**Food and Nutrition Cultural**

**Competency**

Suggested Implementation Checklist

**Implementation Checklist: Food and Nutrition Cultural Competency**

| **Regulation** | **Recommended Action** |
| --- | --- |
| **F800 §483.60 Food and nutrition services.** “The facility must provide each resident with a nourishing, palatable, well-balanced diet that meets his or her daily nutritional and special dietary needs, taking into consideration the preferences of each resident.”[[1]](#footnote-1)**F803 §483.60(c)(4) Menus and nutritional adequacy.**Menus must reflect, “based on a facility’s reasonable efforts, the religious, cultural and ethnic needs of the resident population, as well as input received from residents and resident groups.”[[2]](#footnote-2)**F806 §483.60(d)(4) Food and drink**Each resident receives and the facility provides-“Food that accommodates resident allergies, intolerances, and preferences.”[[3]](#footnote-3)**F807 §483.60(d)(6) Food and drink**Each resident receives and the facility provides-“Drinks, including water and other liquids consistent with resident needs and preferences and sufficient to maintain resident hydration.”[[4]](#footnote-4)**F812 483.60(i)** **Food Safety Requirements**The facility must “(1) Procure food from sources approved or considered to be satisfactory by federal, state, or local authorities.(i)This may include food items obtained directly from local producers, subject to applicable State and local laws or regulations.(ii)This provision does not prohibit or prevent facilities from using produce grown in facility gardens, subject to compliance with applicable safe growing and food-handling practices.(iii)This provision does not preclude residents from consuming foods not procured by the facility.”[[5]](#footnote-5)(2) – “Store, prepare, distribute and serve food in accordance with professional standards for food service safety.”[[6]](#footnote-6)**F813**(3)” Have a policy regarding use and storage of foods brought to residents by family and other visitors to ensure safe and sanitary storage, handling, and consumption[[7]](#footnote-7).Note: Recommended Actions also address the other F tags associated with §483.60 Food and Nutrition Services.Note: Recommended Actions also address F726 Competent Nursing Staff.Note: Recommended Actions also address F838 Facility AssessmentNote: There are a wide variety of F tags associated with Resident Assessments and Comprehensive Resident Centered Care Plans that could also be cited.  | * Review/Update Facility-Wide Resource Assessment regarding races/ethnicities and languages of residents as well as the geographic and religious communities served by the nursing facility.
* Review/Update Facility-Wide Resource Assessment regarding races/ethnicities and languages of staff members, particularly those providing direct care and services.
* Review/Update Facility-Wide Resource Assessment regarding in-house and outside resources for translation services, religious support, food, *etc.*
* Review assessment process to ensure each resident’s allergies, intolerances and preferences are identified and included in the person-centered plan of care.
* Review Grievance log related to issues of Food and Nutrition Cultural Competence.
* Review survey citations related to Food and Nutrition Cultural Competence.
* Review/Revise policies and procedures related to Food and Nutrition Cultural Competence.
* Assess, select, and create easy-to-understand materials about food and nutrition for communication with residents.
* For families/resident representatives that bring in food, please see RoP Phase 1 “Food Safety Requirements-Use and Storage of Food and Beverages Brought in for Residents”.
* Assess and select easy-to-use/easy-to-access devices and services for communication with residents.
* Initiate/Review all licensed nurses’, CNAs’, dietary staff’s, and activities staff’s education files for Food and Nutrition Cultural Competence areas of weakness as determined in performance reviews.
* Develop a training plan for staff for Food and Nutrition Cultural Competence.
* Incorporate above training into orientation and annual in-service calendar.
* Provide training and resources for management level nursing staff, registered dietitian or managerial designee(s) regarding supervision and monitoring for compliance related to Food and Nutrition Cultural Competence policies and procedures.
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**Reference:**

Centers for Medicare & Medicaid Services State Operations Manual, Appendix PP – Guidance to Surveyors for Long Term Care Facilities (Rev. 173, 11-22-17): <https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/som107ap_pp_guidelines_ltcf.pdf>

1. 1,2,3,4 Centers for Medicare & Medicaid Services State Operations Manual, Appendix PP – Guidance to Surveyors for Long Term Care Facilities (Rev. 173, 11-22-17): <https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/som107ap_pp_guidelines_ltcf.pdf> [↑](#footnote-ref-1)
2. [↑](#footnote-ref-2)
3. [↑](#footnote-ref-3)
4. [↑](#footnote-ref-4)
5. 5,6,7 Centers for Medicare & Medicaid Services State Operations Manual, Appendix PP – Guidance to Surveyors for Long Term Care Facilities (Rev. 173, 11-22-17): <https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/som107ap_pp_guidelines_ltcf.pdf> [↑](#footnote-ref-5)
6. [↑](#footnote-ref-6)
7. [↑](#footnote-ref-7)