

NUTRITION & SOCIAL ADULT DAY CARE

PROVIDING HOME DELIVERED MEALS DURING COVID-19

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1

THANK YOU FOR JOINING US!

Questions?

Please type any questions you may have at any time throughout the webinar in the **chatbox** supplied on the side of your screen. Questions will be addressed at the end of the webinar. We will try to get to as many as possible.

Please note that your phones are muted



2



WHAT DID YOU DO
DURING QUARANTINE?

3



HOW IS EVERYONE FEELING
TODAY?

4

LET'S TAKE A POLL

Who is completely closed?

Who is providing congregate meals onsite?

Who is providing home delivered meals?

5

TODAY

- Providing home delivered meals in accordance with NYSOFA and Health Department regulations
 - Part I: Food Safety Regulations
 - Part II: Menu Planning
 - Part III: General Policies and Procedures
 - Part IV: Questions: How can I help you?

6





7



8

DO YOU...

 Cater meals?

 Cook meals onsite?

9

NYSOFA REQUIREMENTS

- NYSOFA released the new nutrition standards on October 10, 2019
- 19-PI-26 Supersedes 90-PI-26

10

PART I: FOOD SAFETY

11

FOOD SAFETY PRACTICES AND FACILITY

- Food service practices must comply with all the applicable federal, New York State Sanitary Code Part 14, and local health and sanitation regulations
- All facilities used for meal preparation and/or service delivery must meet all applicable Federal and State requirements, including the State Sanitary Code Part 14-1, and all local health, sanitation, building, fire and safety regulations

12

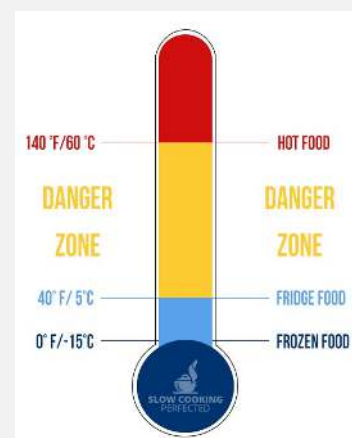
FOOD TEMPERATURES

- Efforts should be made to conserve the nutritive value, flavor and appearance of foods at all stages of food preparation, delivery and service with attention made to minimize the holding time of hot foods
- Food and/or beverages that are prepared on site or delivered from a caterer should be kept in warming ovens until service and then delivered to participants

13

FOOD TEMPERATURES

- Hot food shall remain above 140 degrees F and cold foods should be below 40 degrees F. (40-45 degrees based on the county)
- Temperature logs should be maintained that include the temperature of each food at the completion of cooking and prior to delivery
- Home Delivered Meal end route temperatures must be taken monthly for each route



14

FOOD BORNE
ILLNESS

Outbreaks of suspected food-borne illnesses must be reported to the local Health Department, NYSOFA, and the Area Agency on Aging immediately

15

PART II: MENUS

16

MENU
YES OR NO?



17

MENU
YES OR NO?



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MENU
YES OR NO?



19

MENU
YES OR NO?



20

Menus should be based on a minimum of a four-week cycle and be based on recommendations contained in the current USDA Dietary Guidelines for Americans

21

USDA DIETARY GUIDELINES

- Follow a healthy eating pattern across the lifespan
- Shift to healthier food and beverage choices
- Support healthy eating patterns for all
- Focus on variety, nutrient density, and amount
- Limit calories from added sugars and saturated fats, and reduce sodium intake



