

PATHWAYS ABILITIES SOCIETY

POLICY: FOOD AND NUTRITION

Applies to: All Homes Personnel

Original Approval Date: September 19, 2005

Date Board Approved: Jul 29, 2024

Replaces Policy Dated: July 4, 2016

Board Member's Signature

PREAMBLE

As part of creating a home environment, time is devoted to preparing and sharing meals with one another. Mealtimes offer an opportunity for many moments of communication, which bring people together in shared conversation. Creating a good meal and sharing in the process of developing the menu, buying the food, cooking it, setting the table, and serving the food, is an event that helps to foster good fellowship.

POLICY

Individual home members participate in menu development, grocery shopping, meal preparation, and cleanup. They are encouraged to do as much as possible on their own. Senior support workers monitor their nutritional status and report any concerns to the supervisor.

Pathways staff adhere to Residential Care Regulation (RCR) 83, Nutrition Plan and the 5 components of the Canadian food guide.

Each staff working in the home is required to have a valid Food Safe certificate.

Pathways Abilities Society adheres to the Canada Food Guide with its food groups as a basis for planning nutritious meals.

When an individual's dietary needs have been changed by a health professional due to specific health maintenance requirements or illness, staff receive appropriate training, and new protocols and guidelines are posted in ShareVision.

In accordance with the Residential Care Regulations, a one-month lunch and dinner menu and breakfast and snack choice form are prepared and posted by the senior support worker, in consultation with the home members and approved by the supervisor for licensed facilities. All changes made must be documented on the relevant document. Staff always consider a person's culture food preferences and dietary restrictions when planning meals.

Breakfast and snack choice forms must be completed daily by staff, ensuring individuals are provided with nutritious options. These forms are kept in the kitchen area of each home and tracked by each homes senior support worker.

Menus and snack choice forms must be submitted monthly to the homes supervisor and kept for a one-year period.