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Title 22@ Social Security

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Division 5@ Licensing and Certification of Health Facilities, Home Health Agencies, Clinics, and Referral Agencies

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Chapter 8@ Intermediate Care Facilities for the Developmentally Disabled

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Article 3@ Services

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Section 76363@ Food and Nutrition Services-Food Service

76363 Food and Nutrition Services-Food Service

(a)

The food and nutrition needs of clients shall be met in accordance with the "Dietary Reference Intakes: The Essential Guide to Nutrient Requirements" (2006) adopted by the National Research Council of the National Academy of Sciences, Institute of Medicine, hereby incorporated by reference, and adjusted for age, sex, activity, and disability through a nourishing, balanced diet unless contraindicated by medical needs.

(b)

Food services shall include: (1) Not less than 3 meals shall be served daily, with not less than a 10 hours' span between the first meal and the last meal of the day, and not more than a 14 hours' span between the third meal and the first meal of the following day. (2) Mealtimes comparable to those of similar age groups existing in the community. (3) Nourishment or between meal snacks shall be provided as required by the dietary plan. Bedtime nourishments shall be offered to all clients unless countermanded by the interdisciplinary team, attending physician or the dietitian. (4) Client food preferences shall be adhered to as much as possible and substitutes for all food refused shall be from appropriate food groups. Condiments such as salt, pepper or sugar shall be provided at each meal unless countermanded by the physician's diet order or by decision of the interdisciplinary team responsible for the client's program. (5) All clients shall eat in dining rooms,

except where contraindicated for health reasons, or by decision of the interdisciplinary team responsible for the client's program. Table service shall be provided for all clients who can eat at a table, including clients in wheelchairs. Dining areas shall be equipped with tables, chairs, eating utensils and dishes designed to meet the developmental needs of each client. (6) When food is provided by an outside commercial food service, all requirements shall be met. The facility shall maintain a written plan, space, equipment and food supplies to provide clients food service in emergencies. (7) Food shall be prepared by methods that conserve nutritive value, flavor and appearance. Food shall be served attractively at appropriate temperatures and in a form to meet individual needs. (8) Denial of a nutritionally adequate diet shall not be used as a punishment. (9) Dining rooms shall be supervised and staffed for self-help dining procedures, and to assure that each client receives an adequate amount of food. (10) Clients shall be provided with systematic training to develop appropriate eating skills, utilizing adaptive equipment where it serves the developmental process. (11) Direct-care staff shall be trained in and shall utilize proper feeding techniques. Clients shall eat in an upright position unless medically contraindicated. (12) Clients shall be encouraged and assisted in feeding themselves whenever possible. Clients shall be permitted to eat in a manner consistent with their developmental needs. Whenever self-feeding is not possible, clients shall be provided assistance in eating.

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