

BENCO  
24 Hour  
POLICIES AND PROCEDURES

SUBJECT: FOOD AND NUTRITION

OAR:411-325-0130 (1) (2) a-b (3) a-b (4) (5) a-b (6) (7) and (8)

POLICY:

**(1)** Benco will support the freedom of the individual to have access to their personal food at any time. Limitations will only be used when there is a health and safety risk, as described in OAR 411-325-0430 and OAR 411-004-0040, and when a written informed consent is obtained.

- Food and Nutrition (1) (2) a-b (3) a-b (4) (5) a-b (6) (7) and (8)
  - Three nutritious meals and two snacks must be provided. Meals will be served daily at times consistent with those in the community.
    - Each meal will include food from the basic food groups according to the United States Department of Agriculture (USDA) and include fresh fruit and vegetables when in season, unless otherwise specified in writing by a health care provider.
    - Food preparation will include consideration of cultural and ethnic backgrounds, as well as, the food preferences of individuals. Special consideration will be given to individuals with chewing difficulties and other eating limitations.
  - A schedule of mealtimes and menus for the coming week that consider individual preferences will be prepared and posted weekly in a location that is accessible to individuals and the families of the individuals. Menu substitutions in compliance with subsection (a) of this section are acceptable. If an individual missed a meal at a scheduled time, an alternative meal will be made available. There will be no more than a 14-hour span between the evening meal and breakfast unless snacks and liquids are served as supplements. Access to food beyond the required three meals and snacks are the responsibility of the individual.
  - Food will not be used as an inducement to control the behavior of an individual.
- Modified or Special Diets (5) a-b (6-8)

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- **(5) a-b** For an individual with a physician ordered modified or special diet, Benco will have menus for the current week that provide food and beverages that consider the preferences of the individual and are appropriate to the modified or special diet. Benco will maintain documentation that identifies how modified or special diets are prepared and served to individuals.
- **(6)** Unpasteurized milk and juice or home canned meats and fish will not be served or stored in the program.
- **(7)** Adequate supplies of staple foods for a minimum of one week and perishable foods for a minimum of two days will be maintained in the program.
- **(8)** Food will be stored, prepared, and served in a sanitary manner.

Approved By: Kristen Gregory  
Kristen Gregory, Benco Board President

Date: 12-10-2019