

VERMONT

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7.14 Dietary Services

...(e) Frequency of meals.

(1) Each resident shall receive and the facility shall provide at least three meals daily, at regular times comparable to normal mealtimes in the community.

(2) There must be no more than 14 hours between a substantial evening meal and breakfast the following date, except as provided in (4) below.

(3) The facility must offer snacks at midday and bedtime daily.

(4) When a nourishing snack is provided at bedtime, up to 16 hours may elapse between a substantial evening meal and breakfast the following day if a resident group agrees to this meal span, and a nourishing snack is served.