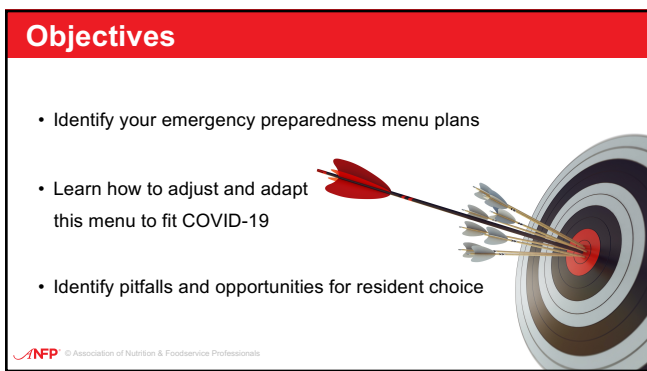
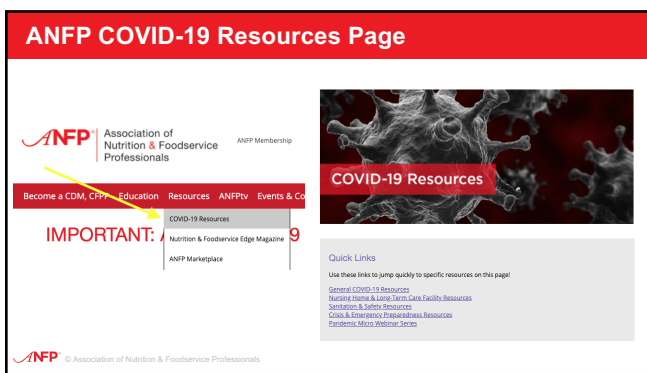




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2



3

CMS Federal Regulatory Compliance

§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.

§483.60(c) Menus and nutritional adequacy. Menus must

§483.60(c)(1) Meet the nutritional needs of residents in accordance with established national guidelines.;

§483.60(c)(2) Be prepared in advance; §483.60(c)(3) Be followed;

§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;

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Disaster Preparedness Menus 101

§483.60(c) Menus and nutritional adequacy. Menus must

§483.60(c)(5) Be updated periodically;

§483.60(c)(6) Be reviewed by the facility's dietitian or other clinically qualified nutrition professional for nutritional adequacy; and

§483.60(c)(7) Nothing in this paragraph should be construed to limit the resident's right to make personal dietary choices.

INTENT §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.

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



Tips for Disaster Planning

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

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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?



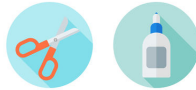
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Seasonal – Define It

- 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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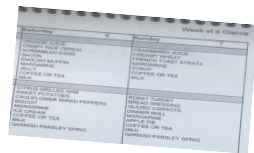
8

Weekly Rotations

What best fits your
community's "season?"



- 4 Week
- 5 Week
- 6 Week



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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.

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Alternatives? You Decide How Much & Which Meals

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

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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

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May I Take Your Order?

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

BREAKFAST
Please Circle Your Selection

JUICE AND TEA
ORANGE JUICE
CRANBERRY JUICE
APPLE JUICE
PINEAPPLE JUICE

EGG
OMLETTE
SCRAMBLED EGG
FRENCH TOAST
FRENCH PANCAKE

ENTRÉE
GRILLED CHICKEN
GRILLED FISH
GRILLED STEAK
GRILLED PORK
GRILLED TURKEY
GRILLED VEGETABLE
GRILLED CORN
GRILLED POTATO
GRILLED RICE
GRILLED BREAD
GRILLED ROLL
GRILLED BUN
GRILLED BREAD
GRILLED ROLL
GRILLED BUN

BEVERAGE
COFFEE
TEA
HOT CHOCOLATE
HOT MILK
HOT TEA
HOT MILK
HOT CHOCOLATE
HOT MILK
HOT TEA
HOT MILK
HOT CHOCOLATE
HOT MILK

CONDIMENT
KETCHUP
MAYONNAISE
HOT SAUCE
HOT SAUCE
HOT SAUCE
HOT SAUCE
HOT SAUCE
HOT SAUCE
HOT SAUCE
HOT SAUCE
HOT SAUCE
HOT SAUCE

DINNER
Please Circle Your Selection

APPETIZER
TOASTED BREAD
TOASTED RICE
TOASTED CORN
TOASTED POTATO
TOASTED RICE
TOASTED CORN
TOASTED POTATO
TOASTED RICE
TOASTED CORN
TOASTED POTATO
TOASTED RICE

ENTRÉE
GRILLED CHICKEN
GRILLED FISH
GRILLED STEAK
GRILLED PORK
GRILLED TURKEY
GRILLED VEGETABLE
GRILLED CORN
GRILLED POTATO
GRILLED RICE
GRILLED BREAD
GRILLED ROLL
GRILLED BUN
GRILLED BREAD
GRILLED ROLL
GRILLED BUN