22

USDA DIETARY GUIDELINES KEY RECOMMENDATIONS

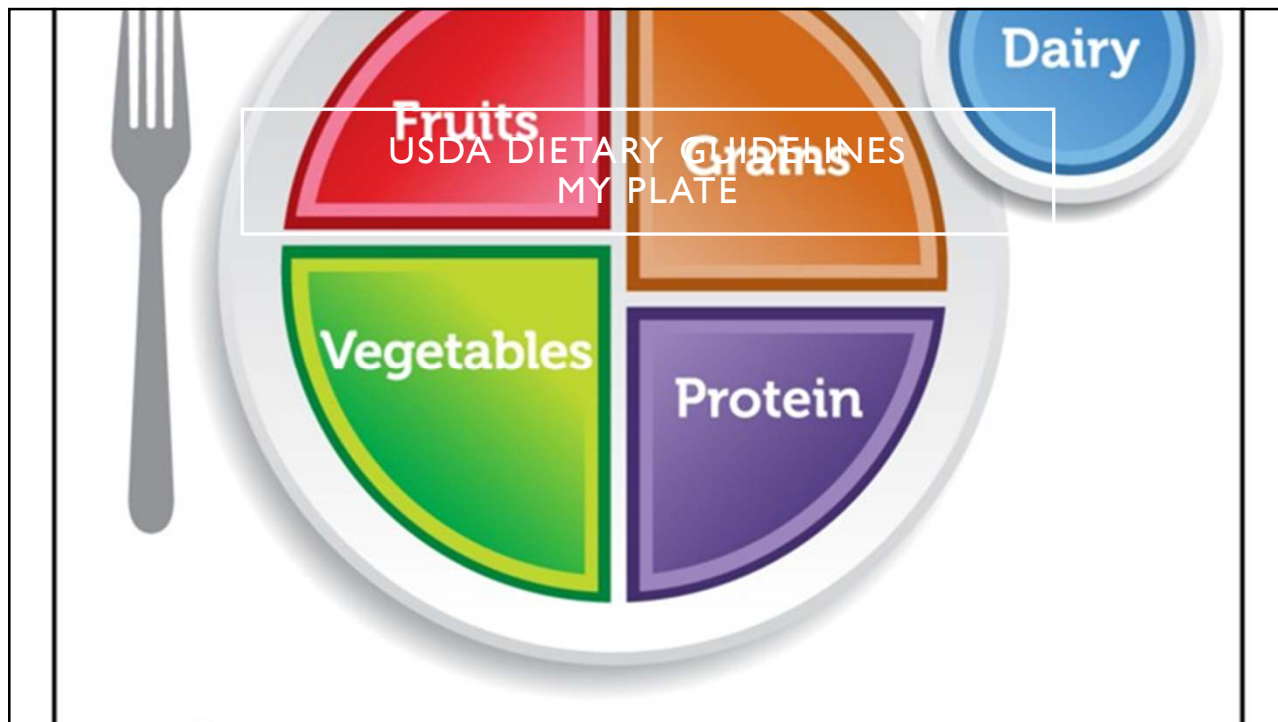
- Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level
 - Include:
 - A variety of veggies from all of the subgroups-dark green, red, and orange, legumes, starchy, and other
 - Fruits, especially whole fruits
 - Grains, at least half of which are whole grain
 - Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
 - A variety of protein foods, including seafood, lean meats, and poultry, eggs, legumes, nuts, seeds, and soy products
 - Oils
 - Limit
 - Saturated fats and trans fats, added sugars, and sodium

23

USDA DIETARY GUIDELINES KEY RECOMMENDATIONS

- The following components of the diet that should be limited:
 - Consume less than 10 percent of calories per day from added sugars
 - Consume less than 10 percent of calories per day from saturated fats
 - Consume less than 2,300 mg per day of sodium

24



25



26

NUTRIENT CONTENT OF MENUS

- Menus must be certified and signed by a Registered Dietitian, and provide the following:
 - 1 meal per day: 1/3 DRI
 - 2 meals per day: 2/3 DRI
 - 3 meals per day: 100% of the DRI's

27



MENU DOCUMENTATION

- A nutrient analysis OR meal pattern documentation must be available for all meals provided. If a nutrient analysis is not used, documentation that the meal pattern (Appendix A) was followed must be available. Documentation can be a completed form as provided in Appendix B, or a locally developed form which includes all of the elements in Appendix B
- Any deviation from the planned menu should be documented and approved prior to service by a Registered Dietitian, project director, or other designated staff member

28

REGISTERED DIETITIAN

A Registered Dietitian is a nutrition professional that is Registered with the Commission on Dietetic Registration. They have the RD credential and should have the RD card and license number on file. NYSOFA requires the RD credential. Please note that the “CDN credential” is not the same thing as the RD credential.

29

MENU

Menus should be prominently displayed at the program and food preparation area. Each menu component on the production and on-site menus should be clearly identified and portion sizes indicated.

30

SAMPLE MENU

Social Day Program

Spring-Summer 2018 Week 1

	DAY 2	DAY 3	DAY 4	DAY 5
May 8, 2018 June 19, 2018 July 31, 2018 September 11, 2018	May 9, 2018 June 20, 2018 August 1, 2018 September 12, 2018	May 10, 2018 June 21, 2018 August 2, 2018 September 13, 2018	May 11, 2018 June 22, 2018 August 3, 2018 September 14, 2018	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk & Juice**	Milk & Juice**	Milk & Juice**	Milk & Juice**	Milk & Juice**
BBQ Chicken Drumsticks (2 each)*	3 oz. Roast Beef on 1 sl. Bread w/ 2oz. Gravy*	Zweigle's Skinless Hotdog (1 ea) on New England Bun*	Swiss Cheeseburger (3 oz burger, 1 sl. Cheese on bun)*	3 oz. Fried Fish*
4 oz. Macaroni Salad	4oz. Whipped Potatoes*	4oz. Baked Beans*	1 bag Potato Chips	4 oz. Crinkle Cut French Fries*
4 oz. Peas & Onions*	4 oz. Sonoma Vegetable Blend*	4oz. Applesauce	4oz. Corn with Butter or 1 ea. Corn on Cob*	4oz. Coleslaw
6 oz. Chicken Noodle Soup*	6 oz. Vegetable Soup*	6 oz. Tuscan White Bean Soup*	6 oz. Broccoli Cheese Soup*	6 oz. Chicken Rice Soup*
4oz. Sliced Peaches (NCS same)	4oz. Strawberry Ice Cream (NCS 4 oz. SF Strawberry Ice Cream)	4 oz. Key Lime Mousse w/Topping (NCS same)	1 sl. Frosted Brownie (NCS ½ sl. Brownie)	1 sl. Pound Cake with 1oz. Pineapple Topping (NCS same)
<i>ALTERNATIVE:</i> Turkey Salad Sandwich***	<i>ALTERNATIVE:</i> Egg Salad Sandwich***	<i>ALTERNATIVE:</i> Ham Salad Sandwich***	<i>ALTERNATIVE:</i> Chicken Salad Sandwich***	<i>ALTERNATIVE:</i> Sliced Turkey Sandwich***

