

Nutrition & Food Safety

Updated 2023

Nutrition Related Licensing Standards

A physician must order modified diets annually. There must be a written diet order before making a change or alteration in food intake. A modified diet should be part of a consumer's Individual Plan of Service (IPOS). If the physician who orders the modified diet does not supply staff with dietary guidance, home staff should contact the physician for information. If the home staff is unable to obtain, please document attempts and then ask the case holder to assist with a registered dietitian referral.

Access to Food

- All Adult Foster Care (AFC) Homes are required by licensing standards to provide three meals a day, with no more than 14 hours between evening and morning meals.
- If the home takes the consumers out for a meal that is replacing the meal that would be given in the home the AFC home is required to pay for the meal.
- Consumers should have 24 hours access to a reasonable amount of food and liquids, unless specified in the support plan. **Withholding food from consumers is never okay. This is a direct rights violation.**
- Consumers should be encouraged by staff, with a positive tone, to make healthy choices. Selections for always available food may include fresh vegetables and dip, fresh fruit and dip, dried fruit, cheese and whole grain crackers, yogurt, pretzels, nuts, hardboiled egg, half sandwich, etc.
- Any modified diet must be followed as ordered for every food in every meal, snack, and activity.

Meal Refusals and Documentation

- When a meal is refused, documentation is needed.
- Occasional fluctuations in appetite or refusals of a meal or a particular food may be normal. If foods from one or more food groups are consistently refused, the consumer's health care professional should be notified.

Menus and Substitutions

- MyPlate should be used when preparing menus and meals. This ensures each consumer is receiving adequate nutrition.
- Licensing requires that menus be planned and posted at least one week in advance.
- Records of menus need to be kept for 1 year.
- If a food or a meal is substituted, it is required that this information be noted on the menu and it is recommended that a menu substitution record is kept (see exhibit A).
- When substitutions are made, food must be exchanged within the same food group (ex: broccoli exchanged for carrots or cottage cheese exchanged with yogurt).

SAMPLE MENU SUBSTITUTION RECORD

MENU ITEM	SUBSTITUTION ITEM	REASON	DATE
½ cup cooked broccoli	½ cup cooked Brussels Sprouts	Consumers unanimously voted to remove broccoli from the menu	7/3/16
½ English muffin	½ bagel	English muffins past expiration date	7/6/16
1 cup baked tuna casserole	1 cup chilled tuna-pasta salad	Weather/temperature	7/15/16
Salmon loaf, ½ peas, ½ cup applesauce	Pizza with ham and vegetables, green salad, fresh fruit.	Consumer birthday request	7/18/16

Month/Year_____

Basic Nutrition

Good nutrition is the foundation of good health. Eating a variety of foods in proper amounts provides essential nutrients needed for normal body functions. Nutrients are needed to supply energy for growth, maintenance and repair of cells, and to regulate body processes. A poor diet or unbalanced nutrient intake can result in a negative change in health. **A step towards a healthy diet is striving to make half of your plate vegetables and fruits.** It is up to us as caregivers to encourage the people we serve to make healthy food choices.

Refined grains, added sugars, and trans-fat in the diet are a source of excess calories and come without added nutrients. Refined grains and added sugars have been linked to many diseases such as cardiovascular disease, obesity, cancer, tooth decay, and diabetes. Refined grains and added sugar should be limited. These include things like fruit punch, regular soda, sweet tea, desserts, chips, crackers, sugary cereals, donuts, biscuits, frozen pizzas, candy, stick margarine, etc.



Fluid intake

For fiber to work well in the body, adequate fluid must be available. Plain water is fine, but any liquids will do **except those with caffeine and alcohol**. Caffeine and alcohol increase the excretion of water from the body. Healthy adults should aim for a total fluid intake of at least 64 oz. daily (eight 8 oz. glasses). Alcohol adds extra unnecessary calories without providing any nutrients and in most cases should be avoided. Alcohol intake can lead to impaired swallow ability, memory loss, fatty liver, and is linked to an increase risk of many common cancers. Alcohol should not be mixed with any medications. Avoid beverages with added sugars as much as possible (Ex: kool aid, soda, sweet tea, etc). Best beverage choices include water, sugar free flavored water, decaffeinated tea or coffee, milk, or 100% juice.



hey you
drink some
water

Start simple with MyPlate

Healthy eating is important at every life stage,
with benefits that add up over time, bite by bite. Small changes matter.

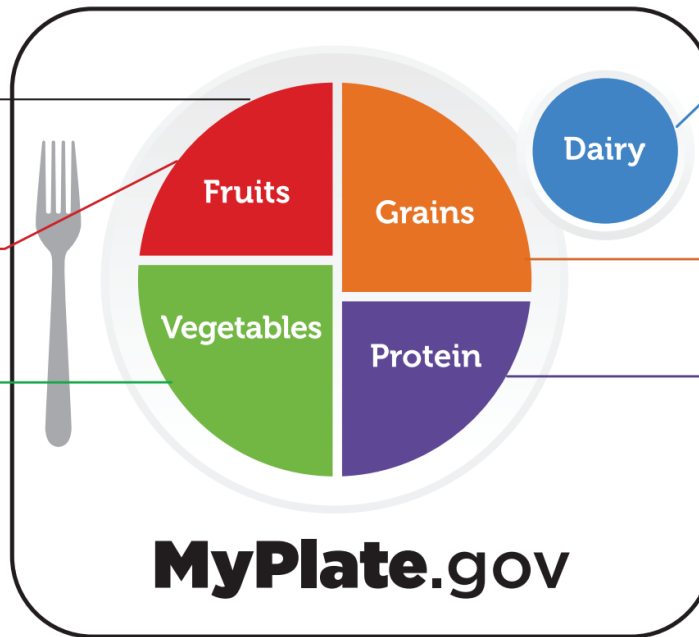
Make half your plate fruits and vegetables.

Focus on whole fruits.

Vary your veggies.

Limit

Choose foods and beverages with less added sugars, saturated fat, and sodium.



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

Make half your grains whole grains.

Vary your protein routine.

Activity

Being active can help you prevent disease and manage your weight.



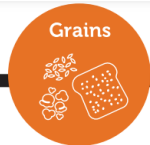
Focus on whole fruits like fresh, frozen, canned, or dried.

Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.



Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.



Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."



Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.



Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit [MyPlate.gov/MyPlatePlan](https://www.MyPlate.gov/MyPlatePlan) for a personalized plan.

