

1 **10A NCAC 06R .0502 NUTRITION**

2 (a) An adult day program shall provide a midday meal to each participant in attendance. The meal shall provide at
3 least one-third of an adult's daily nutritional requirement as specified by the United States Department of Agriculture,
4 Dietary Guidelines for Americans, which are incorporated by reference, including any subsequent amendments or
5 additions to these guidelines. These guidelines may be viewed and downloaded from the Internet at
6 <http://www.health.gov/dietaryguidelines/>. A licensed dietician/nutritionist shall approve the menu.

7 (b) An adult day program shall offer snacks and fluids to meet the participant's nutritional and fluid needs. The adult
8 day program shall offer a mid-morning and mid-afternoon snack daily to participants. Snacks shall be planned to keep
9 sugar, salt and cholesterol intake to a minimum.

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

14 (d) A licensed dietician/nutritionist shall give consultation to the staff on basic and special nutritional needs and
15 proper food handling techniques and the prevention of foodborne illness.

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

18 (f) An adult day program shall store, prepare and serve meals in a sanitary manner using safe food handling techniques
19 such as those recommended by the United States Department of Agriculture, at the following website:

20 (http://www.fsis.usda.gov/Fact_Sheets/Safe_Food_Handling_Fact_Sheets/index.asp). The food service provider shall
21 abide by the food safety and sanitation practices required by the Commission for Public Health rules applying to adult
22 day care facilities, including any subsequent amendments or additions, which are incorporated by reference. Copies
23 of the rules may be found at the following website: (~~<http://www.deh.enr.state.nc.us/ehs/images/rules/t15a-18a.33.pdf>~~
24 <https://ehs.ncpublichealth.com/docs/rules/294306-14-3300.pdf>).

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26 *History Note: Authority G.S. 131D-6; 143B-153;*
27 *Eff. July 1, 1978;*
28 *Amended Eff. February 1, 2008; July 1, 2007; March 1, 1992; October 1, 1981; January 1,*
29 *~~1981-1981;~~*
30 *Readopted Eff. July 1, 2019.*
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