



## Dining Practices: Balancing Food Choice and Food Safety

**Guides: Diane Hall, RD and Panel**

### Facilitator Guide

**Overall Goal of Webinar Toolkits:** To support the ability of communities to share Pioneer Network training materials with team members in a way that is efficient, meaningful and cost effective.

#### Session Description:

Learn how to integrate the new food safety requirements with person-centered dining.

As we provide more variety of foods and more choices of when and where food is served, challenges for proper food handling and sanitation seem to begin to multiply. Balancing resident's rights, infection control and food safety requirements can be tricky business.

#### Session Objectives

At the end of this session, participants will be able to:

1. Describe best practices for keeping food from outside sources safe.
2. List detailed steps to be taken to reduce Health Inspection citations in food safety while honoring increased dining choices.
3. Describe how to integrate the new food safety requirements with person-centered dining.

#### Guides:

- **Diane Hall** is a licensed, registered dietitian and licensed nursing home administrator. She owns Balanced Senior Nutrition, a group of dietitians consulting in LTC throughout Florida and Virginia since 1982. Diane is also an active member of the Florida State Coalition.
- **Gail Douglas** is a Licensed, Registered Dietitian, who has over 35-years' experience as Director of Food Service and dietitian at hospitals as well as nursing homes.
- **James Read** is a Certified Dietary Manager (CDM) and Certified Chef with long term care experience,
- A recently retired ACHA surveyor, **Mary Pinto** is also a Licensed, Registered Dietitian
- **Suzanne Quiring** is a Registered Dietitian both in Canada and USA, with over 25-years' experience as Director of Food Service and dietitian.

#### Notes to the Facilitator

The webinar can be shown in its entirety, or the Facilitator's Guide offers suggestions for breaking the webinar into smaller topics. In addition, discussion questions are provided that support active engagement by participants and personalization to your community.

Each section of the Facilitator's Guide contains the slides that are covered as well as the timeframe on the webinar recording that contains the audio/visual portion of each section. (Please note that the number indicating the time on the recording may vary slightly.)

#### Recommended Logistics:

1. Room set up in tables of 6-8 individuals to support group exercises
2. Computer and projector
3. Speakers
4. Optional: Flip charts for recording group responses



## Dining Practices: Balancing Food Choice and Food Safety

**Guides: Diane Hall, RD and Panel**

### Materials Needed:

- Webinar Recording
  - o The webinar recording can be accessed through the Pioneer Network on-line store <https://www.pioneernetwork.net/store/page/4/>
  - o Add the webinar to you cart for purchase
  - o Enter the following coupon: OCTOBER (this will zero out your total)
  - o Proceed to check-out
  - o Following completion of the “purchase”, the materials for the webinar will be provided to you for downloading
    - Be sure you download the materials before leaving the site
- Handouts
  - Powerpoint slides (Handouts and full slide view)
  - Declaration of Dining Independence
  - Food Storage Chart for Safety and Quality
  - For Residents: What You Should Know About Bringing in Food
  - How to Safely Handle Food and Snacks Brought in from Outside Sources
  - Safe Food Handling at a Glance
  - CMS-20055 Kitchen Critical Element Pathway (CEP)
  - Certificate of Attendance

### Options for how to use this webinar in training:

1. Show the **entire webinar** (approximately 55 minutes)
2. **Show portions of the webinar**
  - a. This option supports your ability to hold shorter educational sessions and focus on specific items you want to discuss.

### Breakdown of the webinar recording by slides, recording times and topics.

#### Suggestions for discussion questions to use to support group participation.

***Please note that times on the recording are approximate.***

Slides 1-4 (0:00 - 2:58) Opening comments and Introduction of Guides

Slide 5 (2:58 - 8:19)

Barriers to food choice - working with the surveyors

- How can we best break away from these barriers?
- How do we mitigate risks by making sure everyone knows about safe food handling practices?
- How do we communicate to the surveyors when we are trying something different, something non-traditional, so we don't get cited?

- o *Handout: Declaration of Dining Independence*

(8:19 - 10:53)

- o *Discussion of the problems food service teams may have with Health Inspectors when the community is trying to do meal service differently and providing a true choice to residents regarding foods and beverages.*



## Dining Practices: Balancing Food Choice and Food Safety

**Guides: Diane Hall, RD and Panel**

Slide 6 (10:53-16:26)	Table side Carts in the dining room and sneeze guards
Slide 7-9 (16:26-20:25)	Food from outside sources / visitors <ul style="list-style-type: none"><li>• Regulatory Requirement</li><li>• 4 Areas to address<ul style="list-style-type: none"><li>○ Food safety</li><li>○ Life safety codes/OSHA rules</li><li>○ Quality of Care</li><li>○ Resident Rights</li></ul></li></ul>
Slide 10-13 (20:25-29:10)	Pot Luck Dinners <ul style="list-style-type: none"><li>○ Handout: Safe Food Handling at a Glance</li></ul>
Slide 14-16 (29:10-38:30)	Food Storage / Labeling and dating foods <ul style="list-style-type: none"><li>○ <i>Note: If you are only viewing food storage and labeling, you might want to begin at 27:25(slide 12), the discussion of food left in common areas / how hotels are handling this.</i></li><li>○ <i>Handouts: Safe Food Handling at a Glance</i></li></ul>
Slide 17-22 (38:30-46:12)	Tablesider carts and food/beverage areas outside the kitchen
Slide 23-26 (46:12-54:20)	Planning for the Future and Wrap-up <ul style="list-style-type: none"><li>○ Current trends</li></ul>
Slide 26-30 (54:20 - 56:21)	Closing Comments