

## 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*

### How to Evaluate Facility Menus

#### 1. What does the Regulation tell us?

##### Self-monitoring of community care facility

- 61** A licensee must regularly monitor the physical environment of the community care facility, and the care and services provided by it, to ensure that the requirements of the Act and this regulation are being met.

##### Individual nutrition needs

- 66 (1)** A licensee must ensure that each person in care receives adequate food to meet their personal nutritional needs, based on Canada's Food Guide and the person in care's nutrition plan.

##### Food services record

- 87** A licensee must keep a record of the following matters respecting food services:  
(c) the results of monitoring, by the licensee, of food services and nutrition care.

#### 2. What do I need to know?

Evaluating your menus is one form of self-monitoring which meets the intent of Section 61 of the *Residential Care Regulation*. By carrying out a menu audit, you are determining how well your menu servings compare to the recommended servings of different food types described in the Canada's Food Guide or in the Person in Care's nutrition care plan.

Your menu audit will need to be documented and available for review in order to demonstrate that you are meeting the individual nutrition needs of each person in care.



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### 3. How do I know I am in compliance with these sections of the Regulation?

Here are some examples of questions to ask in order to assess your compliance.

#### Menu Evaluation

- Is your menu audited using a tool such as the Menu Checklist found in the Meals and More Manual? The intent of an audit is to ensure that the nutritional needs of each person is met utilizing the Canada Food Guide and in accordance to their care plan.
- Is the menu reviewed annually and re-evaluated if there are changes made to the menu?
- If the menu audit shows that there are certain days lacking in Canada Food Guide servings, is a correction made?

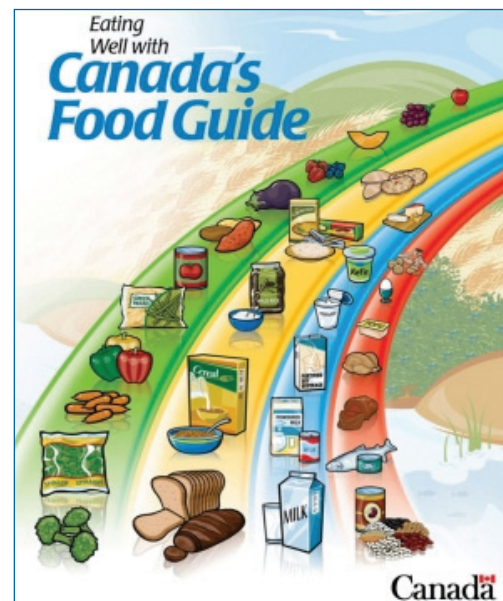
#### Meeting Individual Nutrition Needs

Does your menu:

- Have a four (4) week cycle made up of healthy foods according to the Canada Food Guide?
- Include all food and beverages provided at meals and snacks?
- Include three (3) food groups per meal?
- Include two (2) snacks per day?
- Include two (2) food groups for each snack?
- Include any modifications for special diets such as Diabetic, Food Allergies, Different textures of food and/or other needs of the person in care?
- Include any menu substitutions?

Are recipes made available to staff in order that:

- There is consistency in the final product regardless of which staff member is cooking the meal?
- There is adequate quantity for the number of people you are serving?
- Consistent and appropriate portion sizes per person are provided?
- Modifications are listed on a recipe or menu item such as for special diets?
- Staff know what is needed to plan their shopping appropriately?



#### Foodservice Records

- Are the records of the menu audit/evaluation kept for up to one year?
- Are the audits readily available if requested by Licensing?

### 4. Scenario: A Licensee Meets Regulation Requirements

Sunshine Residence, a community living home has one person in care who is on a general regular diet. They will be receiving two new admissions who each have different dietary needs. One person in care requires a diabetic diet, and one requires a minced diet. The Manager realizes that the menu needs to be reviewed and modified to accommodate these different dietary needs. Both new persons in care have been

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assessed by a dietitian and have a current nutrition care plan in place. Using Section 6 (Menu Planning) of the Meals and More Manual, the Manager goes through the steps needed to plan the menu. Each menu day is examined for any modifications that are needed to prepare for the diabetic and minced diets. The Manager comes up with the following variations for the different diets:

General Diet	Diabetic Diet	Minced Diet
Stir-Fried Chicken	Same	Stir-Fried Chicken Casserole Cut very fine using a sharp knife so that food pieces are small and bite-sized.
Vegetables in Stir-Fry	Same	Checked to make sure they are well cooked and fork-mashable.
Rice	½ cup of cooked rice as per nutrition care plan	Well cooked noodles
Fruited Jello	Diet Jello	Fruit is mashed before adding to the jello liquid.

The Manager evaluates the completed menu using the Menu Checklist found in the Meals and More Manual. The Manager makes sure that any changes made to the menu to accommodate the diabetic menu and the minced menu plan, are also evaluated to ensure that all food groups are included and that the correct number of serving sizes are provided.

The Manager files the results of the checklist (audit) and keeps it for up to one year. If there are major changes made to the menu in the near future, another checklist will need to be completed.



The staff find easy to use and nutritious recipes based on the menu.

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