2 cups

1 cup counts as:

- 1 small apple
- 1 large banana
- 1 cup grapes
- 1 cup sliced mango
- ½ cup raisins
- 1 cup 100% fruit juice

2½ cups

1 cup counts as:

- 2 cups raw spinach
- 1 cup cooked collard, kale, or turnip greens
- 1 small avocado
- 1 large sweet potato
- 1 cup cooked beans, peas, or lentils
- 1 cup cut cauliflower

6 ounces

1 ounce counts as:

- 1 slice of bread
- ½ cup cooked oatmeal
- 1 small tortilla
- ½ cup cooked brown rice
- ½ cup cooked couscous
- ½ cup cooked grits

5½ ounces

1 ounce counts as:

- 1 ounce cooked lean chicken, pork, or beef
- 1 ounce tuna fish
- ¼ cup cooked beans, peas, or lentils
- 1 Tbsp peanut butter
- 2 Tbsp hummus
- 1 egg

3 cups

1 cup counts as:

- 1 cup dairy milk or yogurt
- 1 cup lactose-free dairy milk or yogurt
- 1 cup fortified soy milk or yogurt
- 1½ ounces hard cheese
- 1 cup kefir

Limit

Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.

Activity

Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day Adults ≥ 150 min/week

Nutrition-Related Issues

People with mental health disorders may be at increased risk for nutrition-related problems, such as:

- Limited motivation to eat
- Poor judgment
- Limited social support
- Unusual eating habits and behaviors
- Medication side effects, such as altered taste
- Substance abuse
- Another medical issues or chronic illness

Changes in Appetite or Weight

A change in food intake or weight may be one of the first signs of a change in health status. Occasional fluctuations in appetite or refusal of a meal or particular food may be normal. However, if foods from an entire food group are consistently refused or a significant change in weight occurs, this should be reported to appropriate healthcare providers. Taking and recording weights regularly and accurately is an important part of monitoring a person's health.

Weight Management

Obesity is a condition characterized by the storage of extra fat, which can sometimes be managed by making healthy lifestyle choices in diet and exercise.

Some healthy lifestyle choices may include:

- Aim for a variety of color in fruits and vegetables daily
- Include beans, lean meats, fish, eggs, in nuts menu planning
- Whole grains can replace refined grains (products made with white flour)
- Limit added sugars, trans fats, and foods with added fats
- Try to get at least 20 minutes of movement every day

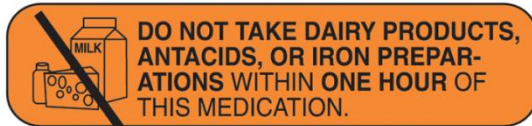
Underweight is a condition characterized by inadequate fat storage, which can sometimes be managed by making healthy lifestyle choices in diet and exercise.

Some healthy lifestyle choices may include:

- Smaller, more frequent meals
- Prepare meals with calorie dense foods (ex: heavy whipping cream, coconut milk, nut butters, olive oil, butter, sauces/gravy)
- Plan meals around protein and healthy fat sources
- Moderate exercise may help stimulate appetite

Food and Drug Interactions

Some medications can affect the way food is used by the body and some food can affect the action of medications.



It is important to know whether specific medications should be given with or without food or if certain foods should be avoided. Significant food and drug interactions will be noted on prescription bottles. Carefully read and follow all warnings on both prescription and over the counter drugs.

Common Medication Side Effects and Suggestions

SIDE EFFECTS	SUGGESTIONS TO MINIMIZE SIDE EFFECTS
Loss of appetite	<ul style="list-style-type: none">▪ Eat smaller, more frequent meals▪ Eat high calorie/protein snacks
Dry mouth	<ul style="list-style-type: none">▪ Drink plenty of fluids, both with and between meals▪ Suck on sugarless hard candy or sugar-free chewing gum▪ Moisten food by adding gravy, sauces, or butter▪ Avoid dry or salty foods and snacks
Constipation	<ul style="list-style-type: none">▪ Eat plenty of high fiber foods such as vegetables, fruits, whole grain breads and cereals, dried peas and beans▪ Drink plenty of water and fluids
Increased appetite	<ul style="list-style-type: none">▪ Eat many high fiber, low calorie foods such as vegetables and fruits▪ Drink plenty of water and low-calorie fluids▪ Limit fats and sweets
Nausea and vomiting	<ul style="list-style-type: none">▪ Give medications with meals or right after meals – check with the pharmacists before making this change▪ Offer dry meals, taking liquids between meals▪ Avoid high fat and spicy meals▪ Eat smaller, more frequent meals

Dysphagia

Dysphagia means difficulty swallowing foods or liquids. Individuals with dysphagia may be or may become poorly nourished if they are unable to take in adequate food and beverages. They may be at risk for choking or aspiration, which is when food, liquid, or other materials enter the airway or lungs, instead of the stomach.

Some signs of dysphagia are easier to spot like gagging or coughing during or after eating or drinking, swallowing one bite many times, pain with swallowing, drooling, food pocketing, or food remaining in the mouth or throat after eating, breathing difficulties during eating or drinking, excessive movement of tongue, mouth, or head while eating or drinking. **Other signs of dysphagia are more difficult to spot** and could include a gurgly or “wet” sounding voice, unexplained weight loss, decreased appetite, extended meal times, persistent unexplained fever, frequent respiratory infections or pneumonia, heartburn, runny nose, or watery eyes.

If a person shows signs of chewing or swallowing problems, an evaluation by a speech therapist, occupational therapist, and a registered dietitian is needed. In addition, a swallow study may be done in a hospital or other health care facility to determine if food and liquids are being consumed safely. Recommendations will be made after the evaluation for specific ways the individual needs to eat and drink. Changes should not be implemented unless ordered by physician or health care professional.

Some of the recommendations may include:

- The use of adaptive eating aids (curved spoon, weighted utensils, adapted drinking cup)
- Positioning or ways to sit while eating or drinking
- The safest food consistency (pureed, minced and moist, soft and bite-size, easy to chew)
- Whether liquids should be altered to make them thicker (honey thickened, nectar thickened)
- Specific feeding instructions (size of bites, alternating solids and liquids, etc)



There can much variation in terms used to describe similar food textures when prescribing mechanically altered diets. In order to standardize terminology and definitions for mechanically altered foods, the International Dysphagia Diet Standardization Initiative (IDDSI) has recently been implemented globally. As the transition to IDDSI classification is made, some diets may be identified using previous terminology and new IDDSI classification (Ex: Diet Order: Mechanical Soft (Minced and Moist)). See exhibit C

Modified Diets

Therapeutic Diets: change the nutrient content of meals provided. They are followed for medical reasons such as hypertension management, blood sugar management, fluid shifts, etc.

- Carbohydrate Consistent Diet, No Salt Added Diet, Low Fat Diet, Cardiac Diet (Heart Smart), High Calorie/High Protein Diet, High Fiber, etc.

