Pandemic Best Practices
Makeover Menus – Do’s and Don’ts

Objectives

• Identify your emergency preparedness menu plans
• Learn how to adjust and adapt this menu to fit COVID-19
• Identify pitfalls and opportunities for resident choice

ANFP COVID-19 Resources Page
### CMS Federal Regulatory Compliance

$\S$ 483.60 Food and nutrition services. F800 Food and Nutrition Services

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.

$\S$ 483.60(c) Menus and nutritional adequacy. Menus must

- $\S$ 483.60(c)(1) Meet the nutritional needs of residents in accordance with established national guidelines;
- $\S$ 483.60(c)(2) Be prepared in advance; $\S$ 483.60(c)(3) Be followed;
- $\S$ 483.60(c)(4) Reflect, based on a facility’s reasonable efforts, the religious, cultural and ethnic needs of the resident population, as well as input received from residents and resident groups;
- $\S$ 483.60(c)(5) Be updated periodically;
- $\S$ 483.60(c)(6) Be reviewed by the facility’s dietitian or other clinically qualified nutrition professional for nutritional adequacy; and
- $\S$ 483.60(c)(7) Nothing in this paragraph should be construed to limit the resident’s right to make personal dietary choices.

**INTENT** $\S$ 483.60(c)(1)-(7) - To assure that menus are developed and prepared to meet resident choices including their nutritional, religious, cultural, and ethnic needs while using established national guidelines.

### Disaster Preparedness Menus 101

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- $\S$ 483.60(c)(7) Nothing in this paragraph should be construed to limit the resident’s right to make personal dietary choices.

**INTENT** $\S$ 483.60(c)(1)-(7) - To assure that menus are developed and prepared to meet resident choices including their nutritional, religious, cultural, and ethnic needs while using established national guidelines.

### Your Disaster Menu – 3, 5, or 7 Days? WOW – What Now?

4. Have on hand at all times, as mandated by the CMS Federal Regulations, food items to cover your facility’s disaster menu policy, which includes the length of time for your plan. Make sure your policy is in compliance with your state regulations as well.

*It is important that we maintain the ability to implement this plan as soon as disaster strikes. The established structure should be flexible enough to respond to a variety of emergency situations and demands. To ensure a prompt and effective emergency response the food service staff must clearly understand their roles and responsibilities.

This plan is designed to support the need of 5,000 meals per day, three meal periods for 7 days.

It is recommended that this plan be updated annually so that it is current. It is mandatory that all Dining Services staff receive annual training in this emergency plan’s purpose and execution so that we are always prepared in the event of an actual emergency. — Long Term Care Emergency Preparedness Dietary policy example
Mealtimes are the **Highlight of the Day**

During this pandemic, ask yourself these questions:

- Would you like to wake up to your community’s breakfast?
- Does your menus offer choices?
- What about the desserts?
- Can I decide what and how much I want to eat?
- Beverages - do I have a choice?
- What makes today’s menu exciting?

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**Seasonal – Define It**

- Spring/Summer or Fall/Winter
- All four seasons

Create your own season

Cut and Paste to create your own unique week!

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**Weekly Rotations**

What best fits your community’s “season”?

- 4 Week
- 5 Week
- 6 Week
Make Simple Changes | Mix it Up Weeks 1, 3 & 5

Best Practice: Making breakfast “items of choice” helps add variety bonus options for Hot Choices or Continental (Cold) choices as well.

Alternatives? You Decide How Much & Which Meals

Best Practice: Use up leftovers or partial cases on hand of items to become the alternate.

Choices: How can Your Meal Delivery Accommodate?

- Drink menus, libations, wine & dine, happy hour, pub night
- Dessert carts, trays, dessert themes, fruit fabulous, chocolate lovers, parade of pies
- Breakfast at supper, soup bars, sandwich bars
- Cook’s choice, birthday of the month menu, residents’ choice
- Weekend menus, Sunday dinners/diners, Saturday Lites-Pizza
May I Take Your Order?

- Paper or digital?
- Hours of service for ordering?
- Checklist for delivery to account for everyone?

Simplified – Choose for the Day?

Choose for the entire day?
Circle what you’d like.

Deciding What Everyone Wants…

And, in reality, what will work
- Ready Eats
- Side Menu
- To Go Menu
- Takeaways
Full or Modified “Always Available?”

What can the Residents Control?

Regulations Versus Resident Choice?

Menus cover the needs, but the residents should be able to choose:

- Their dishes
- Portion sizes
- Dining room or private room

Menu Choices Offer Portion Sizes

- Small
- Regular
- Large

Best Practice: Post the Portion Size guidelines for staff to follow and educate your residents on this option.

The facility will need to have written guidance on the serving sizes to ensure providing consistency with caloric intakes. Check with your dietitian on this.
Great Resource for Finding “Makeover Recipes”

Daily Snacks? Yes, Still a Must.

- Individually wrapped?
- Homemade and bagged?
- Bulk and bagged?

Did you get it Signed Off? Collaborate with Your RD

If you change it, make sure you have it signed.

Signature: ____________________________________________

Signature: ____________________________________________
Makeover Magic

Be Creative  
Spontaneous  
Make it an Event

http://www.campbellsfoodservice.com/solutions/solutions-by-segment/healthcare?gclid=Cj0KCQjw-r71BRDuARIsAB7i_QO75pLwbtM5A4opaQpyK_TcPzzdmS5s267e2ZbVb0U2E/Wp36RVOQaAqBXEALw_wcB#long-term

Best Practice:  
Document them!  
Make your ideas count!

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