SIDE
RICE
SCRAMBLED ZUCCHINI
SCRAMBLED ZUCCHINI
SCRAMBLED ZUCCHINI
SCRAMBLED ZUCCHINI
SCRAMBLED ZUCCHINI
SCRAMBLED ZUCCHINI
SCRAMBLED ZUCCHINI
SCRAMBLED ZUCCHINI
SCRAMBLED ZUCCHINI
SCRAMBLED ZUCCHINI
SCRAMBLED ZUCCHINI

BREAD
FRENCH BREAD
DINNER ROLL
ASSORTED CRACKERS
ASSORTED CRACKERS
ASSORTED CRACKERS
ASSORTED CRACKERS
ASSORTED CRACKERS
ASSORTED CRACKERS
ASSORTED CRACKERS
ASSORTED CRACKERS
ASSORTED CRACKERS

DESSERT
ICE CREAM SUNDAY
COOKIES
ICE CREAM
ICE CREAM
ICE CREAM
ICE CREAM
ICE CREAM
ICE CREAM
ICE CREAM
ICE CREAM
ICE CREAM

BEVERAGE
COFFEE
TEA
HOT CHOCOLATE
HOT MILK
HOT TEA
HOT MILK
HOT CHOCOLATE
HOT MILK
HOT TEA
HOT MILK
HOT CHOCOLATE
HOT MILK

CONDIMENT
KETCHUP
MAYONNAISE
HOT SAUCE
HOT SAUCE
HOT SAUCE
HOT SAUCE
HOT SAUCE
HOT SAUCE
HOT SAUCE
HOT SAUCE
HOT SAUCE
HOT SAUCE

13

Simplified – Choose for the Day?

BREAKFAST	LUNCH	DINNER
CRANBERRY JUICE CREAMY WHEAT BREAKFAST GRAVY BISCUIT MARGARINE COFFEE OR TEA MILK	GARLIC PEPPER PORK LOIN SWEET POTATOES SEASONED ZUCCHINI DINNER ROLL MARGARINE BUTTERSCOTCH PUDDING COFFEE OR TEA GARNISH PARSLEY SPRIG	TOMATO SOUP CRACKERS GRILLED CHEESE SANDWICH MARINATED VEGETABLE SALAD MARGARINE STRAWBERRIES WITH TOPPING COFFEE OR TEA MILK GARNISH PICKLE SPEAR
<p>—Alternates— BEEF TIPS AU JUS BUTTERED NOODLES GREEN BEANS</p> <p>—Alternates— FISH PROVENCE CALICO RICE WINTER MIX VEGETABLES</p>		

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

14

Deciding What Everyone Wants...

And, in reality, what will work

- Ready Eats
- Side Menu
- To Go Menu
- Takeaways

15

Full or Modified "Always Available?"




—Today's Selections—
 GARLIC PEPPER PORK LOIN
 SWEET POTATOES
 SEASONED ZUCCHINI
 DINNER ROLL
 MARGARINE
 BUTTERSCOTCH PUDDING
 COFFEE OR TEA
 GARNISH PARSLEY SPRIG

—Alternates—
 BEEF TIPS AU JUS
 BUTTERED NOODLES
 GREEN BEANS

TASTE THE difference
 MENU TO-GO

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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

PANDEMIC


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Menu Choices Offer Portion Sizes



- Small
- Regular
- Large



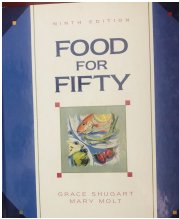
Best Practice:
 Post the Portion Size guidelines for staff to follow and educate your residents on this option.

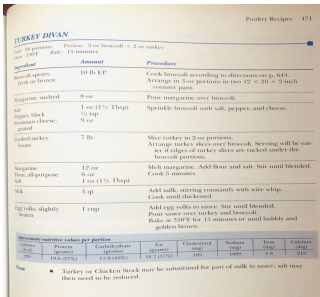
The facility will need to have written guidance on the serving sizes to ensure providing consistency with caloric intakes. Check with your dietitian on this.

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Great Resource for Finding “Makeover Recipes”





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Daily Snacks? Yes, Still a Must.

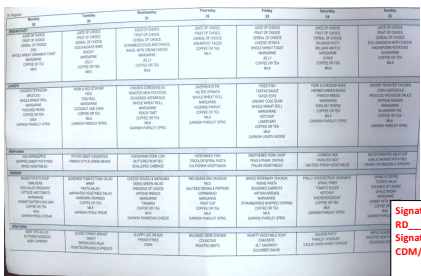
- Individually wrapped?
- Homemade and bagged?
- Bulk and bagged?



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Did you get it Signed Off? Collaborate with Your RD



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

Signature: _____

RD _____

Signature: CDM/CFPP _____

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Makeover Magic

**Be Creative
Spontaneous
Make it an Event**


https://www.campbellfoodservice.com/solutions/solutions-by-segment/healthcare/?article=C0K0C0w-771B8DuARisAB7i_0075plwbf-1M5A4dpsQnyK_1cPzdm55s367e22bVn0U2E-Wn36RVOQaAqBVEALw_wcB&term

<https://fieldstonebakery.com/www>




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**Best Practice:
Document them!
Make your ideas count!**


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