Mechanical Diets: change the texture or consistency of foods and beverages. These diets need to be followed to prevent aspiration, choking, or pneumonia in consumers who have difficulty chewing and/or swallowing. See exhibit C for further guidance on mechanical diets.

- Pureed, Minced and Moist, Soft and Bite-Size, Easy to Chew
- Thickened liquids

Food Allergies

The top 8 food allergens recognized in the U.S. are milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soy. By law they must be identified on the food label in the “Contains” statement.

With food allergies, it is important to be mindful of cross contact which is when an allergen is accidentally transferred from a food containing an allergen to a food that does not contain the allergen. For example, a knife that was used to spread peanut butter is “wiped clean” and then used to spread mayo. The knife now contains peanut allergens that were transferred to the mayo container as well as on the food item that was spread with mayo. In the instance, a truly clean knife needs to be used for the mayo spreading.



Cooking does not reduce or eliminate the chances of a person with a food allergy having a reaction to the food eaten. Contact appropriate health care provider if further education is needed regarding food allergies.

Implementing Good Nutrition

Eating on a Budget

Making nutritious choices does not have to hurt your wallet. Check out your local grocery store for a loyalty program to save money!

- Plan at least 1 meatless meal per week to help reduce food cost.
- Choose in season produce for higher quality nutrition and lower cost.
- Keep it simple – Buy vegetables and fruit in the simplest form. Pre-cut, pre-washed, ready to eat, and processed produce are convenient but often cost much more.

Menu Planning

Menu planning can help ensure consumers receive adequate nutrition. Consider utilizing the menu planning tools in Exhibit D for guidance. Here are some additional factors to be considered when planning menus:

- Menus should be planned using the MyPlate model
- Menus should be written and posted at least one week in advance
- Consumer choice and preferences should always be considered
- Encouraging consumer involvement in the planning, shopping, and cooking tasks can support independent living skills
- Consider kitchen equipment available in the home and cooking skills of staff
- Check previous day and next day meals to avoid serving the same meals two days in a row
- Menu cycling is recommended
 - Considers weather and temperature (Stews/roasts in the cold weather vs. cold salads and sandwiches in the hot weather)
 - Saves time and money
 - Provides structure for grocery shopping lists
 - Check with your cooperation for cycling menu requirements
- Substitute meals based on holidays, birthdays, and special activities
- If leftovers are available consider a menu substitution to limit food waste

Menus should never be changed because a staff member does not like the planned menu!

Snacks need to be offered between meals and in the evening. Snacks are a great time to add in an extra serving of vegetable or fruit. Produce with dip is more beneficial than not consuming produce at all. Examples of nutritious snacks are:

- Cheese with whole wheat crackers
- Fresh or canned fruit (with nut butters)
- Dried fruit or veggie chips
- Yogurt or cottage cheese and fruit
- Hummus or salad dressing raw veggies



Start simple
with MyPlate



Eat Healthy on a Budget

Healthy eating is important at every age—and can be done on a budget. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Plan, plan, plan

Plan your meals for the week based on your food budget and make a grocery list that includes staples and perishables. Save money by buying only what you need.



Compare similar products

Locate the “unit price” on the shelf sticker near the item price. Compare different brands and sizes for the best money-saving option.



Stretch your food dollars

Add beans and canned or frozen vegetables to bulk up your meals and make your food dollars go farther. You will reap the benefits of extra fiber, vitamins, and nutrients while feeling full.



Grow your own in your home

Grow herbs like basil and oregano inside your home for a fraction of the price. Small gardens can be grown on a windowsill or a kitchen counter.



Buy in bulk

Save money by buying larger quantities of foods that store well like whole grains, canned or dried beans, and frozen vegetables. Don't overbuy foods that you will throw out later.



Look for on-sale produce

Grocery stores rotate their sales and buying what is on sale is a great way to save money and get variety. Do the same with frozen and canned items.



Yogurt

5 WAYS

MOVE TO LOW-FAT OR FAT-FREE DAIRY!

Red Potato Salad

- + Plain yogurt (fat-free)
- + Mayonnaise (low-fat)
- + Yellow mustard
- + Red potatoes
- + Celery
- + Onion
- + Salt & pepper



Strawberry Kiwi Pops

- + Vanilla yogurt (low-fat)
- + Kiwi
- + Strawberries
- + Ice cube tray or paper cups



Cucumber Yogurt Dip

- + Plain yogurt (low-fat)
- + Cucumbers
- + Sour cream (low-fat)
- + Lemon juice
- + Dill
- + Garlic clove
- + Cherry tomatoes
- + Broccoli florets
- + Baby carrots



Greek Salad with Chicken

- + Romaine lettuce
- + Cherry tomatoes
- + Cucumber
- + Red onion
- + Black olives
- + Cooked chicken breast
- + Feta cheese
- + Plain Greek yogurt (fat-free)
- + Lemon juice
- + Olive oil
- + Garlic clove
- + Oregano
- + Salt & pepper



Peanut Butter Banana Smoothie

- + Bananas (frozen, ripe)
- + Milk (low-fat)
- + Vanilla yogurt (low-fat)
- + Peanut butter
- + Unsweetened cocoa powder
- + Ice



Find these yogurt recipes here: <https://go.usa.gov/xN5tQ>
For more recipes go to: www.whatscooking.fns.usda.gov

What's
Cooking
USDA NIXING SCHOOL



Frozen Broccoli Five Ways



Cream of Broccoli Soup

- + Frozen broccoli
- + Chicken broth
- + Milk (non-fat)
- + Onion
- + Thyme
- + Bay leaves
- + Margarine
- + Flour
- + Salt
- + Pepper
- + Garlic powder



Brag About it Bread Bake

- + Frozen broccoli
- + Eggs
- + Egg whites
- + Milk (non-fat)
- + Cheddar cheese (low-fat)
- + Onion
- + Bread
- + Chicken



Magic Crust Quiche

- + Frozen broccoli
- + Onion
- + Cauliflower
- + Cheddar cheese (low-fat)
- + Eggs
- + Milk (low-fat)
- + Vegetable oil



Broccoli and Corn Bake

- + Frozen broccoli
- + Cream-style corn
- + Egg
- + Margarine
- + Saltine crackers



Macaroni and Cheese with Broccoli

- + Frozen broccoli
- + Elbow macaroni
- + Flour
- + Milk (low-fat)
- + Cheddar cheese (low-fat)
- + Pepper



Find these broccoli recipes here:
<https://choosemyplate.gov/5-ways-series>

What's
Cooking
USDA NIXING SCHOOL



Preparing the Shopping List

Steps to preparing the shopping list include:

1. Review the menu and recipes for the week
2. List all foods and amounts needed to prepare all meals
3. Cross reference grocery list with items already available in the home (check pantry, refrigerator, and freezer).

