

# Trouves Health Care

TITLE:	FOOD SERVICE	POLICY 11.01
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Authority: [WAC 388.78A.2300, Food and nutrition services](#)  
[WAC 246.215, Food Service](#)  
[WAC 245.217, Health Services Commission](#)

## **PURPOSE:**

This policy outlines the process for food service to residents at Trouves Health Care.

## **SCOPE:**

This policy applies to Trouves employees and residents.

## **POLICY:**

- A. Trouves Health Care provides three meals and snacks daily. Food service occurs at regular intervals with no more than fourteen hours between the evening meal and breakfast, unless the assisted living facility provides a nutritious snack after the evening meal and before breakfast.
- B. Trouves values the nutrition of each residents and provide sufficient time and staff support for residents to consume meals. Meals also address individual needs for types of diets, and food allergies.
- C. Trouves ensure all menus:
  1. Are written at least one week in advance and delivered to residents' rooms or posted where residents can see them, except as specified in "F" below;
  2. Indicate the date, day of week, month and year;
  3. Include all food and snacks served that contribute to nutritional requirements;
  4. Are kept at least six months;
  5. Provide a variety of foods; and
  6. Are not repeated for at least three weeks, except that breakfast menus in assisted living facilities that provide a variety of daily choices of hot and cold foods are not required to have a minimum three-week cycle.
- D. Trouves prepare food that is nourishing, palatable and attractively served adjusted for:
  1. Age, gender and activities, unless medically contraindicated; and
  2. Individual preferences to the extent reasonably possible.



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- E. Substitute foods of equal nutrient value, when changes in the current day's menu are necessary, and record changes on the original menu.
- F. Trouves makes available and give residents alternate choices in entrees for midday and evening meals that are of comparable quality and nutritional value.
- G. Trouves does not post alternate choices in entrees on the menu one week in advance, but does record on the menus the alternate choices in entrees that are served.
- H. Community Meetings are used to make known to residents, and allow for residents to express their views and comment on the food services.
- I. The dining hall is used to allow for residents to socialize and eat together. Meals, at times may also be served in a resident's room.
- J. In addition, Dietary services meals may be prescribed individually to meet specific resident needs. This may include prescribed general low sodium, general diabetic, and mechanical soft food diets according to a diet manual. The facility ensures the diet manual is:
  - 1. Available to and used by staff persons responsible for food preparation;
  - 2. Approved by a dietitian; and
  - 3. Reviewed and updated as necessary or at least every five years.
- K. The physician may prescribe nutrient concentrates and supplements in writing to meet medical needs.
- L. At a residents request and as agreed upon in the resident's negotiated service agreement, non-prescribed diets may include:
  - (a) Modified or therapeutic diets;
  - (b) Nutritional concentrates or supplements.
- M. The facility practices sanitary food handling process and manages food and maintains on-site food services facilities in compliance with WAC 246-215 including employees working as food services workers obtain a food worker card according to WAC 246-217



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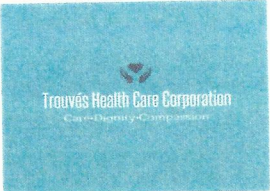
**EXCEPTIONS:**

No exceptions to this policy may be granted without the prior written approval of the Director.

**SUPERCEDES:**

None





TITLE:	FOOD SERVICE – MEAL TIMES REASONABLE ACCOMODATION	POLICY 11.02
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Authority: WAC 388-78A-2020, 2050, 2060, 2090, 2170, 2200, 2300  
WAC 388-110-150

**PURPOSE:**

This policy describes facility meal times, reasonable accommodation, supplements and substitutions.

**SCOPE:**

All residents and visitors.

**POLICY:**

We provide three varied and appetizing meals a day, seven days a week. Meal times are as follows:

Breakfast	7:00AM - 8:00 AM
Lunch	11:30AM - 12:30PM
Dinner	5:00PM - 6:00 PM