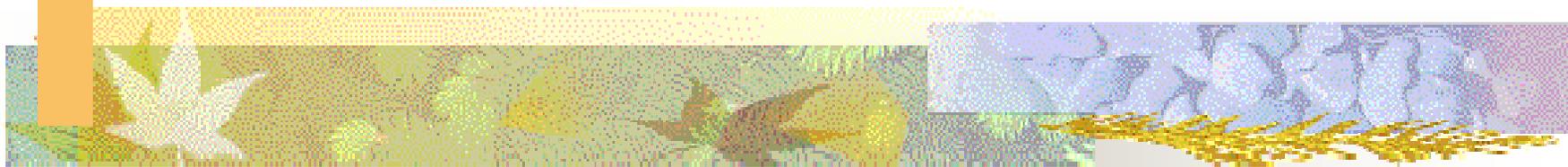


Basic Health and Safety



Eating & Food Safety

Disclaimer: Training materials are the property of The Lambs Farm, Inc. Please do not reproduce or distribute without the express written permission of The Lambs Farm, Inc.



Lambs Farm Mission

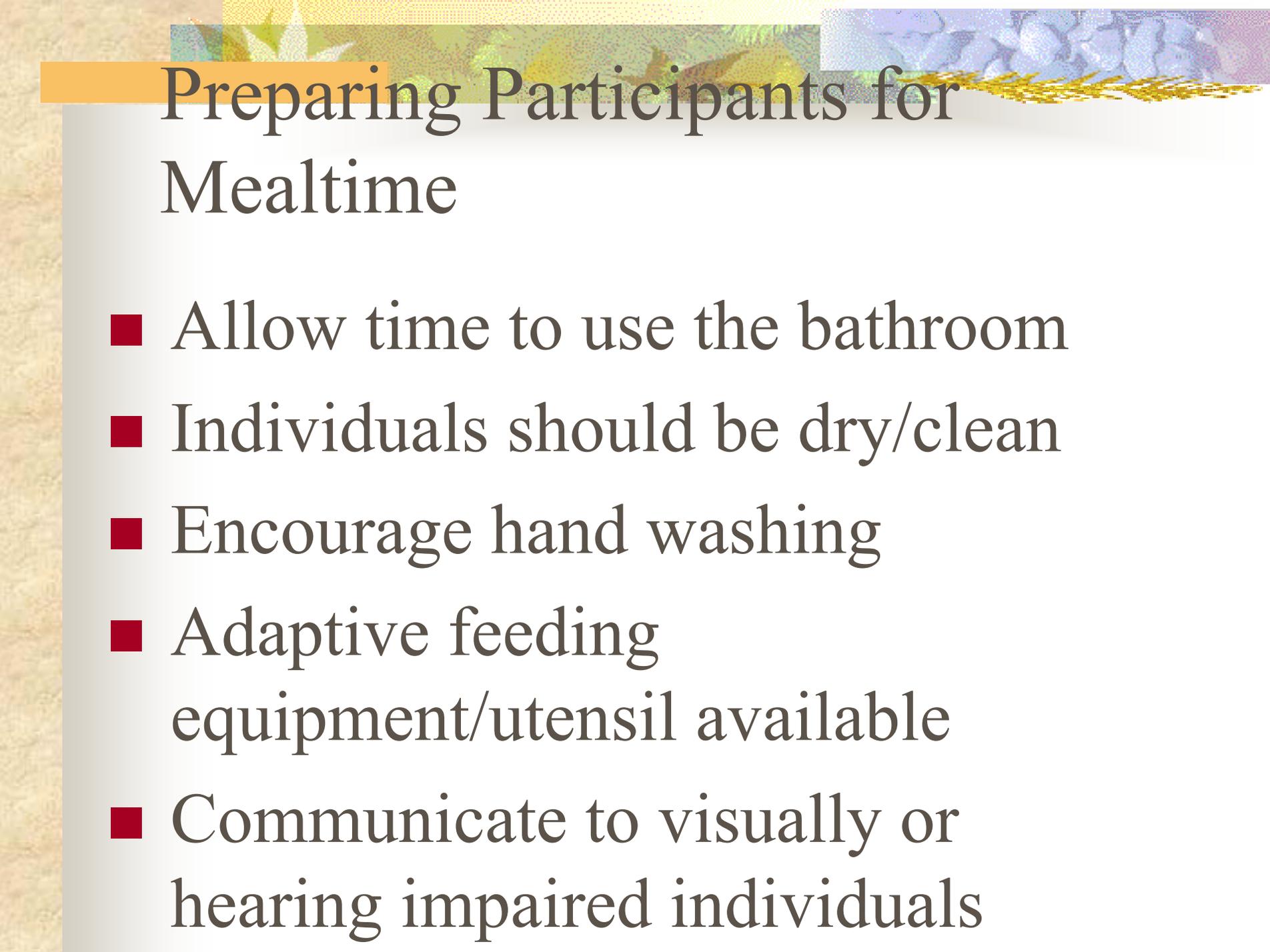
To empower people with developmental disabilities to lead personally fulfilling lives.