Weighing and Measuring Food Portions

If care is not taken to measure foods accurately, the quality, consistency, and nutritional content of the meal or recipe will be compromised. For portion sizes, refer to MyPlate suggested daily intake recommendations.

- Ingredients and foods are measured by number (2 eggs), volume (1 cup of tomatoes), and weight (4oz of chicken).
- Measure liquids using a liquid measuring cup, at eye level with the cup resting on a flat surface.
- Use the nesting type cups for dry measuring. Spoon the product into the measuring cup and level with a knife or spatula unless otherwise indicated in the recipe.
- Measuring spoons are used to measure both dry and liquid ingredients. They come in sets ranging from $\frac{1}{4}$ teaspoon to 1 tablespoon.
 - **Teaspoons** can be written as **tsp. or t.**
 - **Tablespoons** can be written as **TBSP or T.**
- Weight is measured by placing the empty container on the kitchen scale then setting the scale to zero. Place the ingredient in the container until the scale indicates the desired weight.
- For sticky ingredients, such as honey, peanut butter, or molasses, spray the dry measuring cup with vegetable oil as it will help the ingredients slip out easily.
- Butter or stick margarine have measurements indicated on side of stick. One stick is equal to $\frac{1}{2}$ cup or 8 tablespoons.
- Measuring nuts: If recipe calls for “ $\frac{1}{2}$ cup chopped nuts,” chop then measure. If the recipe calls for “ $\frac{1}{2}$ cup nuts, chopped,” Measure then chop.

Meal Time

Meal times are a significant part of everyone's day. They satisfy nutritional, social, and emotional needs. Meal times give consumers and staff a chance to talk, enjoy food, and be with their friends. Use this time to unplug from TVs and phones, and engage in pleasant conversation with residents. It is strongly encouraged for residents to eat at the table and not in their beds/room due to health and safety risks. Consumers are less likely to accept foods that are not at the desired temperature; serve hot foods hot and cold foods cold. A consumer that eats slow may need to have their food reheated and rechecked for the appropriate consistency after 20 minutes.

Food Safety

Safety is everyone's responsibility. The most common food-borne illnesses are caused by improper handling during shopping, storing, preparing, or serving food. When buying groceries staff should avoid buying dented or rusted cans and purchase only USDA inspected meat, dairy, and egg products. When storing food at home place older items toward front so they are used first. All foods should be monitored for expiration and best by dates. When consumers purchase outside food it should be labeled, dated, and stored properly.

Foodborne Illness

Bacteria are present everywhere; in the air, in food, on our hands, mouth and skin, on animals and insects, on land and in water. Most of the time, these bacteria are not present in large enough quantities to be harmful but when they are in food they can multiply quickly and cause foodborne illness, also called food poisoning. Foodborne illness can be very serious, even fatal. The most important action to prevention foodborne illness is to wash hands correctly and frequently.

There are many common foodborne illnesses which include Salmonella, E.coli, Norovirus, Listeria, Botulism, and other foodborne organisms. However the symptoms are usually similar and include severe abdominal cramps, diarrhea, nausea, and vomiting.

A doctor or health care provider should be contacted when concerns arise and especially when the following symptoms are present:

- High fever (temperature over 102F)
- Blood in the stools / bloody diarrhea
- Frequent vomiting
- Signs of dehydration (a decrease in urination, a dry mouth and throat and feeling dizzy when standing up)
- Diarrhea illness that lasts more than 3 days

Food should be stored away from pet foods, poisonous, or toxic materials, including cleaning supplies. Foods are **recalled** when products may present a health hazard due to possible contamination. Any food that has been recalled should be thrown out or returned to the place of purchase. Do not use any food that has been recalled. Recalls can be found at <https://www.foodsafety.gov/>

To help reduce the risk of food-borne illness:

1. Clean

- Wash hands for at least 20 seconds with soap and warm water
 - Before and after handling food
 - Before serving food to residents
 - After using the bathroom, handling garbage, or touching your face/body/hair
- Wash and sanitize surfaces (counters, cutting boards, and utensils), especially when foods such as raw meat or egg touches the counter
- Wash fruits and vegetables with running water

2. Separate

- Properly separate raw meat, seafood, and poultry from ready to eat foods
- Avoid placing ready to eat foods on a surface that held raw meats
- Use a clean cutting board for fresh produce and a separate one for raw meat, seafood, and poultry
- Never place cooked food back on the same surface that previously held raw food

3. Cook

- Cook foods to the correct temperature, ensure accuracy by using a food thermometer. See the Safe Minimum Internal Temperature chart below.
- Keep hot foods at 140°F or above
- Foods are no longer safe to eat when they have been in the danger zone of 40-140°F for more than 2 hours
- Use caution when using the microwave to heat foods as they may develop “hot spots” or excessively high temperatures.

4. Chill

- Hold cold foods at 40°F or below
- Thaw foods in the fridge, under cold running water, or in the microwave but never on the counter
- Eat refrigerated leftovers within 3 days. Date leftovers to ensure proper disposal
- Refrigerate leftovers within 2 hours of cooking

Safe Minimum Internal Temperature Chart

Safe steps in food handling, cooking, and storage are essential in preventing foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four guidelines to keep food safe:

- **Clean**—Wash hands and surfaces often.
- **Separate**—Separate raw meat from other foods.
- **Cook**—Cook to the right temperature.
- **Chill**—Refrigerate food promptly.

Cook all food to these minimum internal temperatures as measured with a food thermometer before removing food from the heat source. For reasons of personal preference, consumers may choose to cook food to higher temperatures.

Product	Minimum Internal Temperature & Rest Time
Beef, Pork, Veal & Lamb Steaks, chops, roasts	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Ground Meats	160 °F (71.1 °C)
Ground Poultry	165 °F
Ham, fresh or smoked (uncooked)	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C) and all others to 165 °F (73.9 °C).
All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165 °F (73.9 °C)
Eggs	160 °F (71.1 °C)
Fish & Shellfish	145 °F (62.8 °C)
Leftovers	165 °F (73.9 °C)
Casseroles	165 °F (73.9 °C)

Kitchen Clean Up

All surfaces and utensils used in food preparation must be cleaned and sanitized before meal preparation. A solution of household liquid chlorine bleach and water is the most common and least expensive method of sanitizing these surfaces. Staff should reference label on liquid chlorine bleach bottle for appropriate sanitizing ratios. Other commercial products may be acceptable but directions must be carefully followed. Commercial cleaning products should only be used for their intended purposes which are listed on the bottle. Counters and kitchen tables should not be a storage place for backpacks, purses, phones, etc. Wash insulated lunch bags daily and throw away any leftover food that may return home from program.

