

COMMUNITY LIVING

Thunder Bay



Number: SS 14.0
Date: May 21, 2009
Supersedes:

GENERAL MANUAL POLICY

APPROVED BY:

K. J. Pickard
Executive Director

CATEGORY:

Supports and Services

TOPIC:

Nutrition and Menu Planning

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Policy:

All people supported by Community Living Thunder Bay will be provided the option to have a well balanced diet, consisting of at least 3 meals per day plus snacks and adequate fluids, unless otherwise directed by a health care professional.

Purpose:

To ensure all people supported are receiving appropriate and adequate nutrition, according to their needs and choices.

To ensure adequate fluid intake.

GENERAL MANUAL PROCEDURE

TOPIC: Nutrition and Menu Planning

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Procedure:

1. Weekly menu planning will be completed in advance by the assigned staff in consultation with the people supported and Canada's Food Guide as a reference.
2. Consult people and/or their profiles to determine the person's likes, dislikes, allergies, special diets, food and fluid consistency and other individual considerations.
3. Fluid intake will be according to daily recommended amounts (1500-2000 ml per day or 6 to 8 cups).