

Ingersoll Support Services Inc.

**Policy: Supporting the Well-Being of the Person:
Nutrition**

Policy # QAM 32
Section: Quality Assurance

Approved by the Board of Directors: *May 24 2011*
Procedure Revision:
Review Date: March 22 2019

Ministry requirement –
QAM IV.25

The well-being of those supported includes assistance to practice healthy and nutritious dietary habits according to the Canada Food Guide.

Procedure:

1. Persons supported are included in the decision-making, planning, preparation, and education about healthy and nutritious meal planning. Support and teaching will engage the person supported in a positive way, in the planning and preparation of healthy meals and snacks.
2. The support and teaching provided regarding nutritional practices are consistent with the recommendations made under Canada's Food Guide. The agency recognizes and encourages differences, reflecting the culture and diversity of the persons supported.
3. Where staff persons bear responsibility for supporting the person with meal preparation, meal or dietary records, menus and planning records are utilized and kept to demonstrate that food provided is nutritious and consistent with the Canada Food Guide and reflects the culture and diversity of the persons receiving support.
4. Where persons supported by the agency are independent of support in the area of meal preparation the service record may reflect notations of any dietary advice given, resources and teaching provided to demonstrate that their personal diet is nutritious and consistent with the Canada Food Guide.