*To be served hot **Beverages being provided by ***Bread to be provided.
 Highlighted Menu items will arrive in bulk.

Laura J. MSA RD CDN

4/11/18

5/7/2018

31

THERAPEUTIC, RELIGIOUS, AND CULTURAL CONSIDERATIONS

- Menus where feasible and appropriate should meet the dietary needs and preferences arising from the health requirements, religious requirements, or ethnic backgrounds of eligible individuals.
- The provision of therapeutic diets or modifications should be consistent with NYSOFA guidelines and are approved by a Registered Dietitian.
- Participants and their physicians should be made aware of the type of menu modifications that are available.
- Participants should receive a therapeutic diet only if prescribed by a physician. These prescriptions should be kept on file in participant files and should be updated annually.

32

SUPPLEMENTS

- Vitamin and mineral supplements can not be purchased with program funds.
- Nutrition supplements (canned formulas, powdered mixes, food bars, etc.) may be made available to participants based on documented, assessed need as determined by a Registered Dietitian. Such products cannot replace conventional meals unless a physical disability warrants their sole use.



33

PART III: POLICES AND PROCEDURES

34

DOCUMENTATION

- Records should be maintained for one year. This includes:
 - Food temperature logs
 - Site and kitchen monitoring reports
 - Nutrition counseling client files and units of service
 - Participant surveys
 - Participant, staff, and volunteer meal service records, ie. Production sheets
 - Health Department inspection
 - Menus served and nutrient analysis
 - Food costs and inventory records
 - Production sheets
 - Physician Diet prescriptions



35

GENERAL POLICIES

- Programs should have a written policy that identifies how regulations are met for the NYS Nutrition Program for the Elderly
- In accordance with applicable laws and regulations, providers should accommodate the needs of individuals with disabilities or limited mobility and has available for use upon request appropriate food containers, utensils, and other assistive devices
- Documentation that shows that participant comments on meals are solicited annually and considered when planning menus

36

GENERAL POLICIES

- When feasible and appropriate, arrangements are made for the availability of meals to participants in weather related emergencies
- Clients receiving home delivered meals are instructed on the requirements of receiving a meal and the use and safe handling of the meal
- There are written procedures concerning:
 - The provision of food and/or meals in weather related or emergencies or disasters
 - The cancellation of meals
 - Notification of service delays or closings
 - Restrictions concerning the drop-off of home delivered meals
 - The provision of appropriate food containers and utensils for individuals with disabilities

37

RESOURCES

- www.nysadultday.com
- www.nadsa.org
- www.aging.ny.org
- www.health.ny.gov/health_care/managed_care/mltc
- www.health.ny.gov/health_care/medicaid/redesign/mrt_90
- www.health.ny.gov/prevention/cacfp
- www.carf.org
- www.coanet.org
- <http://www.ada.gov/opdmd.htm>
- <http://www.ada.gov/effective-comm.htm>
- <https://www.cnpp.usda.gov/2015-2020-dietary-guidelines-americans>
- <https://www.fns.usda.gov/cacfp/child-and-adult-care-food-program>

38

PART IV:
QUESTIONS?

A photograph showing a variety of fresh produce arranged to form a large question mark. At the top, there are two apples (one red, one green), a bunch of blueberries, and a banana. The banana curves downwards to form the stem of the question mark. At the bottom, two carrots are positioned vertically, with a small red cherry tomato at the very tip, completing the question mark shape.

39

THANK YOU TO OUR SUPPORTING PARTNERS

Two logos side-by-side. On the left is the logo for the New York State Office of Opportunity, featuring a map of New York and the text "NEW YORK STATE OF OPPORTUNITY". On the right is the logo for the Office for the Aging, with the text "Office for the Aging" in a stylized font.

The logo for the NYC Department for the Aging, featuring the letters "NYC" in a large, bold, teal font, followed by the text "Department for the Aging" in a smaller, black font.

The logo for NYSADSA, featuring a circular graphic of orange dots on the left and the text "NYSADSA" in a large, bold, orange font, with "New York State Adult Day Services Association Inc." in a smaller font below it.

The New York State Office for the Aging (NYSOFA) contracts with the New York State Adult Day Services Association to provide technical assistance to managed care organizations, providers of social adult day services and those interested in starting an adult day services program.

40