Dishwashing

Use of an automatic dishwasher is recommended for dishes, flatware, cups, glasses, utensils, and adaptive eating devices. Follow manufacturer's directions for dishwasher use. If the dishwasher is not available, the following hand dishwashing procedure is suggested:

1. Scrape and rinse glassware, utensils, and dishware free of food debris.
2. Clean sinks.
3. Fill sink with hot water and dish detergent.
4. **Wash** glassware, utensils, and dishware in hot, sudsy water using a clean dishcloth. Do not use a sponge or sponge-type pad to wash dishes. Change water as often as necessary to keep water clean and grease free.
5. **Rinse** glassware, utensils, and dishware in clean, hot water.
6. **Sanitize** glassware, utensils and dishware:
 - a. Fill sink with water at temperature between 75° and 110°F. For each gallon of water, add 1 tablespoon liquid chlorine bleach.
 - b. Completely immerse glassware, utensils and dishware in bleach and water for two minutes.
 - c. Remove glassware, utensils and dishware from bleach water, and place on rack to drain. Do not rinse.
7. **Air dry.** Do not towel dry.

Exhibit A

MENU SUBSTITUTION RECORD

MENU ITEM	SUBSTITUTION ITEM	REASON	DATE

Exhibit B

SAMPLE EMERGENCY FOOD MENUS

Day 1

Breakfast:

1 ½ cups Cold cereal with ½ cup chopped canned fruit
1 cup Milk-diluted (dilute 1 can of milk with 1 can of bottled water)
1 cup Orange Juice (canned)
6 Crackers
as desired Jelly/Jam
optional Instant decaf coffee

Lunch:

12 Crackers
1 cup Soup
½ cup Carrots (canned)
½ cup Pears (canned)
¾ cup Prune Juice

Supper:

1 ½ cups Beef Stew (canned)
½ cup Apricots (canned)
1 cup Milk (diluted-see note in recipe above)
1 cup Green beans

H.S. Snack:

2 Cookies
1 cup Milk (diluted)

Day 2

Breakfast:

1 ½ cups Cold cereal with 1 Tbsp. dried fruit, chopped
1 cup Milk (diluted)
1 cup Grapefruit Juice (canned)
6 Crackers
2 Tbsp. Peanut Butter

Lunch:

12 Crackers
½ cup Tuna fish
½ cup Tomato Juice
½ cup Pudding with 3 vanilla wafers
1 cup Peaches (canned)

Supper:

1 ½ cups Chicken noodle Soup (canned)
½ cup Fruit cocktail (canned)
1 cup Milk (diluted)
1 cup Corn (canned)

H.S. Snack:

4 Graham crackers with 2 Tbsp. peanut butter
¾ cup Apple juice (canned)

For homes with consumers on a pureed diet it is necessary to stock shelf stable pureed foods such as applesauce, powdered potatoes, pudding, tomato juice, and an assortment of pureed meats and vegetable which may be located in the infant feeding aisle.

Exhibit B

SAMPLE EMERGENCY FOOD LIST
(2 Day Supply)

1 Lg. Jar	APPLESAUCE
2 Cans	APRICOTS
2 Cans	FRUIT (any variety)
1 <u>Box</u>	DRIED FRUIT (raisins, prunes)
2 Cans	FRUIT COCKTAIL
2 Cans	MANDRIAN ORANGES
3 Cans	PEACHES
3 Cans	PEARS
3 Cans	PINEAPPLE TIDBITS
1 Can	APPLE JUICE
2 Cans	GRAPE JUICE
2 Cans	GRAPEFRUIT JUICE
1 Can	FRUIT JUICE
3 Cans	ORANGE JUICE
3 Cans	PRUNE JUICE
1 Can	TOMATO JUICE
2 Cans	BEETS
2 Cans	CARROTS
4 Cans	CORN
4 Cans	GREEN BEANS
4 Cans	PEAS
3 Cans	BEEF STEW
4 Cans	CANNED MEAT
3 Cans	CHICKEN NOODLE SOUP
4 Cans	TUNA FISH
1 Jar	PEANUT BUTTER
1 Jar	JELLY OR JAM
6 Cans	EVAPORATED MILK
1 Box	CEREAL
1 Box	COOKIES
2 Boxes	CRACKERS
1 Box	GRAHAM CRACKERS
1 Box	VANILLA WAFERS
2 Jars	CHEESE SPREAD
2 Cans	PUDDING
4 Cans	SOUP (beef, tomato)
1 Jar	DECAF COFFEE
1 Box	CARNATION INSTANT BREAKFAST
4 Gallons	WATER

4 PUREED



Level 4 Pureed Food for Adults

What is this food texture level?

Level 4 – Pureed Foods:

- ✓ Are usually eaten with a spoon
- ✓ Do **not** require chewing
- ✓ Have a smooth texture with no lumps
- ✓ Hold shape on a spoon
- ✓ Fall off a spoon in a single spoonful when tilted
- ✓ Are **not** sticky
- ✓ Liquid (like sauces) must not separate from solids



Why is this food texture level used for adults?

Level 4 – Pureed Food may be used if you are not able to bite or chew food or if your tongue control is reduced. Pureed foods only need the tongue to be able to move forward and back to bring the food to the back of the mouth for swallowing.

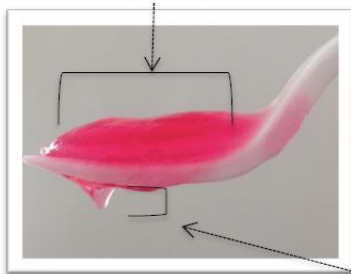
It's important that puree foods are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. Pureed foods are best eaten using a spoon.

How do I test my food to make sure it is Level 4 Pureed?

It is safest to test Pureed Food using the IDDSI Fork Drip Test **and** the IDDSI Spoon Tilt Test.

See videos of the IDDSI Fork Drip Test and IDDSI Spoon Tilt Test at
www.IDDSI.org/framework/food-testing-methods/

Extremely thick liquids sit in a mound or pile above the fork



IDDSI Fork Drip Test
 Liquid does **not** dollop, or drip continuously through the fork prongs

A small amount may flow through and form a tail below the fork



IDDSI Spoon Tilt Test

Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked

Sample should **not** be firm or sticky

Pureed food must pass both tests!

Intended for general information only
 Please consult with your health care professional for specific advice for your needs

5 MINCED & MOIST



Level 5 Minced & Moist Food for Adults

What is this food texture level?

