



## NUTRITION & FOOD SERVICE REQUIREMENTS RESIDENTIAL CARE

### 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) related to creating a menu and serving food and beverages that meets the needs of the persons in care at their facility. Licensing Officers monitor compliance with the requirements of the provincial legislation through inspections of the facility.

- Sections 62 to 67 of the RCR set out most of the nutrition and food service requirements for licensed Community Care Facilities. Please refer to the entirety of the RCR for more details regarding what is required for nutrition and food services.

#### Resources to review and consider utilizing when creating a menu:

For all facility Managers:

- [Meals and More, BC Government: With 24 persons or fewer in care](#)
- [Audits & More, BC Government: With 25 of more persons in care](#)
- [Canada's Food Guide - 2007 - Health Canada](#)
- [Canada's Food Guide Healthy Eating Recommendations - 2019 – Health Canada](#)
- For Registered Dietitians and Nutrition Managers:
  - [Menu Planning in Long Term Care and Canada's Food Guide - 2019](#)

#### What should a facility menu include?

- Food and beverages are provided at the morning, noon, and evening meals and at snack times.
- At least two nutritious snacks are offered each day (morning, afternoon, and/or evening snack).
- Snacks contain foods and/or beverages from two of the four food groups in Canada's Food Guide -2007.
- Meals contain foods and/or beverages from three of the four food groups in Canada's Food Guide - 2007.
- The individual nutrition needs of the persons in care are met, considering the 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 of 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.

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- The meals and snacks served provide persons in care with foods with a variety of textures, flavours, colours and visual appeal.
- The menu includes some seasonal variations in the food and beverages served, for example:
  - The summer menu could reflect the availability of fresh fruits and vegetables and the inclusion of foods, such as salad plates and fresh fruit desserts.
  - The winter menu could include more winter vegetables and foods, such as hot soups, roasted vegetables and stews.
- For facilities where the length of stay for a person in care is six weeks or fewer, at least a written menu for each weekly period.
- For facilities where the length of stay for a person in care is greater than six weeks, there is at least a written menu for a 4-week cycle.

#### **What are healthy eating considerations beyond menu planning?**

Considerations should be made to include foods that are:

- Whole wheat and whole grains i.e. brown rice, whole wheat pasta, oats, whole wheat bread.
- Fruits and vegetables, such as dark green and orange vegetables i.e. broccoli, kale, carrots, sweet potatoes.
- Plant-based proteins, such as tofu, nuts, seeds and legumes i.e. chickpeas, kidney beans, lentils.
- A variety of healthy fats i.e. nuts, seeds, avocado, fatty fish, vegetable oils.
- Water as an option for fluids along with available juices, milk, coffee/tea.

#### **What happens when one or more of the persons in care do not like everything that is on the menu?**

- Consider the food preferences of the persons in care, and if possible, adjust the menu to reflect the preferences of persons in care.
- If not able, provide alternatives or substitutions that are from the same food group and have similar nutritional value.
- If persons in care have any special dietary needs, restrictions on their food choices or limits on the snacks that they can have, consult with a Registered Dietitian.

For more information on menu planning, contact your Licensing Office.