

ONTARIO FIXING LONG TERM CARE ACT, 2021 CONSULTANT DRAFT - RELEASED JANUARY 25, 2022

Menu Planning, Evaluation & Meal Timing Changes

The Ontario Seniors Nutrition & Advocacy Committee (OSNAC) & its associated working group, Food and Nutrition Advisory Team (FNAT), are voluntary groups of Registered Dietitians and Nutrition Managers focused on advocacy initiatives for seniors' nutrition and food service. We have been collaborating directly with industry partners, including the Ministry of Long Term Care (MLTC) over the past year, reviewing the current dietary related regulations and making recommendations for change. Below are some of the proposed changes that are included in the first set of draft amendments to the regulations. OSNAC / FNAT have created this tool to help you better understand the rationale behind these recommended changes. Feedback for these changes is being collected until February 17th with changes set to be released in April 2022. There will be a Phase 2 of revisions as well, more to come. Please watch for our UPDATED Food & Nutrition Best Practice Document for tools and resources for homes as these Regulations begin to roll out!

1 77 (1) - Menu Planning

Every licensee of a long-term care home shall ensure that the home's menu cycle,
(d) includes a primary entrée and side dish at all three meals and dessert at lunch and dinner;
(e) includes, to meet residents' specific needs or food preferences, a choice of other available entrées and side dishes at all three meals and a choice of other desserts at lunch and dinner;

Rationale

- Can now offer only one main entrée choice with sides vs. two entrée choices at each meal
- Have an alternative entrée available or an "a la carte" type menu, eg. a daily sandwich or salad plate
- Able to continue to offer two choices if desired
- Allow homes to plan menus based on the needs and culture of the home and residents
- Improve food quality, reduce waste, save labour and better use the food budget
- Allow more time at meals for PSWs to give direct resident care

2 77 (2) - Menu Evaluation

The licensee shall ensure that, prior to being in effect, each menu cycle is compliant with,
(c) (iii) current Dietary Reference Intakes (DRIs) relevant to the resident population.

Rationale

- Eliminate the need to follow Canada's Food Guide (CFG) in menu planning, instead focus on the available Dietary Reference Intakes (DRIs) when evaluating menus
- Support resident preferences and nutritional needs
- CFG was not designed for menu planning in frail elderly population

3 77 (7) - Meal Timing

The licensee shall ensure that meals are served at times agreed upon by the Residents' Council and the Administrator or the Administrator's designate.

Rationale

- Timing of meals will be a more "home-specific" policy on mealtimes that suits the culture of the home
- Allow for flexibility, eg. the introduction of a continental breakfast to allow the resident the option of sleeping in, etc.

For support or questions, contact OSNAC / FNAT at osnac.fnat@gmail.com.
For a copy of the proposed changes to the Fixing Long Term Care Act 2021; Phase 1 Regulations, click here: ontariocanada.com