Level 5 – Minced & Moist Foods:

- ✓ Soft and moist, but with no liquid leaking/dripping from the food
- ✓ Biting is **not** required
- ✓ Minimal chewing required
- ✓ Lumps of 4mm in size
- ✓ Lumps can be mashed with the tongue
- ✓ Food can be easily mashed with just a little pressure from a fork
- ✓ Should be able to scoop food onto a fork, with no liquid dripping and no crumbles falling off the fork



Why is this food texture level used for adults?

Level 5 – Minced & Moist food may be used if you are not able to bite off pieces of food safely but have some basic chewing ability. Some people may be able to bite off a large piece of food, but are not able to chew it down into little pieces that are safe to swallow. Minced & Moist foods only need a small amount of chewing and for the tongue to 'collect' the food into a ball and bring it to the back of the mouth for swallowing. It's important that Minced & Moist foods are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. These foods are eaten using a spoon or fork.

How do I test my food to make sure it is Level 5 Minced & Moist?

It is safest to test Minced & Moist food using the IDDSI Fork Drip Test **and** the IDDSI Spoon Tilt Test.

See videos of the IDDSI Fork Test and IDDSI Spoon Tilt Test at www.IDDSI.org/framework/food-testing-methods/

IDDSI Fork Test

For **adults** the lump size is **4mm**, which is about the gap between the prongs of a standard dinner fork

ADULT 4mm
CHILD 2mm

IDDSI Spoon Tilt Test

Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked

Sample should **not** be firm or sticky

Minced & Moist food must pass both tests!

Intended for general information only

Please consult with your health care professional for specific advice for your needs

6 SOFT & BITE-SIZED



Level 6 Soft & Bite-Sized for Adults

What is this food texture level?

Level 6 – Soft & Bite-Sized Foods:

- ✓ Soft, tender and moist, but with no thin liquid leaking/dripping from the food
- ✓ Ability to 'bite off' a piece of food is *not* required
- ✓ Ability to chew 'bite-sized' pieces so that they are safe to swallow *is required*
- ✓ 'Bite-sized' pieces no bigger than 1.5cm x 1.5cm in size
- ✓ Food can be mashed/broken down with pressure from fork
- ✓ A knife is *not* required to cut this food



Why is this food texture level used for adults?

Level 6 – Soft & Bite-Sized food may be used if you are not able to bite off pieces of food safely but are able to chew bite-sized pieces down into little pieces that are safe to swallow. Soft & Bite-Sized foods need a moderate amount of chewing, for the tongue to 'collect' the food into a ball and bring it to the back of the mouth for swallowing. The pieces are 'bite-sized' to reduce choking risk. If you notice the food pieces are not being chewed well though, please contact your clinician to make sure you are on the correct food texture to reduce choking risk. Soft & Bite-Sized foods are eaten using a fork, spoon or chopsticks.

How do I test my food to make sure it is Level 6 Soft & Bite-Sized?

It is safest to test Soft & Bite-Sized food using the IDDSI Fork Pressure test.

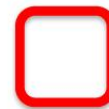
See videos of the IDDSI Fork Pressure Test at
www.IDDSI.org/framework/food-testing-methods/

IDDSI Fork Pressure Test

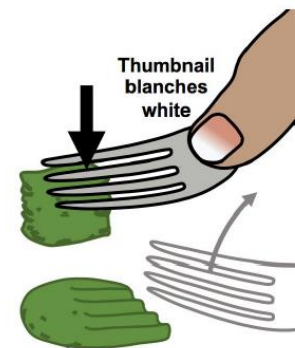
For *adults* the lump size is *no bigger than 1.5cm x 1.5cm*, which is about the **width** of a standard dinner fork.

To make sure the food is soft enough, press down on the fork until the thumbnail blanches to white, then lift the fork to see that the food is completely squashed and does not regain its shape

No bigger than
1.5cm x 1.5cm bite size
for adults



*Soft & Bite-Sized food
must pass both
size and softness tests!*



Intended for general information only. Please consult with your health care professional for specific advice for your needs

7 REGULAR EASY TO CHEW



Level 7 Regular *Easy to Chew* for Adults

What is this food texture level?

Level 7 – Regular *Easy to Chew* Foods:

- ✓ Normal, everyday foods* of soft/tender texture
- ✓ Any method may be used to eat these foods (e.g. fingers, fork, spoon, chopsticks etc.)
- ✓ Food piece size is not restricted in Level 7, therefore foods may be a range of sizes. Food pieces can be smaller or bigger than 1.5cm x 1.5cm
- ✓ **Do not use foods that are:** hard, tough, chewy, fibrous, have stringy textures, pips/seeds, bones or gristle
- ✓ You should be able to 'bite off' pieces of soft and tender food and choose bite-sizes that are safe to chew and swallow
- ✓ You should be able to chew pieces of soft and tender food, so they are safe to swallow without tiring easily
- ✓ Your tongue should be able to move food for chewing and apply pressure until the food is soft and moist enough to be easily swallowed
- ✓ You should be able to remove bone, gristle or other hard pieces that cannot be swallowed safely from your mouth without help or direction from others

*May include 'mixed thin and thick texture' food and liquids together – ask your clinician for direction on this.



Why is this food texture level used for adults?

Level 7 – Regular *Easy to Chew* food may be used if you have strong enough chewing ability to break down soft/tender foods into pieces without help, you have no increased risk of choking and do not have swallowing problems. This texture may be right for you if you usually choose to eat soft food, have weaker chewing muscles for hard/firm textures, but can chew soft and tender food without tiring easily. It may also be a good choice if you have been sick and are recovering strength. Your clinician might recommend this texture if they are teaching you advanced chewing skills.

Who should not have this texture level?

This level is not intended for people where there is an identified increased risk of choking. **People who are unsafe to eat without supervision are not considered suitable for this texture level.** People can be unsafe to eat without supervision because of chewing and swallowing problems and/or unsafe mealtime behaviours. Examples of unsafe mealtime behaviours include: not chewing very much, putting too much food into the mouth, eating too fast or swallowing large mouthfuls of food. Always consult with your health professional for specific advice for your needs, requests and requirements for supervision. *Where mealtime supervision is needed, this level should only be used under the strict recommendation and written guidance of a qualified health professional.

Intended for general information only. Please consult with your health care professional for specific advice for your needs



1 SLIGHTLY THICK



Use of Level 1 Slightly Thick Liquids for Adults

What is this thickness level?

Level 1 - Slightly Thick drinks:

- ✓ Are thicker than water
- ✓ Can flow through a straw

Why is this thickness level used for adults?