Preparing the Environment

Dining area should be...

- Clean
- Well lighted
- Clear of unsightly or odor producing article
- Calm with noise to a minimum



Preparing Participants for Mealtime

- Allow time to use the bathroom
- Individuals should be dry/clean
- Encourage hand washing
- Adaptive feeding equipment/utensil available
- Communicate to visually or hearing impaired individuals



Serving the Participants

- Wash your hands
- Follow dietary restrictions: See posted diet sheet
- Observe and provide assistance:
cut meat, spread butter, open packages, pour drinks
- *Be aware of all Food Allergies (diet sheet) and provide an appropriate substitute.*



Encourage Independence

- Allow the individual as many choices as possible
- Try to honor food likes and dislikes
- Food substitutions-offer foods of “like” value



Positioning is needed to...

- Maintain good body alignment
- Provide comfort
- Inhibit abnormal reflex patterns
- Decrease respiratory patterns



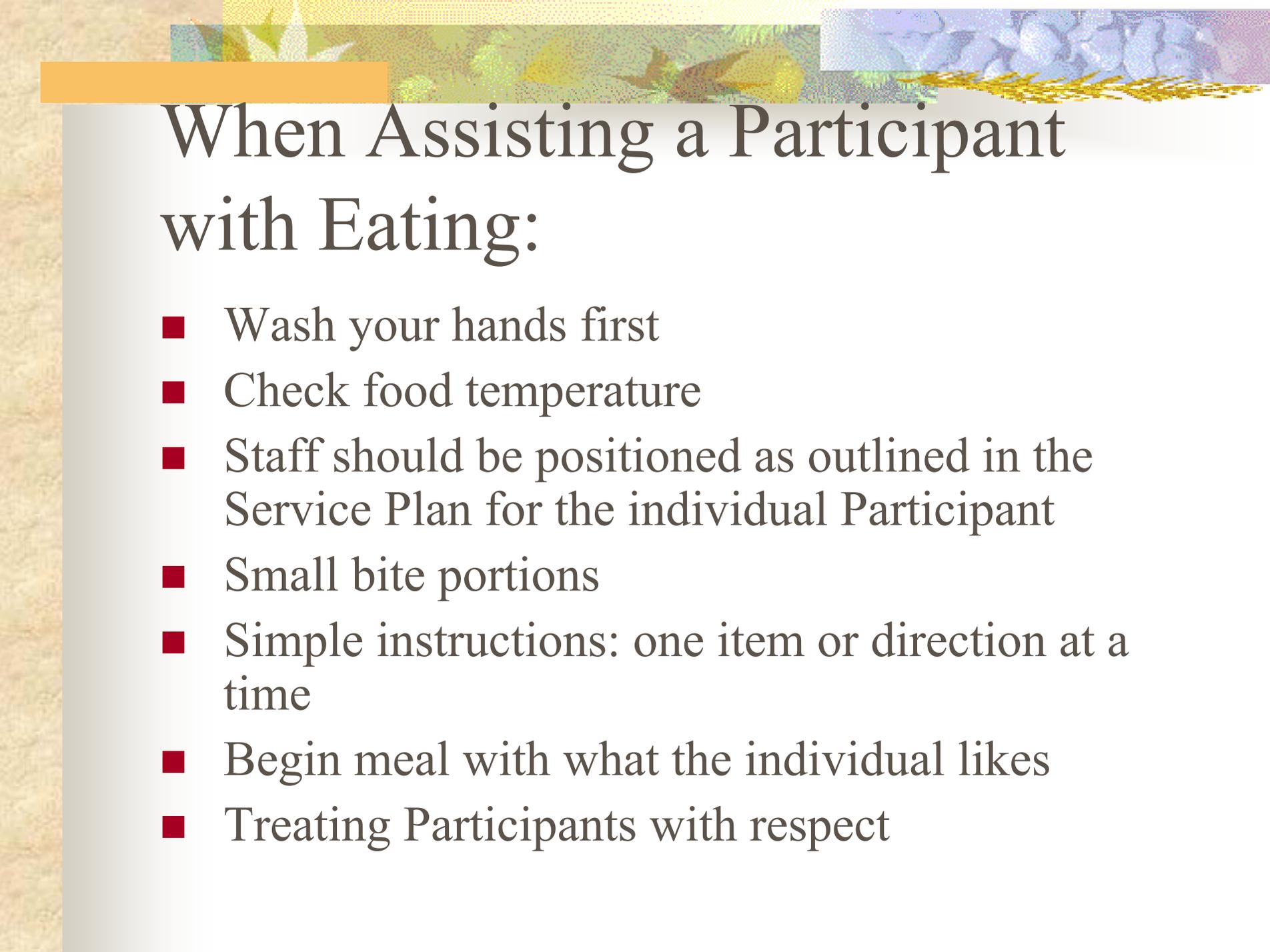
Positioning

- Relaxed
- Chair fits
- Body is upright
- Eye glasses, dentures, hearing aids as prescribed
- Support feet: feet flat on floor, foot stool, or foot rests
- Reposition as needed



Communicating With the Individual During the Meal

- Create a pleasant social experience
- Tell the individual what food is on the plate
- Describe what is going on during the meal



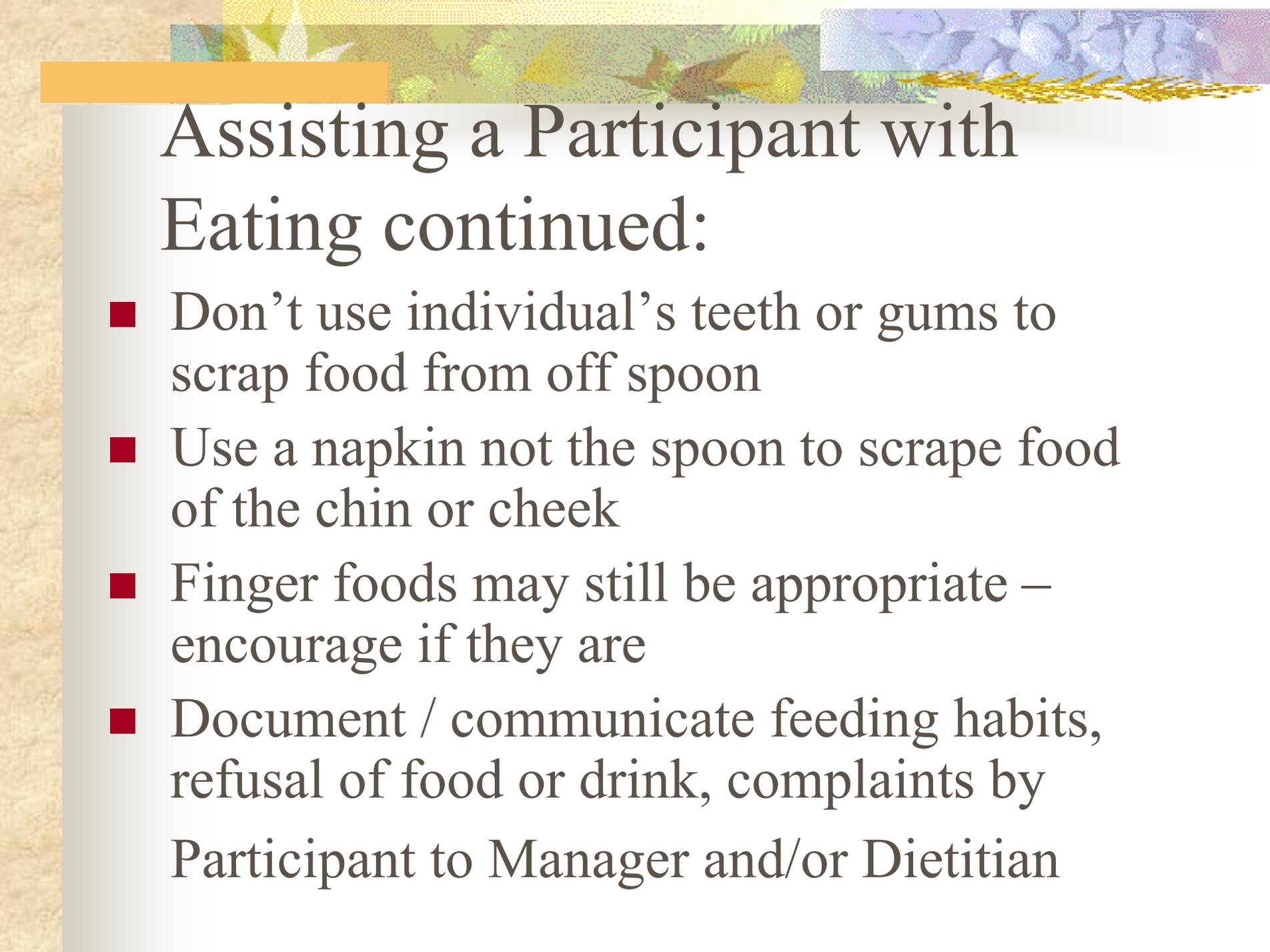
When Assisting a Participant with Eating:

- Wash your hands first
- Check food temperature
- Staff should be positioned as outlined in the Service Plan for the individual Participant
- Small bite portions
- Simple instructions: one item or direction at a time
- Begin meal with what the individual likes
- Treating Participants with respect



Assisting a Participant with Eating continued:

- Offer sips of fluids frequently
- Filling cups $\frac{1}{2}$ full if needed
- Don't force the spoon into the mouth
- Don't rush
- Wait before removing spoon



Assisting a Participant with Eating continued:

- Don't use individual's teeth or gums to scrap food from off spoon
- Use a napkin not the spoon to scrape food of the chin or cheek
- Finger foods may still be appropriate – encourage if they are
- Document / communicate feeding habits, refusal of food or drink, complaints by Participant to Manager and/or Dietitian



Possible Signs of Aspiration

- Coughing
- Debris left in mouth
- Gurgling sound
- Watering eyes
- Spiking temperature at night
- Document/communicate to next shift, RN, Manager and/or Dietitian



Why is mealtime important?

Provides...

- Nutrition
- Sensory experience
- Positive social interaction
- Structure



Special Mealtimes Needs of Participants

- Special diets
- Adaptive equipment
- Service Plans / assistance
- Training: Meal time goals
- Monitoring: intake, double portions, choking, stealing food, pleasurable experience



Meals Can Provide Sensory Pleasure Through:

- Taste
- Appearance
- Aroma
- Texture



Mealtime is An Opportunity for Social Interaction

- Observe peers
- Share
- Social skills
- Refine skills
- Participate
- Softer structure
- Independence
- Explore likes and dislikes



Meals Provide Structure to the Individual's Day

- Meals should not be skipped
- Ensure meal are served at the same time everyday
- Provide unrushed, sufficiently long meal periods



Please Encourage:

- A slow, leisurely eating pace
- Family style meal service
- Eating in smaller groups



Diets Are Developed to Provide Nutrition Therefore...

- Individuals must be offered everything on the menu
- Food can never be withheld as a form of punishment



Major Classes of Nutrients:

- Protein
- Fats
- Carbohydrates
- Vitamins & Minerals
- Water



Guidelines For Providing Fluids

- Required daily fluid intake are 6 to 8 eight ounces glasses/day
- Provide fluids at mealtime and throughout the day
- Water coolers in all the group homes on grounds
- De-emphasize soda intake



Diets Are Sometimes Modified

To:

