

Ministry of Long-Term Care

# Menu Planning

## Overview

As of April 11, 2022, the Fixing Long-Term Care Act, 2021 (FLTCA) and Ontario Regulation 246/22 have replaced the previous Long-Term Care Homes Act, 2007 (LTCHA) and Ontario Regulation 79/10 as the governing legislation for long-term care in Ontario.

Under the FLTCA and its regulation, menu planning requirements have been updated to:

- Provide more flexibility to licensees to increase menu planning at the home level
- Reduce food waste
- Reflect the needs of residents
- Give residents a say in what and when they eat, and
- Ensure menus are approved by a Registered Dietitian and are nutritionally adequate.

The changes to the regulations come into effect on July 11, 2022.

*This document is for informational purposes only. It is intended to highlight for licensees, long-term care staff, and relevant sector stakeholders, some of the new aspects and requirements of the Fixing Long-Term Care Act, 2021 and its regulation. Licensees are responsible for ensuring compliance with the requirements of the Fixing Long-Term Care Act, 2021 and its regulation.*

***This document does not constitute legal advice or interpretation. Users should consult their legal counsel for all purposes of legal advice and interpretation.***

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Questions?

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# New Requirements under Menu Planning

## Menu Cycle

Licensees are required to have a menu cycle that is 21 days in duration and include menus for regular, therapeutic and texture modified diets for meals and snacks.

Under the updated regulation, licensees will be required to provide:

- A choice of beverages at all meals and snacks,
- A choice of snacks in the afternoon and evening,
- A minimum of one entrée and side dish at all meals and dessert at lunch and dinner,
- A choice of other available entrées and side dishes at all meals and a choice of dessert at lunch and dinner, to meet residents' specific needs or food preferences, and
- A variety of foods every day, including fresh produce and local foods in season.

Each menu cycle must be:

- Reviewed by Residents' Council (as required by the previous regulations),
- Evaluated by the Registered Dietitian and Nutrition Manager,
- Approved by the Registered Dietitian for nutritional adequacy, while taking the following into consideration:
  - The minimum requirements for menu item choices (listed above),
  - Residents' preferences, and
  - The current Dietary Reference Intakes (DRIs) relevant to the resident population.

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The evaluation done by the Registered Dietitian and Nutrition Manager needs to:

- Be in writing and kept in the home,
- Include the date the evaluation was done and the date the changes were made,
- Include the names of the persons who participated in the evaluation, and
- Include a summary of the changes made.

## **Meal Timing**

Licensees must implement a process whereby the times that meals and snacks are served is agreed upon by the Residents' Council and the Administrator or Administrator's designate.

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