Level 1 – Slightly Thick is most often used if you have swallowing problems with thin liquids. Slightly Thick liquids are thicker than water, but still thin enough to flow through a straw.

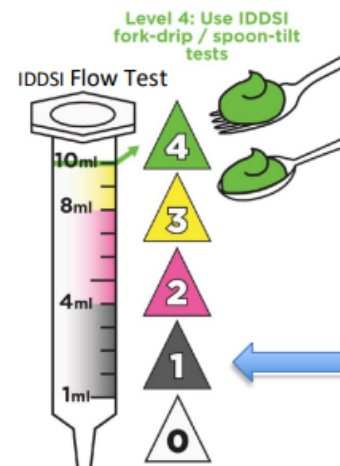
Some drinks may naturally be slightly thick (like some fruit nectars or milks). Thin liquids like water, milk, tea, coffee, juice and others may need to be thickened to the Slightly Thick level.

Your clinician will help you find a thickener to help thicken your drinks, or help you find some pre-thickened drinks. Slightly Thick drinks can be taken using a straw or from a standard cup.

How do I measure my liquid or drink to make sure it is Level 1 Slightly Thick?

It is safest to measure the thickness using the IDDSI Flow Test. The IDDSI Flow Test measures how thick a liquid is by how much goes through a 10 mL syringe in 10 seconds. IDDSI recommends that you use a 10 mL syringe to check to make sure you have the correct thickness level using the instructions below.

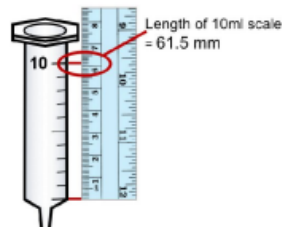
For Level 1- Slightly Thick liquids, there should be **1-4 mL remaining** in the syringe after 10 seconds of flow. Your clinician may give you a specific number between 1-4 mL to aim for.



See videos of the IDDSI Flow Test at

www.IDDSI.org/framework/drink-testing-methods/

Before you test...
You **must check** your syringe length because there are differences in syringe lengths. Your syringe should look like this



IDDSI FLOW TEST

1. Remove plunger

2. Cover nozzle with finger and fill 10mL

3. Release nozzle & start timer

4. Stop at 10 seconds



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2 MILDLY THICK

Use of Level 2 Mildly Thick Liquids for Adults

What is this thickness level?

Level 2 - Mildly Thick liquids:

- ✓ Are 'sippable'
- ✓ Pour quickly from a spoon but slower than Thin drinks and Slightly Thick drinks
- ✓ Need some effort to drink this thickness using a standard straw

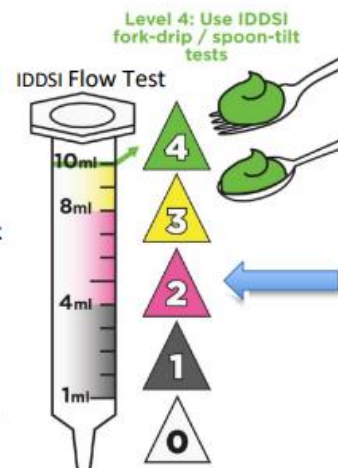
Why is this thickness level used for adults?

Level 2 – Mildly Thick drinks may be used if Thin drinks (water, milk, and others) and Level 1 Slightly Thick liquids flow too quickly for you to swallow them safely. Some milk shakes and thick shakes may be this thickness level already, but other drinks may need thickener added to reach the correct thickness level. Use the IDDSI testing methods below to check.

Mildly Thick drinks flow at a slower rate. Your clinician will help you find a thickener to thicken your drinks or help you find some pre-thickened drinks. Mildly Thick can be taken using a straw or from a standard cup.

How do I measure my liquid or drink to make sure it is Level 2 Mildly Thick?

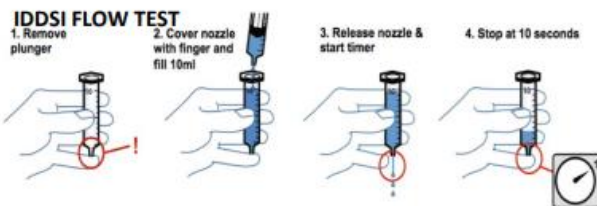
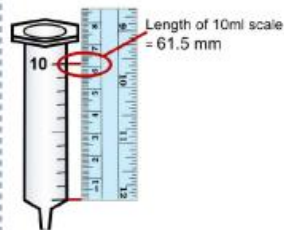
It is safest to measure the thickness using the IDDSI Flow Test. The IDDSI Flow Test measures how thick a liquid is by how much goes through a 10 mL syringe in 10 seconds. IDDSI recommends that you use a 10 mL syringe to check to make sure you have the correct thickness level using the instructions below. For Level 2- Mildly Thick liquids, there should be **4-8 mL remaining** in the syringe after 10 seconds of flow. Your clinician may give you a specific number between 4-8 mL to aim for.



See videos of the IDDSI Flow Test at

www.IDDSI.org/framework/drink-testing-methods/

Before you test...
You **must check** your syringe length because there are differences in syringe lengths. Your syringe should look like this



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MODERATELY THICK



Level 3 Moderately Thick Liquids for Adults

What is this thickness level?

Level 3 - Moderately Thick drinks:

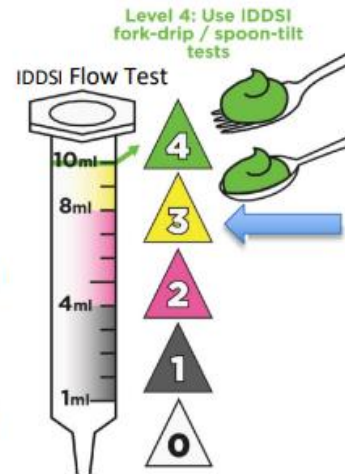
- ✓ Can be drunk from a cup or taken with a spoon
- ✓ Need some effort to drink them through a *wide* diameter straw
- ✓ Have a smooth texture with no lumps, fibers or seeds

Why is this thickness level used for adults?

Level 3 – Moderately Thick drinks may be used if your tongue control is not good enough to manage Mildly Thick, Slightly Thick or Thin drinks. Moderately Thick drinks allows more time for the tongue to “hold and move” the drink. These drinks are best taken from a cup or using a spoon.

How do I measure my liquid or drink to make sure it is Level 3 Moderately thick?

