

## **SUBCHAPTER 06K – NUTRITION SERVICES**

### **SECTION .0100 – SCOPE OF SERVICE**

#### **10A NCAC 06K .0101 DEFINITION OF CONGREGATE AND HOME-DELIVERED MEALS**

(a) A congregate meal is a hot or cold nutritionally balanced meal that meets one-third of the current daily recommended dietary allowance (as recommended by the Food and Nutrition Council) served in strategically located centers such as schools, churches, community centers, senior centers, and other public or private facilities where older persons can obtain other social and rehabilitative services. Besides promoting better health among the older segment of the population through improved nutrition, such a program is aimed at reducing the isolation of old age and offering older person the opportunity to live their remaining years in dignity.

(b) A home-delivered meal consists of a hot, cold, frozen, dried, canned or supplemental food, that meets one-third of the current NRC daily recommended dietary allowance served in the home to a home-bound older person. Such a program is aimed at promoting better health among the older segment of the population through improved nutrition and at keeping the individual in his or her own home rather than in an institution by providing the opportunity to achieve greater independence in meal preparation and the activities of daily living.

*History Note: Authority G.S. 143B-10; 143B-138; 45 C.F.R., Chapter XIII, Part 1321;  
Eff. October 1, 1980;  
Amended Eff. November 1, 1993; April 1, 1990;  
Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. September 6,  
2016.*