

State Regulations Pertaining to Frequency of Meals

Note: This document is arranged alphabetically by State. To move easily from State to State, click the "Bookmark" tab on the Acrobat navigation column to the left of the PDF document. This will open a Table of Contents for the document. The relevant federal regulations are at the end of the PDF.

ALABAMA

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420-5-10-.12 Dietary Services.

(6) Frequency of meals.

(a) Each resident receives and the facility provides at least three meals daily, at regular times comparable to normal mealtimes in the community.

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

(c) The facility must offer snacks at bedtime daily.

(d) 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.

Author: Rick Harris

Statutory Authority: Code of Alabama, 1975, 22-21-20, et seq.

History: Original rules filed: July 19, 1996; effective August 23, 1996 Amended: April 20, 2005, effective May 25, 2005.

ALASKA

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Alaska regulations do not contain specific content for Frequency of Meals.

ARIZONA

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4. A resident is provided:

...b. Three meals a day with not more than 14 hours between the evening meal and breakfast except as provided in subsection (B)(4)(d);

c. The option to have a daily evening snack identified in subsection (B)(4)(d)(ii) or other snack; and d. The option to extend the time span between the evening meal and breakfast from 14 hours to 16 hours if:

i. A resident group agrees; and

ii. The resident is offered an evening snack that includes meat, fish, eggs, cheese, or other

protein, and a serving from either the fruit and vegetable food group or the bread and cereal food group;

Historical Note: Adopted effective November 1, 1998, under an exemption from the provisions of the Administrative Procedure Act pursuant to Laws 1998, Ch. 178, § 17; filed with the Office of the Secretary of State October 2, 1998 (Supp. 98-4).

ARKANSAS

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564 Frequency of Meals

564.1 At least three (3) meals are served daily

564.2 There shall be at least a five (5) hour span between breakfast and the noon meal and between noon meal and supper. The meals shall be served at approximately the same hours each day.

564.3 There shall not be more than fourteen (14) hours between a substantial supper and

breakfast. Supper shall include as a minimum: two (2) ounces of a substantial protein food, a starch (or substitute) or soup, vegetable or fruit, dessert and beverage, preferably milk. 564.4 Bedtime snacks of nourishing quality shall be routinely offered to all patients whose diets do not prohibit the services of this night feeding. Milk, juices, cookies, or crackers shall be offered.

CALIFORNIA

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s 72335. Dietetic Service -Food Service.

(a) The dietetic service shall provide food of the quality and quantity to meet each patient's needs in accordance with the physicians' orders and to meet "The Recommended Daily Dietary Allowance," the most current edition, adopted by the Food and Nutrition Board of the National Research Council of the National Academy of Sciences, and the following:

(1) Not less than 3 meals shall be served daily and with not more than a 14-hour span between the last meal and the first meal of the following day.

(2) Between-meal feeding shall be provided as required by the diet order. Bedtime nourishments shall be offered to all patients unless contraindicated

Note: Authority cited: Sections 208(a) and 1275, Health and Safety Code. Reference: Section 1276, Health and Safety Code.

COLORADO

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Part 11. DIETARY SERVICES

11.1 DIETARY SERVICES. The facility shall ... offer nourishing snacks.

11.2 ORGANIZATION. The facility shall have an organized food service, appropriately planned, equipped, and staffed to prepare and serve the number of meals created in the kitchen. The facility shall offer at least three meals or their equivalent per day, at regular times, with not more than 14 hour between the beginning of the evening meal and breakfast. Routine seatings shall be no later than 8 A.M. for breakfast and no earlier than 5 P.M. for the evening meal. Timing of meals shall generally comport with cultural practices in the community, unless inconsistent with these regulations.

CONNECTICUT

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19-13-D8t. Chronic and convalescent nursing homes and rest homes with nursing supervision

(q) Dietary services.

3. The facility shall ensure that the dietary service:

...D. Serves at least three meals, or their equivalent, daily at regular hours, with not more than a 14 hour span between evening meal and breakfast;

...F. Provides bedtime nourishments for each patient, unless medically contraindicated and documented in the patient's care plan;

DELAWARE

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Delaware regulations do not contain specific content for Frequency of Meals.

DISTRICT OF COLUMBIA

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District of C olumbia regulations do not contain specific content for Frequency of Meals

FLORIDA

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Florida regulations do not contain specific content for Frequency of Meals.

GEORGIA

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290-5-8-.06 Dietary Service.

...(2) Meals, adequate as to quantity and quality, shall be served in sufficient numbers with a maximum of five (5) hours apart with no longer than fourteen (14) hours between the evening meal and breakfast. Between meal and bedtime snacks shall be offered each patient.