It is safest to measure Moderately Thick drinks using the IDDSI Flow Test *and* the IDDSI Fork Drip Test. These tests measure how thick a liquid is by how fast it flows through a 10 mL syringe in 10 seconds and how quickly it flows through the prongs of a dinner fork. IDDSI recommends that you use a 10 mL syringe to check to make sure you have the correct thickness level using the instructions below. For Level 3- Moderately Thick liquids there should be *no less than 8 mL remaining* in the syringe after 10 seconds of flow. Your clinician may give you a specific number between 8-10 mL to aim for. Using the IDDSI Fork Test the liquid should drip slowly in dollops through the prongs of a fork.



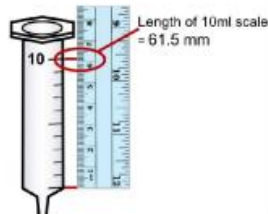
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See videos of the IDDSI Flow Test and IDDSI Fork Drip Test at

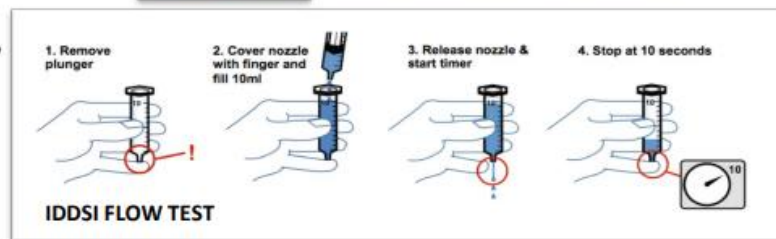
www.IDDSI.org/framework/drink-testing-methods/

Before you test...

You *must* *check* your syringe because there are differences in syringe lengths. Your syringe should look like this



IDDSI Fork Drip Test
Drips slowly in dollops through the prongs of a fork



Intended for general information only. Please consult with your health care professional for specific advice for your needs



EXTREMELY THICK



Level 4 Extremely Thick Liquids for Adults

What is this thickness level?

Level 4 – Extremely Thick drinks:

- ✓ Are usually eaten with a spoon
- ✓ Cannot be drunk from a cup or sucked through a straw
- ✓ Do **not** require chewing
- ✓ Have a smooth texture with no lumps
- ✓ Hold shape on a spoon
- ✓ Fall off a spoon in a single spoonful when tilted
- ✓ Are **not** sticky



Why is this thickness level used for adults?

Level 4 - Extremely Thick drinks may be used if your tongue control is not good enough to manage Moderately Thick, Mildly Thick, Slightly Thick or Thin drinks. Extremely Thick drinks allows more time for the tongue to “hold and move” the liquid. It’s important that Extremely Thick drinks are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. Extremely Thick drinks are best taken using a spoon.

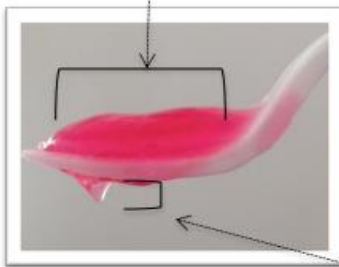
How do I measure my liquid or drink to make sure it is Level 4 Extremely thick?

It is safest to measure Extremely Thick drinks using the IDDSI Fork Drip Test **and** the IDDSI Spoon Tilt Test.

See videos of the IDDSI Fork Drip Test and IDDSI Spoon Tilt Test at

www.IDDSI.org/framework/food-testing-methods/

Extremely thick liquids sit in a mound or pile above the fork



IDDSI Fork Drip Test

Liquid does **not** dollop, or drip continuously through the fork prongs

A small amount may flow through and form a tail below the fork



IDDSI Spoon Tilt Test

Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked

Sample should **not** be firm or sticky

Extremely Thick drink or liquid must pass both tests!

Intended for general information only. Please consult with your health care professional for specific advice for your needs

Week of: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast Protein: Grain: Vegetable: Fruit: Dairy:	Breakfast Protein: Grain: Vegetable: Fruit: Dairy:	Breakfast Protein: Grain: Vegetable: Fruit: Dairy:	Breakfast Protein: Grain: Vegetable: Fruit: Dairy:	Breakfast Protein: Grain: Vegetable: Fruit: Dairy:	Breakfast Protein: Grain: Vegetable: Fruit: Dairy:	Breakfast Protein: Grain: Vegetable: Fruit: Dairy:
Lunch Protein: Grain: Vegetable: Fruit: Dairy:	Lunch Protein: Grain: Vegetable: Fruit: Dairy:	Lunch Protein: Grain: Vegetable: Fruit: Dairy:	Lunch Protein: Grain: Vegetable: Fruit: Dairy:	Lunch Protein: Grain: Vegetable: Fruit: Dairy:	Lunch Protein: Grain: Vegetable: Fruit: Dairy:	Lunch Protein: Grain: Vegetable: Fruit: Dairy:
Dinner Protein: Grain: Vegetable: Fruit: Dairy:	Dinner Protein: Grain: Vegetable: Fruit: Dairy:	Dinner Protein: Grain: Vegetable: Fruit: Dairy:	Dinner Protein: Grain: Vegetable: Fruit: Dairy:	Dinner Protein: Grain: Vegetable: Fruit: Dairy:	Dinner Protein: Grain: Vegetable: Fruit: Dairy:	Dinner Protein: Grain: Vegetable: Fruit: Dairy:

* Each meal must include at least 3 food groups, 1 of which must be a vegetable or fruit.

Exhibit D

Exhibit D

Food Choices by Group

Use this chart as a starting point! Brainstorm with residents on preferred foods and continue filling out the table. Use these ideas to make a customized menu for your home.

Protein	Grain	Vegetable	Fruit	Dairy
Eggs (hard boiled, scrambled, ...)	Oatmeal	Broccoli Asparagus	Apples Cherries	Milk or milk alternative
Chicken (breast, ground, legs, ...)	Bread / Bagels	Spinach Peas	Strawberries Oranges	Cottage cheese
Beans (black, pinto, kidney,...)	Rice	Eggplant Cabbage	Cantaloupe Watermelon	Yogurt
Beef (ground, roast, stew, ...)	Pasta	Sweet potato Bell peppers	Peaches Nectarines	Pudding
Fish (canned tuna, tilapia, salmon)	Tortilla	Tomato Squash	Pineapple Mango	Cheese
Pork (roast, loin, ham, chops, ...)	Hot/Cold cereal	Corn Onions	Grapes Plums	
Nuts (peanut butter, pecans, walnuts, ...)	Waffles / Pancakes / Muffins	Potatoes Carrots	Raisins Dates	
Turkey (ground, whole, deli, ...)	Quinoa	Zucchini Cucumbers	Pears Fruit cocktail	
Hummus	Popcorn	Cauliflower Brussel sprouts	Raspberries Blueberries	
Shrimp	Rolls / Buns	Avocado	Blackberries	