10.07.02.13 Dietetic Services.

...K. Preparation of Food. Foods shall be prepared by methods that conserve nutritive value, flavor, and appearance, and shall be served at proper temperatures, in a form to meet individual needs. Standardized recipes adjusted to appropriate yield shall be followed. Standardized recipes are those recipes which have been tested by the facility or another source which assure consistency in quality and quantity.

10.07.02.32 Dietetic Service Area.

A. Food Service Department. The location of the food service area shall be approved by the Department. A facility which holds full licensure as of the adoption of these regulations shall be considered as having an appropriately located food service area. A catered or satellite system shall be covered by a contract approved by the Department.

B. Outside Service Entrance. A convenient outside service entrance shall be planned to facilitate receiving food supplies and the disposal of waste.

C. Restriction—Entry to Kitchen or Serving Pantry. A toilet room or sleeping room may not open directly into any kitchen or serving pantry.

D. Limitations on Use of Kitchen. The kitchen may not be used as a passageway. It shall be used for no other purpose than activities connected with food service.

(1) New Construction. A janitor’s closet or service alcove for exclusive use of food service areas shall be provided in, or adjacent to, the dietetic service department. It shall be equipped with a utility sink, storage shelves, and a rack for hanging brooms and mops.

(2) Existing Facility. A utility sink shall be provided within reasonable distance from the food service department for its use, but it may be shared with other activities. Space near the utility sink shall be provided for the storage of brooms, mops, and cleaning materials.

F. Space. There shall be sufficient floor space in the food service department to permit all activities to function efficiently without overcrowding:

(1) New Construction. New construction providing a conventional type food service program shall have the following minimal space requirements (excluding bulk food-storage areas, dining areas, and separate floor pantries). Modification of the following minimum space will be made in the event that the facility can demonstrate that the use of convenience food, disposables, or equipment, require less space for operation. However, once a facility elects to use these procedures or systems and a modification is granted, the systems may not be changed without prior approval of the Department. The Department in these cases may require additional space to be provided.

Homes’ Licensed
Capacity for Patients Minimum Space

(a) 2 to 10
(b) 11 to 35
(c) 36 to 100
(d) over 100

120 square feet.
132 square feet plus 12 square feet per licensed bed in excess of 11.
430 square feet plus 10 square feet per licensed bed in excess of 36.
1,070 square feet plus 8 square feet per licensed bed in excess of 100.

(2) Renovations of existing kitchens shall be approved by the Department which will consider modification of the minimum space requirement based on space available, costs, and type of service.

(3) Aisle space between working areas shall be at least 3 feet; main traffic shall be at least 5 feet.

(4) Ceiling height shall be at least 9 feet.

Agency Note: 10 foot ceiling height is recommended.

(5) Existing Facility. A facility which holds full licensure as of the adoption of these regulations shall be considered as having an adequate size dietetic service department.

(6) If the licensed capacity of a facility is increased, or meals are provided to anyone outside of the facility from the food service area of the facility, the facility shall provide additional food service area in accordance with §F(1), (3), and (4) of this regulation. The additional food service area required when meals are provided to anyone outside of the facility is to be calculated by using the total number of individuals to whom meals are provided.

(7) The kitchen space requirement in §F(6) of this regulation does not apply to occasional special functions such as picnics or dinners for residents, volunteers, families, or community groups provided the facility certifies to the Department that the provision of meals for the particular special function will not adversely affect or detract from the timely provision of meals to the residents of the facility.

G. Floor Pantries—New Construction.

(1) In a decentralized food service, the area or areas for floor pantries shall be approved by the Department.

(2) This area shall be of sufficient size to accommodate the equipment required for food preparation and service.

Agency Note: The following equipment is recommended:

(a) Equipment to maintain food at correct temperature;
(b) Toaster;
(c) Hot plate;
(d) Refrigerator;
(e) Ice-making machine or ice-storage container;
(f) Work space for tray preparation;
(g) Equipment for delivery of completed trays;
(h) Three-compartment sink or dishwasher;
(i) Cabinet for dry storage and supplies;
(j) Storage for trays, tableware, flatware, and utensils;
(k) Handwashing sink with soap and towel dispenser or approved drying device.

(3) At least one nourishment pantry convenient to the nursing station shall be provided on each floor in facilities using a centralized food service system. Minimum equipment shall include the following:

(a) Refrigerators;
(b) Cabinets for dry storage and supplies;
(c) Work space;
(d) Sink for purposes other than handwashing;
(e) Handwashing sink with soap and towel dispenser or approved drying device.

H. Equipment for Food Preparation and Distribution. The following requirements shall be met:

(1) Adequate equipment for preparation, serving, and distribution of food shall be provided;

(2) A dumbwaiter, elevator, or ramp shall be provided in a facility of more than one story where more than eight patients, above or below the kitchen level, receive bedside tray service;

(3) Equipment to protect food from dust or contamination and to maintain food at proper temperature shall be provided for transportation of food to the patients.

I. Dry Food Storage. The following requirements shall be met:

(1) Adequate space shall be provided for the storage of food supplies;

Agency Note: The amount of storage space needed is dependent upon frequency of deliveries. It is recommended that 2 square feet per patient be provided and that the area be located within easy access to the receiving area and the kitchen.

(2) The storeroom shall be cool and well ventilated;

(3) All food supplies shall be stored off the floor and away from the wall to allow for cleaning. Agency Note: Care should be exercised in the rotation of stored food so that old stock is used first.

J. Refrigerated Storage. Adequate refrigerated storage, refrigerators and frozen food storage cabinets, shall be provided which are regulated to maintain temperatures prescribed in COMAR 10.15.03 Food Service Facilities.