

## MASSACHUSETTS

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150.009: Dietary Service

...G) Preparation and serving of food

...7) Food shall be served in a home-like, pleasant, clean, relaxing and quiet atmosphere.

8) Individual tray service shall be provided for patients or residents who are unable to leave their rooms or who do not wish to eat in the dining room.

9) Trays.

a) Food shall be served on dishes and shall not be in direct contact with trays.

b) Trays shall be washable and of a type that can be sanitized.

c) Flat trays shall be served with a washable or disposable tray mat.

d) Trays shall be large enough to accommodate all the dishes necessary for a complete meal, arranged and served attractively.

e) Trays set up in advance of meal time shall be adequately covered to prevent contamination and shall not contain perishable food.

f) Trays shall be stored in a clean and sanitary manner.

g) There shall be a tray tag in a holder in each tray.

h) Trays shall rest on firm supports such as over-bed tables for bedfast patients or sturdy tables or tray stands of proper height for patients able to be out of bed. T.V. tray stands are not permitted.

(10) The main meals of a day -- morning, noon and evening shall be attractively served on non-disposable dinnerware of good quality, such as ceramic, china, china-glass, glass, ironstone, melamine plastic or other materials that are durable and aesthetically pleasing.

(11) An adequate supply of trays, glassware, dishes, and flatware for individual patient or resident use shall be available at all times. Discolored, chipped or cracked dishes, glassware or trays shall not be used. Flatware of good quality shall be provided and kept in good condition.

(12) At the main meal, the main course shall be served on a dinner plate at least eight inches in diameter or its equivalent.

(13) Clean napkins shall be provided for all patients or residents at all meals, between-meal snacks and bedtime nourishment.

H) Single service disposable dishes, cups or cutlery shall not be used except as follows:

1) On a regular basis: only for between meal food services; in the preparation of individual servings of gelatin desserts, gelatin salads and puddings; in serving fruit juices, vegetable juices, milk, water and plastic holders with disposable inserts for use with hot beverages; and in serving relishes, jellies, condiments and seasonings.

2) On a temporary basis: for individual with an infectious illness, or when kitchen areas are being remodeled, providing that prior approval for use over a specified period of time has been received from the Department.

3) Disposable single service items shall comply with the following:

a) Cups, dishes, and bowls shall be made of non-absorbent materials such as molded or formed plastic and coated paper.

b) Single service items shall be rigid and sturdy.

c) Single service items shall be coordinated according to color and design and shall be aesthetically appealing.

d) Disposable flatware shall be full sized and heavy weight.

e) Single service items shall be used only once and then discarded.

f) All single service items shall be stored according to the manufacturer's instructions and handled and dispensed in a sanitary manner.