

10A NCAC 06R .0502 NUTRITION

(a) An adult day care program shall provide a midday meal to each participant in attendance. The meal shall provide at least one-third of an adult's daily nutritional requirement as specified by the United States Department of Agriculture, Dietary Guidelines for Americans, which are incorporated by reference, including any subsequent amendments or additions to these guidelines. These guidelines may be accessed at no cost at <http://www.health.gov/dietaryguidelines/>. A licensed dietitian/nutritionist shall approve the menu following the requirements set forth in this Paragraph.

(b) An adult day program shall offer snacks and fluids to meet the participant's nutritional and fluid needs as determined by their most current medical record. The adult day program shall offer a mid-morning and mid-afternoon snack daily to participants. Snacks shall be planned to keep sugar, salt and cholesterol intake to a minimum, as determined by a licensed dietitian/nutritionist.

(c) An adult day program shall provide a therapeutic diet, if prescribed in writing by a physician, physician's assistant or nurse practitioner for any participant. If therapeutic diets are prepared by program staff, such staff shall have training in planning and preparing therapeutic diets or shall provide documentation of previous training and education in planning and preparing therapeutic diets to prepare meals in accordance with a physician, physician's assistant or nurse practitioner's prescription.

(d) A licensed dietician/nutritionist shall give guidance and training to the staff on basic and special nutritional needs as set forth in this Rule and proper food handling techniques as required by the Environmental Health Section of the Division of Public Health and the prevention of foodborne illness.

(e) An adult day care program shall neither admit nor continue to serve a participant whose dietary requirements cannot be accommodated by the program.

(f) An adult day care program shall store, prepare and serve meals following required food handling techniques as required by the Environmental Health Section of the Division of Public Health. The food service provider or adult day care program shall abide by the food safety and sanitation practices required by the Commission for Public Health and the United States Department of Agriculture, including any subsequent amendments or additions, which are incorporated by reference. Copies of the rules may be found at the following websites: <https://ehs.ncpublichealth.com/docs/rules/294306-14-3300.pdf> and http://www.fsis.usda.gov/Fact_Sheets/Safe_Food_Handling_Fact_Sheets/index.asp.

*History Note: Authority G.S. 131D-6; 143B-153(2a); 143B-153(6);
Eff. July 1, 1978;
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