

Menu Planning in LTC in Ontario - What's Next?



What Do The Regulation Changes Mean?



- You can continue with your current menu style of 2 entrees & standard meal times OR
- You can choose from different options of menu styles and meal times
- Homes now have flexibility to meet the culture of the Home and the requests of the Residents



When Do They Come In To Effect?

- These Regulation changes come in to effect July 11, 2022
- To be in compliance, you do not have to make any changes to your menu style or meal times

What Are Other Menu Style Options?



1. One main entree with a la carte options
2. Two protein choices and single side dishes with a la carte options
3. Sunday Brunch or Continental Breakfast

NOTE: No matter what option you choose, there must be alternatives to meet Resident needs & preferences and the menu must meet Dietary Reference Intakes (DRIs)



What Are Alternate Choices?

- Soup & Sandwich
- Salad Plate (egg, tuna, salmon, cheese)
- Assorted Sandwiches
- Casserole of the day
- Heat & Serve Items (meat pie, preportioned or frozen items)
- Pasta or Vegetable Salad of the day
- Assorted Desserts (ice cream, pudding, applesauce etc.)

What About The Menu Approval Process?



- Menus must now meet Dietary Reference Intakes (DRIs), no longer required to meet Canada's Food Guide
- The same process is followed - the Nutrition Manager and Dietitian work together. The Dietitian reviews the meal & snack menu and the nutrient analysis
- The Dietitian will ensure DRIs are met & will provide recommendations if needed
- Your Dietitian will play a key role in helping with these menu style changes so involve them in the process early!



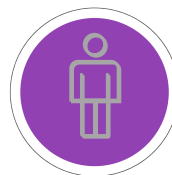
Where Do I Start?

- Don't rush, you have time!
- You do not have to make changes if what you are doing now works for your home
- Start the conversation:
 - Talk with Management Team
 - Talk with Resident Council
 - Does the current menu style and meal times work?
- Review current policy and past menu options
- Make sample alternate choice menus
- Create a policy that outlines the style and times that work for your Home
- Make small changes and assess success

Is There An Increase in Food Budget?



- Yes, there is also a 15% increase
- It will rise from \$9.54 to approximately \$11.00 per Resident per day
- The term 'Raw Food Cost' has now also been changed to 'Nutritional Support'
- The date of when this increase will be in effect is yet to be released



Will There Be Staffing Increases?

- Currently, there has been no announcement for increases to dietary staffing
- However, OSNAC and FNAT are in discussion with the MLTC and our partners to advocate for the need for increases to dietary staffing
- Phase 2 of the LTC Regulation review is underway so more to come!

Stay Up To Date!

- Please refer to the OSNAC Best Practices for Food, Nutrition & Dining Service in LTC 2022 for further details and helpful information on Menu Planning and Meal Service. It will be released in the upcoming weeks.
- Follow OSNAC and FNAT on Instagram and Facebook to stay up to date!