HAWAII

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§11-94-11 Dietetic services

...(b) At least three meals shall be served daily at regular times with:

- (1) Not more than a fourteen hour span between a substantial evening meal and breakfast on the following day.
- (2) Between meals, nourishments consistent with need shall be offered routinely to all patients.

IDAHO

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05. Menu Planning and Meal Service. At least three (3) meals or their equivalent shall be served daily at regular times, with not more than a fourteen (14) hour span between a substantial evening meal and breakfast. (1-1-88)

a. Bedtime snacks of nourishing quality shall be offered, and between-meal snacks should be offered. (1-1-88)

b. If the "Four or Five-Meal-A-Day" plan is in effect, meals and snacks shall provide nutritional value equivalent to the daily food requirements and the last meal (snack) shall provide at least one (1) ounce of a protein food exclusive of beverage served. (1-1-88)

ILLINOIS

Section 300.2070 Scheduling Meals

- a) A minimum of three meals or their equivalent shall be served daily at regular times with no more than a 14 hour span between a substantial evening meal and breakfast. The 14 hour span shall not apply to facilities using the "four or five meal-a-day" plan, provided the evening meal is substantial and includes, but is not limited to, a good quality protein, bread or bread substitute, butter or margarine, a dessert and a nourishing beverage.
- b) Bedtime snacks of nourishing quality shall be offered. Snacks of nourishing quality shall be offered between meals when there is a time span of four or more hours between the ending of one meal and the serving of the next, or as otherwise indicated in the resident's plan of care.
- c) If a resident refuses food served, reasonable and nutritionally appropriate substitutes shall be served.

INDIANA

IAC 16.2-3.1-21 Food

Authority: IC 16-28-1-7; IC 16-28-1-12

Affected: IC 16-28-5-1

Sec. 21.

...(c) Each resident receives and the facility provides at least three (3) meals daily, at regular times comparable to normal mealtimes in the community.

(d) There must be no more than fourteen (14) hours between a substantial evening meal and breakfast the following day, except as provided in subsection (f).

(e) The facility must offer snacks at bedtime daily.

(f) When a nourishing snack is provided at bedtime, up to sixteen (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. A nourishing snack is an offering of a minimum of a food item and a beverage.

IOWA

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481—58.24(135C) Dietary

...58.24 (3) Nutrition and menu planning.

...c. At least three meals or their equivalent shall be served daily, at regular hours comparable to normal mealtimes in the community. (II)

(1) There shall be no more than a 14-hour span between a substantial evening meal and breakfast except as provided in subparagraph (3) below. (II, III)

(2) The facility shall offer snacks at bedtime daily. (II, III)

(3) When a nourishing snack is provided at bedtime, up to 16 hours may elapse between a substantial evening meal and breakfast of the following day. The current resident group must agree to this meal span and a nourishing snack must be served. (II)

KANSAS

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28-39-158. Dietary services

...(e) Frequency of meals.

(1) Each resident shall receive and the facility shall:

(A) Provide at least three meals daily, at regular times;

(B) offer nourishment at bedtime to all residents unless clinically contra-indicated; and

(C) provide between-meal nourishments when clinically indicated or requested when not clinically contra-indicated.

(2) There shall be no more than 14 hours' time between a substantial evening meal and breakfast the following day, except when a nourishing snack is provided at bedtime, in which instance 16 hours may elapse. A nourishing snack shall contain items from at least 2 food groups.

KENTUCKY

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Section 10 [nursing facilities].

...(6) Frequency of meals.

(a) Each resident shall receive and the facility shall provide at least three (3) meals daily, at regular times comparable to normal mealtimes in the community.

(b) There shall be no more than fourteen (14) hours between a substantial evening meal and breakfast the following day, except as provided in paragraph (d) of this subsection.

(c) The facility shall offer snacks at bedtime daily.

(d) When a nourishing snack is provided at bedtime, up to sixteen (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.

LOUISIANA

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§9819. Menus and Nutritional Adequacy

...C. Each resident shall receive and the nursing home shall provide:

1. at least three meals daily, at regular times comparable to normal mealtimes in the community;
2. food prepared by methods that conserve nutritive value, flavor, and appearance;
3. food that is palatable, attractive, and at the proper temperature;
4. food prepared in a form designed to meet individual needs; and
5. substitutes offered of similar nutritional value to residents who refuse food or beverages served.

E. There shall be no more than 14 hours between a substantial evening meal and breakfast the following day. A substantial evening meal is defined as an offering of three or more menu items at one time, one of which includes a high-quality protein such as meat, fish, eggs, or cheese.

