

1 10A NCAC 14D .0701 is proposed as a temporary rule as follows:
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3 **SECTION .0700 - NUTRITION**
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5 **10A NCAC 14D .0701 NUTRITION AND FOOD SERVICE**

6 (a) Food Procurement and Safety:

- 7 (1) The kitchen, dining and food storage areas shall be clean, orderly and protected from
8 contamination;
9 (2) All food and beverage being procured, stored, prepared or served by the facility shall be protected
10 from contamination;
11 (3) All meat processing shall occur at a United States Department of Agriculture (USDA) approved
12 processing plant; and
13 (4) There shall be at least a three-day supply of perishable food and a five-day supply of non-
14 perishable food in the facility based on the menus, for both regular and therapeutic diets.

15 (b) Food Preparation and Service:

- 16 (1) Sufficient staff, space and equipment shall be provided for safe and sanitary food storage,
17 preparation and service;
18 (2) Table service shall include a napkin and non-disposable place setting consisting of at least a knife,
19 fork, spoon, plate and beverage containers. Exceptions may be made on an individual basis and
20 shall be based on documented needs or preferences of the resident; and
21 (3) If residents require feeding assistance, food shall be maintained at serving temperature until
22 assistance is provided.

23 (c) Menus:

- 24 (1) Menus shall be prepared according to the USDA Dietary Guidelines for Americans;
25 (2) Menus shall be maintained in the kitchen and identified as to the current menu day and cycle for
26 any given day for guidance of food service staff;
27 (3) any substitutions made in the menu shall be of equal nutritional value, appropriate for therapeutic
28 diets and documented to indicate the foods actually served to residents;
29 (4) Menus shall be planned to take into account the food preferences and customs of the residents;
30 (5) All menus including all therapeutic diets shall be planned or reviewed by a licensed dietitian as
31 required by G.S. Chapter 90, Article 25. The facility shall maintain verification of the dietitian's
32 approval of the therapeutic diets which shall include an original signature by the dietitian and the
33 licensure number of the dietitian; and
34 (6) The facility shall have a matching therapeutic diet menu for all physician-ordered therapeutic diets
35 for guidance of food service staff.

36 (d) Food Requirements:

1 (1) Each adult day care program offering overnight respite care services shall be served a minimum of
2 three meals a day at regular hours with at least 10 hours between the breakfast and evening meals;
3 and

4 (2) Foods and beverages that are appropriate to overnight respite residents' diets shall be offered or
5 made available to overnight respite residents as snacks between each meal for a total of three
6 snacks per day and shown on the menu as snacks.

7 (e) Therapeutic Diets:

8 (1) All therapeutic diet orders including thickened liquids shall be in writing from the resident's
9 physician. Where applicable, the therapeutic diet order shall be specific to calorie, gram or
10 consistency, such as for calorie controlled American Diabetic Association diets, low sodium diets
11 or thickened liquids, unless there are written orders which include the definition of any therapeutic
12 diet identified in the facility's therapeutic menu approved by a registered dietitian as required by
13 law; and

14 (2) The facility shall maintain an accurate and current listing of overnight respite residents with
15 physician-ordered therapeutic diets for guidance of food service staff.

16 (f) Individual feeding assistance in an adult day care program offering overnight respite care services:

17 (1) Sufficient staff shall be available for individual feeding assistance as needed; and

18 (2) Residents needing help in eating shall be assisted upon receipt of the meal and the assistance shall
19 be unhurried and in a manner that maintains or enhances each resident's dignity and respect.

20 (g) Variations from the required three meals or time intervals between meals to meet individualized needs or
21 preferences of residents shall be documented in the overnight respite resident's record.

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23 *History Note: Authority S.L. 2011-104;*

24 *Eff. January 1, 2012.*