

## PATHWAYS ABILITIES SOCIETY

### **POLICY: FOOD AND NUTRITION**

**Applies to:** All Homes Personnel

#### **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**

Pathways staff will adhere to Residential Care Regulation (RCR) 83, Nutrition Plan.

All staff is required to have a Food Safe certificate. Pathways Abilities Society adheres to the Canada Food Guide with its food groups as a basis for planning nutritious meals.

Staff will be trained when an individual's dietary needs have been prescribed by health professional due to specific health maintenance requirements or illness.

In accordance with the Residential Care Regulations, one month written menu will be prepared for licensed facilities and home shares and any changes entered on the menu. Menus will be kept for a one-year period. Individual home members will participate in menu development, grocery shopping, meal preparation and cleanup. They will be taught and encouraged to do as much as possible on their own. Staff will monitor their nutritional status and report any concerns to the supervisor.

Staff will always consider a person's culture and food preferences when planning meals. A variety of cookbooks will be maintained in the home.

#### Effective/Revision Date

September 19, 2005  
September 12, 2011  
January 25, 2013  
September 16, 2013  
March 31, 2104  
June 8, 2015  
July 4, 2016

#### Board Approval

#### Date Approved

September 19, 2005  
September 12, 2011  
January 25, 2013  
September 16, 2013  
March 31, 2104  
June 8, 2015  
July 4, 2016