

## CENTRAL CARE POLICY NUTRITION AND FOOD SAFETY

<b>SUBJECT:</b>	<u>NUTRITION AND FOOD SAFETY</u>
<b>ANNUAL REVIEW MONTH:</b>	<u>June</u>
<b>RESPONSIBLE FOR REVIEW:</b>	<u>Director of Central Care</u>
<b>LAST REVISION DATE:</b>	<u>August 2010</u>

It is the state purpose of Central Care to ensure a minimum of three regularly scheduled, well-balanced meals will be available seven days a week to its consumers. Meals will be served in the early morning, at midday, and the evening, with the last meal taking place no earlier than 5:00Pm. Meals are planned by a registered dietitian and meet the general requirements for nutrition currently found in the Recommended Daily Diet Allowances, Food and Nutrition Board, National Academy of Sciences. Meals are of a sufficient and proper quantity, form consistency, and temperature. Food for at least one nutritious snack shall be available and offered each consumer either in the mid-morning, mid-afternoon and/or evening. All food groups shall be available within the home and represented on the daily menu. Central Care will allow choice and that choice will be noted on the daily menu. Meals prepared and served to consumers and will ensure that the following important issues will be addressed.

**For consumers whom have a goal to assist with preparation of meals, grocery shopping, etc, those goals will be list in the individual service plans.**

Following are safeguards implemented in each home in Central Care:

- All foods, while being stored, prepared, or served are protected against contamination and are safe for human consumption in accordance with accepted standards for food safety.
- Meals are provided to consumers commensurate with their prescribed diet.
- The protection of food from contamination and spoilage.
- The storage of food at proper temperatures, utilizing appropriate thermometers and maintaining temperatures records.
- The control of lighting, ventilation, and humidity to prevent the condensation of moisture and the growth of molds.
- Adherence to effective methods of preventing contamination when making, storing, and dispensing ice.
- The Use of separate cutting boards for meat, poultry, fish, raw fruits and vegetables, and sanitized adequately between use.
- The thorough cleaning and sanitizing of all work surfaces, utensils, and equipment after each period of use.
- The provision of adequate and conveniently located hand washing, hand drying facilities throughout the nutrition care area.

- The use of dish washing and utensil washing equipment and techniques that result in sanitized service ware and that prevent recontamination.
- The discarding of plasticware, china and glassware that have lost their glaze or are chipped or cracked.
- The temperature of the refrigerator and freezer are checked and documented on a temperature log to ensure safety and risk free issues with food.
- The discarding of disposable containers and utensils after use.
- The control of traffic of unauthorized individuals through food and nutrition therapy preparation and service areas.
- Records of menus will be kept on file for 30 days and made available if requested by the Department.
- Each home in Central Care will maintain a three-day supply of non-perishable foods for emergency needs.
- Garbage will be taken from the kitchen daily and from the premises weekly.
- The holding, transfer and disposal of garbage in a manner that does not create a nuisance or a breeding place for insects, rodents, and vermin or otherwise permit the transmission of disease.

Any incidents should be immediately report to the Central Care Community Services Director and/or CEO.

**APPROVED:**

\_\_\_\_\_ **TITLE:** Director of Central Care **DATE:** \_\_\_\_\_  
George Harris, LCSW