F. There shall be no more than 16 hours between a substantial evening meal and breakfast the following day when a nourishing snack is offered at bedtime. A nourishing snack is defined as a verbal offering of items, single or in combination, from the basic food groups.

G. Bedtime nourishments shall be offered nightly to all residents, unless contraindicated by the

resident's medical practitioner, as documented in the resident's clinical record.

MAINE

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18.C. Adequacy of Diets

...18.C.2. Nourishments and Snacks

- a. Between-meal and bedtime snacks or nourishments shall be planned, scheduled, and offered routinely or upon request to all residents, except when contraindicated for medical reasons.
- b. When the kitchen is not open at all times, a nourishment station shall be provided and supplied.

18.K. Food Service

...18.K.3. At least three meals that are nutritious and suited to special needs of residents shall be served daily, at regular times comparable to normal meal times in the community. This schedule must be modified if necessary to accommodate the individual needs of residents. If 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. A "nourishing snack" is defined as an offering of items, single or in combination, from the basic food groups. Adequacy of the "nourishing snack" will be determined both by resident interviews and by evaluation of the overall nutritional status of residents in the facility (e.g., Is the offered snack usually satisfying?).

MARYLAND

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10.07.02.13 Dietetic Services

...G. Frequency and Quality of Meals. At least three meals or their equivalent shall be served daily, at regular times with not more than 14-hour intervals between the substantial evening meal and breakfast. A substantial evening meal is an offering of three or more menu items at one time, one of which includes a high quality protein such as meat, fish, eggs, or cheese. This meal represents no less than 20 percent of the day's total nutritional requirements. To the extent medical orders permit, bedtime nourishments shall be offered routinely to all patients. If the four-or five-meal-a-day plan is used, the meal pattern to provide this plan shall be approved by the Department.

MASSACHUSETTS

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150.009: Dietary Service

...E) Quality of food

- 1) At least three meals that are nutritious and suited to special needs of patients and residents shall be served daily.
- 2) Meals shall be served at regular times, with not more than a 15-hour span between a substantial evening meal and breakfast. Breakfast shall not be served before 7:00 a.m.; the evening meal shall not be served before 5:00 p.m. When a five-meal plan is in effect, the main evening meal shall not be served before 4:00 p.m.
- 3) Appropriate between-meals snacks and bedtime nourishment shall be offered to each patient or resident.
- 4) Whether a three, four or five-meal-a-day plan is in effect, meals and snacks shall provide nutritional value equivalent to the daily food guide (105 CMR 150.009(D)(2)).

MICHIGAN

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R 325.20803 Nutritional needs of patients.

Rule 803.

... (2) Not less than 3 meals or their equivalent shall be served daily, at regular times, with not more than a 14-hour span between a substantial evening meal and breakfast, except that when a substantial snack is served after the evening meal, this time span may be increased to 14-3/4 hours.

MINNESOTA

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4658.0620 FREQUENCY OF MEALS.

Subpart 1. Time of meals. The nursing home must provide at least three meals daily at regular times. There must be no more than 14 hours between a substantial evening meal and breakfast the following day. A "substantial evening meal" means an offering of three or more menu items at one time, one of which is a high-quality protein such as meat, fish, eggs, or cheese.

Subp. 2. Snacks. The nursing home must offer evening snacks daily. "Offer" means having snacks available and making the resident aware of that availability.

Subp. 3. Time between meals. Up to 16 hours may elapse between a substantial evening meal and breakfast the following day if a resident group, such as the resident council, agrees to this meal span and a nourishing evening snack is provided.

MISSISSIPPI

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129 MEAL SERVICE

129.01 Meal and Nutrition. At least three (3) meals in each twenty-four (24) hours shall be provided.

129.04 Timing of Meals. A time schedule for serving meals to residents shall be established. Meals shall be served during customarily-accepted timeframes. There shall be no more than fourteen (14) hours between evening meal and breakfast meal. There may be 16 hours between the evening meal and breakfast meal if approved by the resident involved and a substantial snack (including protein) is served before bedtime.

MISSOURI

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(2) At least three (3) substantial meals or other equivalent shall be served daily at regular hours with supplementary feedings as necessary. At least two (2) meals shall be hot. II/III

...(7) Bedtime snacks of nourishing quality shall be offered to all residents unless medically contraindicated. III

...(10) A time schedule for service of meals to residents shall be established. Meals shall be served approximately four to five (4-5) hours apart and not longer than fourteen (14) hours from a substantial evening meal to breakfast. II/III

(11) A minimum of thirty (30) minutes shall be given for eating meals. Residents who eat slowly or who need assistance shall be given as much time to eat as necessary. II/III

MONTANA

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Montana regulations do not contain specific content for Frequency of Meals.

