



Dining: Food, Nutrition, & Preferences

Menus need to meet nutritional standards and include things you like.

Meals and dining standards:

- Snacks must be provided in all settings.

In Assisted Living the following applies only if purchasing a meal package:

- You must have access to three balanced and nutritious meals.
- Facilities should give you a menu in advance and should tell you about menu changes.
- Staff must follow food safety standards when they store, prepare, and deliver food.
- Background music, table settings, and clean dishes are all a part of the dining atmosphere.

"Food is our common ground, a universal experience" *James Beard*, chef

Things to think about:

1. What about food is important to you?
2. How do you share feedback on your dining experience?
3. Are you involved in menu planning?

Contact the Office of Ombudsman for Long-Term Care

Phone: 651-431-2555 Toll-free: (800) 657-3591 Website mn.gov/ooltc

Let's talk food

1. What are your favorite foods?
2. What meals do you look forward to?
3. What foods do you dislike?
4. What makes for an enjoyable dining experience?
5. What does a nutritious meal look like to you?
6. What special food events, holiday meals or celebrations do you most enjoy?
7. Do you have any religious or cultural preferences? If so, what foods do you include in your diet:

