.5–24.9”.

### 7. Other and Suggested Resources for Nutrition and Food Information

- On page 40

Change: Dial-A-Dietitian to HealthLinkBC  
[www.dialadietitian.org](http://www.dialadietitian.org) to [www.HealthLinkbc.ca](http://www.HealthLinkbc.ca) or dial 811