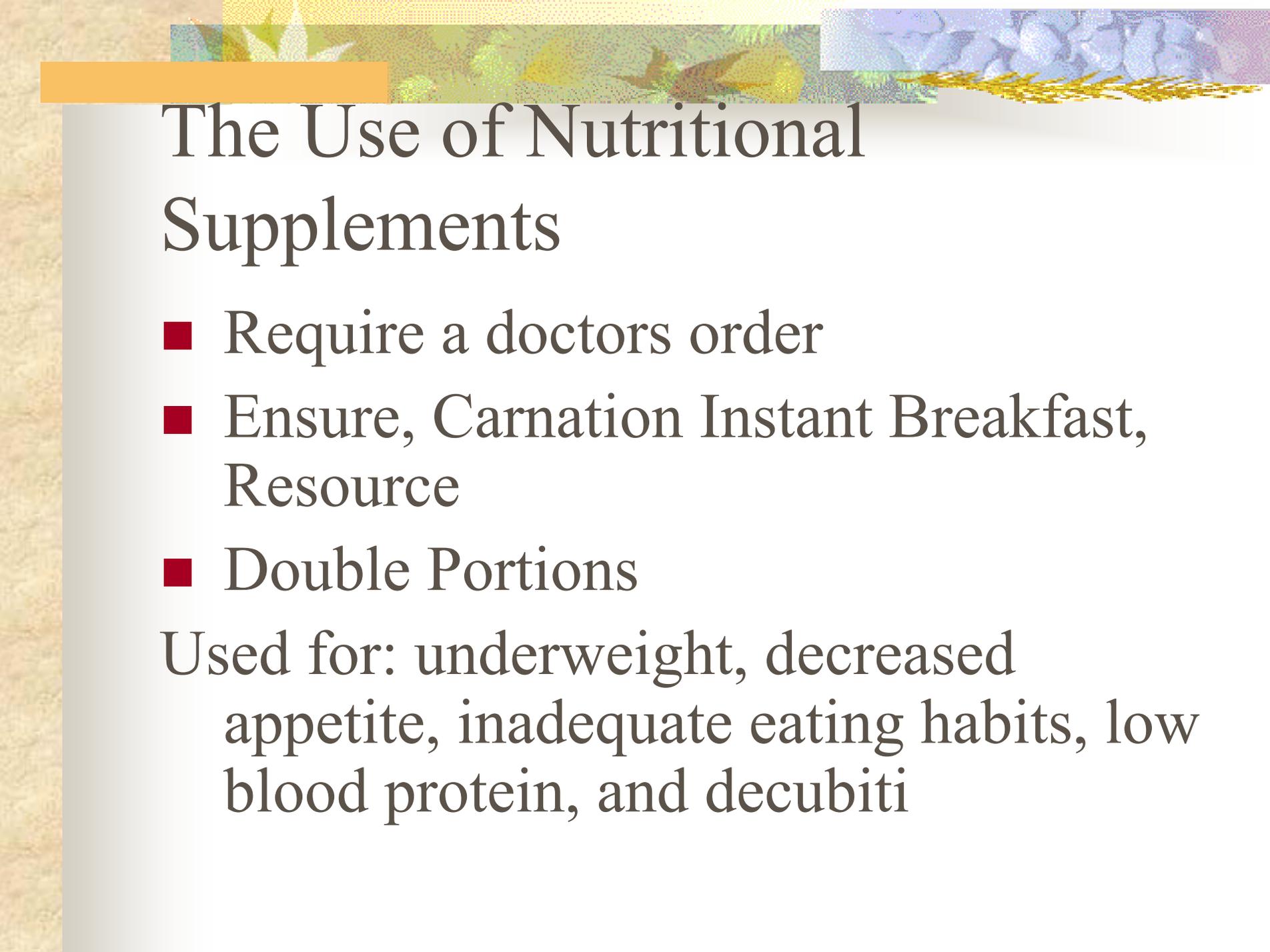
- Minimize chewing
- Increase ease of swallowing
- Decrease fecal volume
- Reduce sodium intake
- Reduce caloric intake



Diets Are Sometimes Modified

To:

- Promote regular elimination
- Neutralize gastric secretions
- Restrict fat and cholesterol intake



The Use of Nutritional Supplements

- Require a doctors order
- Ensure, Carnation Instant Breakfast, Resource
- Double Portions

Used for: underweight, decreased appetite, inadequate eating habits, low blood protein, and decubiti



Sanitation Guidelines

- Wash hands
- Clean counters and tables
- Check temperature in the freezer/ refrigerator
- Avoid touching ends of utensils that come in direct contact with food



Sanitation Guidelines

- Clean can openers
- Provide regular dishes (no paper plates/plastic ware)
- Full silverware complement
- Provide condiments and napkins
- Clean spills promptly



Food Storage

- Always rotate the milk. Check for outdated milk
- Thaw food in the refrigerator
- Do not store open packages of food. Date all foods.
- Don't store unopened juice cans in the refrigerator
- Food & beverage storage in Participant bedrooms is discouraged.



Taking Food Temperatures

- Wipe thermometer with alcohol
- Stick thermometer into center of food
- Let gauge come to a stop
- Wipe off between foods



Taking Food Temperatures cont.

- Test all hot foods first, then cold foods
- Clean and sanitize thermometer with hot soapy water when finished



Food Temperatures Need to be Taken for the Following:

- Potentially hazardous foods
- Cooked foods meant to be served hot
- Foods served cold that contain a potentially hazardous ingredient



Nutrition labels

- Serving size
- Calories per serving
- Fat content
- Sodium content