

SUBJECT: MEAL TIMES

APPROVED BY:

EFFECTIVE
DATE: 04-01-05 (replaces 08-19-99)

Executive Director

Medical Director

Reviewed (no changes): 08-06-09 02-12-10

Dietitian

POLICY

It is the policy of McIntosh Trail Community Service Board that there shall be no more than 14 hours between the evening meal and the morning meal. Evening snacks may be served but cannot substitute the place of a meal. Consumers who are not able to eat at a scheduled meal time will have food saved for them using sanitary methods.

PROCEDURE

1. Meal times vary between facilities. All facilities will serve breakfast, lunch, dinner, and a bedtime snack. (Refer to individual facility policy.)
2. Evening snacks are available for consumers.
3. Breaks are scheduled through the day so that consumers may drink water or other fluids to prevent dehydration.
4. Consumers who need to eat their meal later than the other consumers shall have a meal saved up to two hours. The food shall be stored in an appropriate clean container, covered, labeled, dated, and refrigerated until the consumer can eat. The hot food will be reheated for the consumer at that time, to at least 165 degrees for 15 seconds.
5. Provisions shall be made for food substitutions if the consumer is ill and not able to eat the food served (e.g. a consumer has dental work done and needs soft or liquid foods).