BERRIEN MENTAL HEALTH AUTHORITY
-- PROCEDURE --

SUBJECT: FOOD & DIETARY PRACTICES	SECTION: 02-40-06 Page 1 of 2
APPLICATION: All Residential Contractual Programs EFFECTIVE DATE: 7/22/98 REVISED: 04/05, 09/08, 8/10, 7/14, 6/15, 5/2020, 9/2021, 9/2023, 6/2024	REQUIRED BY: DCH Guideline: IV-H-005-0002

POLICY: It is the policy of Berrien Mental Health Authority to ensure that Recipients in Residential Settings operated under contract with the Authority be provided three nutritional balanced meals daily, and that snacks and access to food is available at all times.

PURPOSE: To provide proper nutrition for a healthy lifestyle.

STANDARDS:
1. **Department of Health and Human Services**
2. **My Plate and the U.S. Department of Agriculture** - https://www.myplate.gov/
3. **HCBS Final Federal Rule** -https://www.medicaid.gov/medicaid/home-community-based-services/guidance/home-community-based-services-final-regulation/index.html
4. **Dietary Guidelines for Americans** - https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials

DEFINITIONS:
*Balanced meal***:** Set by dietary standards.
*Special Diet***:** A dietary plan prescribed by a physician.

PROCEDURE:
1. Weekly menus are prepared by the residents with support from staff.
2. Food purchasing is based on budgets, recipes, nutrition and meal preferences of the residents.
3. Whenever possible, the menu should reflect the preferences of residents, while maintaining a nutritionally balanced meal.
4. All meals are monitored or prepared by trained staff according to approved guidelines, residents who choose to assist with meal prep and cooking must follow approved guidelines for sanitary and safe cooking.
5. Special dietary plans are prepared as directed by the physician's or dietitian's orders. Corresponding menus will specify any modifications for residents on a special diet and will be followed. If a resident chooses to eat something other than what the physician or dietitian has ordered, the staff will review the dietary plan with them and notify the physician or dietitian that they are choosing to eat other items.
6. Menus will be posted as required by licensing.
7. Substitutions to the menus to honor residents' preferences are permitted, however they should not significantly change the nutritional intake and must be documented.
8. Access to food that is nutritious and also items that are enjoyed or requested by the resident must be available at all times. Examples are supplies to make a sandwich, salad kits, yogurt, ice cream, popcorn, bananas, apples, or some type of fruit. Residents should be asked about what items they want available in accordance with the HCBS Final Federal Rule.

9. Religious based dietary practices will be followed if they are requested by the resident and do not pose significant health and safety risks, as determined by the physician or dietitian.
10. Consults with a dietitian may be requested from the resident's health plan, through the primary care physician. There are circumstances where the consults are placed in the IPOS and authorized by Utilization Management.
11. If a resident makes dietary choices that pose significant health and safety risks, the treatment team may consult with or request a review from the Informed Consent Board. See procedure 06-54-02.

FORMS: Weekly Menus

REVIEWER: Director of Services
REVIEWED: 9/07, 9/08, 8/09, 8/10, 10/11, 10/12, 7/13, 7/14, 6/15, 5/16, 8/17, 6/18, 7/19, 5/2020, 9/2021, 5/2022, 8/2023, 9/2023, 6/2024, 8/2025