

# NUTRITION & FOOD SERVICE REQUIREMENTS FOR LICENSED COMMUNITY CARE FACILITIES



## COMMUNITY CARE FACILITIES LICENSING PROGRAM

The following suggestions and considerations will assist licensees and managers in meeting the requirements of the *Community Care and Assisted Living Act (CCALA)* and the Residential Care Regulation (RCR) in regards to creating a menu and serving food and beverages that meets the needs of the persons in care at their facility.

Sections 62 to 67 of the Residential Care Regulation (RCR) set out the nutrition and food service requirements for licensed Community Care Facilities<sup>1</sup>. Please refer to the following sections of the Residential Care Regulation for more detail regarding what is required by the legislation:

- Section 62 regarding menu planning;
- Section 63 regarding food preparation an service;
- Section 64 regarding the required food service schedule;
- Section 65 regarding participation by persons in care;
- Section 66 regarding individual nutrition needs, and
- Section 67 regarding eating aids and supplements.

<sup>1</sup> NOTE: Sections 62-67 are not the only sections of the RCR that set out requirements for nutrition and food service in licensed community care facilities. For example, other related requirements can be found in the staffing sections and in the recordkeeping sections of the RCR. Please refer to the RCR in its entirety for other nutrition and food service related requirements.

### What should a facility menu include?

Licensing staff monitor compliance with the requirements of the provincial legislation through inspections of the facility. When reviewing your facility menu for compliance with the CCALA and RCR Licensing staff will be checking that:

- For facilities where the length of stay of the persons in care exceeds six weeks, there is a written four-week menu (or at least a weekly written menu for facilities where the length of stay of the persons in care is less than six weeks);
- Foods and beverages are provided at the morning, noon and evening meals and at snack;
- At least 2 nutritious snacks are offered each day (morning, afternoon and/or evening snacks);
- Snacks contain foods and/or beverages from two of the four food groups in Canada's Food Guide;
- Meals contain foods and/or beverages from three of the four food groups in Canada's Food Guide. These groups are:
  - Meat and Alternative group
  - Milk and Alternative group
  - Grains group
  - Vegetable and fruit group

### OVER

**South**  
Victoria  
201 – 771 Vernon Avenue  
Victoria, BC V8X 5A7  
Ph: 250.519.3401  
Fax: 250.519.3402

**Central**  
Nanaimo  
29 – 1925 Bowen Road  
Nanaimo, BC V9S 1H1  
Ph: 250.739.5800  
Fax: 250.740.2675

**North**  
Courtenay  
355 – 11th Street  
Courtenay, BC V9N 1S4  
Ph: 250.331.8620  
Fax: 250.331.8596

Campbell River  
200 – 1100 Island Highway  
Campbell River, BC V9W 8C6  
Ph: 250.850.2110  
Fax: 250.850.2455

- ❑ The individual nutrition needs of the persons in care are met, considering each person's age gender, level of activity and their nutrition plan;
- ❑ There is a variety of foods and beverages being served;
- ❑ The food preferences and cultural background of the persons in care are considered in development the menu;
- ❑ Reasonable effort is made to provide persons in care with foods and beverages that they enjoy and are familiar with;
- ❑ Reasonable effort is made to include persons in care in menu planning, meal preparation, food service and related activities for the facility as much, or as required in that person's nutrition plan;
- ❑ The meals and snacks served provide persons in care with foods with a variety of textures, flavors and colors; and
- ❑ The menu includes some seasonal variations in the food and beverages served, for example, there could be a summer menu and a winter menu. The summer menu could reflect the availability of fresh fruits and vegetables, and the inclusion of foods more popular in the summer, such as salad plates. The winter menu could include more winter vegetables, and foods popular in the winter, such as hot soups and stews.

**What do I do when one or more of the persons in care don't like everything that is on the menu?**

Consider the food preferences of the persons in care. Provide them with alternatives that are equal in nutritional value. If persons in care have special dietary needs, restrictions on their food choices or limits on the snacks that they are able to have, consult with a registered dietitian.

More information on Canada's Food Guide and the four food groups can be found on the web:  
<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Alternately, copies of the Canada's Food Guide are also available from your local Licensing Office. For more information on menu planning, contact your local Licensing Office.