Section for Long Term Care
Regulation
Provider Meeting, Fall 2017

Food Safety and Kitchen Requirements, 483.60 (i)
- Discuss the Kitchen/Food Service Survey Protocol
  - Food Storage Requirements
  - Food Preparation
  - Food Service Sanitation
  - Survey/Inspection protocols

Food and Nutrition Services
- The facility must - (F371/F812)
  - Procure food from sources approved or considered satisfactory by federal, state, or local authorities.
    - May include food items obtained directly from local producers, subject to applicable State and local laws or regulations.
    - Does not prohibit or prevent facilities from using produce grown in facility gardens, subject to compliance with applicable safe growing and food handling practices
    - Does not preclude residents from consuming foods not procured by the facility

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Food and Nutrition Services

- 19CSR 30–87.010, 020, 030
  - Sanitation Requirements for Long–Term Care Facilities (all levels)
- 19 CSR 30–85.052
  - Dietary Requirements for ICF and SNF
- 19 CSR 30–86.052
  - Dietary Requirements for RCF and ALF

Food Storage

- Refrigerators and Freezers
- Appropriate temperatures for storing (refrigerator and freezer)
  - At or below 0 degrees F
  - At or below 41 degrees F (ICF/SNF)
  - At or below 45 degrees F (RCF/ALF)

Food Safety Requirements

- Are refrigerated foods covered, dated, labeled, and shelved to allow air circulation?
- Are foods stored correctly (e.g., cooked foods stored above raw meat, egg and egg–rich foods refrigerated)?
**Food Safety Requirements**

- **Dry storage**
  - Evidence of rodents/pests on shelves, floor, cupboards
  - Is stored food covered? Are lids closed and sealed? Are food containers in good condition? Dents? Evidence of damage to packaging? Is food stored off of the floor?

- **Food Preparation**
  - Eggs, cracked or sound at time of use
  - Thawing practices of frozen raw meat
    - Thawed in refrigerator or under cold, running water?
    - Is microwave oven acceptable for thawing?
  - Food contact surfaces
    - Appropriate measures to prevent food-borne illness?

- **Sanitation**
  - Hot foods maintained at the appropriate temperature
  - Cold foods maintained at the appropriate temperature
  - Condition of food trays, dinnerware, and utensils
  - Foods covered until served
  - Food protected from contamination during transportation and distribution
  - Employee handwashing (before and after handling food)
  - Prep staff using clean utensils when necessary and following infection control practices (what are those?)
Food Safety Requirements

- Holding temps:
  - Steam table: 140 degrees F (RCF/ALF)
  - 135 degrees F (ICF/SNF)
  - Room trays: 120 degrees F
- Survey/Inspection protocol:
  - Testing of steam table temperatures (all food items) at the end of food service to determine true holding temperature

Food Sanitation—Pests

- Pests
  - Flies
  - Mice
  - Cockroaches
- Sources/Causes (most common and easiest to fix)
  - Trash cans uncovered
  - Doors propped open
  - Lack of preventative measures (monthly exterminator)
  - Not following exterminator recommendations
  - Supervisor staff routinely monitoring to ensure first two bullet points

Food Safety Requirements

- Food protected from contamination during transportation and distribution
- Employee handwashing (before and after handling food)
- Prep staff using clean utensils when necessary and following infection control practices (what are those?)
- Food prep equipment (dishes, pans, and utensils) sanitized to destroy potential food borne illness
- Dishwasher water temperatures (wash and rinse) to ensure appropriate sanitizing
Survey/Inspection Protocols

- **Dishwashing**
  - Automatic dishwasher:
    - Proper temperature
    - Chemical sanitation
  - Three compartment sink:
    - Wash/rinse/sanitize
    - Chemical use according to manufactures instructions

- **Dishware Drying**
  - Air dried
  - Method of drying
  - Are dishes stacked

Information in:
- Observations of staff during meal prep and food service
- Interview with dietary staff
- Record review
Survey Protocols

- Test tray
  - Testing a food tray from the line
    - Surveyor assesses sufficient quantity for a test tray
    - Request a test tray off a hall cart and replace with new tray from the line
    - Test food temperatures (hot and cold)
    - Taste the food items assessing for palatability, flavor, seasoning, temperature
    - Interview dietary staff regarding any identified issues

Survey Protocols

- Weight – Are there identified problems with residents weight (both loss and gain)
  - Review sampled residents weights
  - Interview dietary and nursing staff about residents food intake
  - Meal service observations

Complaints

- Food complaints? (taste, amount, quantity, temperature, quality)
  - Review sampled residents weights
  - Interview dietary and nursing staff about residents food intake
  - Interview residents/family members
  - Meal service observations
Questions?