

§ 76882. Food and Nutrition Services - Food Services.

(a) The food and nutritional needs of clients shall be met and adjusted for age, sex, activity, and disability through a nourishing, balanced diet.

(b) Food services shall include:

(1) Not less than 3 meals served daily, with not less than 10 hours between the first meal and the last meal of the day, and not more than 14 hours between the third meal and the first meal of the following day.

(2) Mealtimes comparable to existing norms in the community.

(3) Nourishment or between meal snacks shall be provided as required. Bedtime nourishments shall be offered to all clients unless contraindicated by the interdisciplinary professional staff/team, attending physician or the dietitian.

(4) Food items that are repeatedly refused by individual clients shall be replaced with food items from the same food group for those individuals. Clients who routinely refuse to eat most foods from a food group shall be evaluated by a physician or a dietitian for nutritional status and the need for substitutions and/or diet counseling determined.

(5) Condiments such as salt, pepper and sugar shall be provided at each meal unless contraindicated.

(6) All clients shall eat in dining rooms, except where contraindicated for health reasons upon the written order of the attending physician. 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.

(7) Food shall be served attractively at appropriate temperatures and in a form to meet individual client needs.

(8) Withholding food shall not be used as a punishment, nor shall the timely service of regularly scheduled meals or snacks be made contingent upon a client's behavior.

(9) 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.

Note: Authority cited: Sections 208.4 and 1267.7, Health and Safety Code. Reference: Section 1276, Health and Safety Code.

22 CCR § 76882, 22 CA ADC § 76882