NEBRASKA

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12-006.11 Dietary Services:

12-006.11B Frequency of Meals: The facility must provide at least three meals daily, at regular times comparable to normal mealtimes in the community.

12-006.11B1 The facility must ensure that no more than 14 hours elapse between a substantial evening meal and breakfast the following day. Sixteen hours may elapse if a nourishing snack is offered at bedtime daily.

NEVADA

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NAC 449.74525 Dietary services. ([NRS 449.037](#))

...6. A facility shall serve to each patient in the facility at least three meals daily, at such times as are comparable to regular mealtimes within the community in which the facility is located. A snack must be offered to each patient daily at bedtime. Except as otherwise provided in this subsection, breakfast must be served not more than 14 hours after the previous evening meal. If a nourishing snack is served at bedtime, breakfast may be served not more than 16 hours after the previous evening meal if approved by a group of patients organized pursuant to [NAC 449.74499](#).

NEW HAMPSHIRE

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He-P 803.20 Food Services.

...(b) Each resident shall be offered at least 3 meals in each 24-hour period when the resident is in the licensed premises unless contraindicated by the resident's care plan.

(c) Snacks shall be available between meals and at bedtime if not contraindicated by the resident's care plan.

NEW JERSEY

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8:39-17.2 Mandatory policies and procedures for dietary services

...(f) Meals shall be scheduled in such a way that no more than 14 hours elapse between a

substantial evening meal and breakfast the next morning. The first meal shall not be served before 7:00 A.M. unless requested by the resident.

1. Up to 16 hours may elapse between a substantial evening meal and breakfast the following day if the following conditions are met:

- i. A resident group agrees to this meal span; and
- ii. A nourishing bedtime snack is served.

8:39-17.4 Mandatory resident dietary services

...(b) The facility shall provide between-meal and bedtime nourishment, and beverages shall be available at all times for each resident unless contraindicated by a physician, as documented in the resident's medical record. 8:39-

18.4 Advisory resident dietary services

...(d) Residents have access to a refrigerator or snack bar.

NEW MEXICO

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7.9.2.52 DIETARY SERVICE:

E. MEAL SERVICE:

(1) Schedule: At least three (3) meals or their equivalent shall be offered to each resident daily, not more than six (6) hours apart, with not more than a fourteen (14) hour span between a substantial evening meal and the following breakfast.

...(6) Snacks: If not prohibited by the resident's diet or condition, nourishments shall be offered routinely to all residents between the evening meal and bedtime.

(7) Drinking water: When a resident is confined to bed, a covered pitcher of drinking water and a glass shall be provided on a beside stand. The water shall be changed frequently during the day, and pitchers and glasses shall be sanitized daily. Single-service disposable pitchers and glasses may be used. Common drinking utensils shall not be used.

NEW YORK

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Section 415.14 - Dietary services

...(c) Menus and nutritional adequacy.

(f) Frequency of meals.

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

(2) There shall be no more than 14 hours between a substantial evening meal and breakfast the following day, except as provided in paragraph (4) of this subdivision.

(3) The facility shall offer snacks at bedtime daily.

(4) If a nourishing snack as determined by a qualified dietitian in accordance with generally accepted standards of care, is provided at bedtime, up to 16 hours may elapse between a substantial evening meal and breakfast the following day provided that a resident group agrees to this meal span and a nourishing snack is served.

NORTH CAROLINA

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10A NCAC 13D .2701 PROVISION OF NUTRITION AND DIETETIC SERVICES

...(k) At least three meals shall be served daily to all patients in accordance with medical orders.

(l) No more than 14 hours shall elapse between an evening meal containing a protein food and a morning meal containing a protein food.

(m) Hour-of-sleep (hs) nourishment shall be available to patients upon request or in accordance with nutritional plans.

(n) Between meals fluids for hydration shall be available and offered to all patients in accordance with medical orders.

NORTH DAKOTA

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33-07-03.2-16.Dietary services.

Dietary services must include:

...4. At least three meals or the equivalent must be served daily, at regular times.

a. There must be no more than a fourteen-hour span between a substantial evening meal and breakfast unless a nourishing snack is provided at bedtime. Up to sixteen hours may elapse between a substantial evening meal and breakfast the following day if the residents agree to this meal span and a nourishing evening snack is served.

... c. Snacks must be offered at bedtime daily.

OHIO

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3701-17-18 Food and nutrition.

...B) Each nursing home shall provide at least three nourishing and appetizing meals daily to all residents at regular hours. There shall be at least a four-hour interval of time between the breakfast and noon meal and between the noon and evening meal. There will be no more than sixteen hours between the evening meal and breakfast. Each nursing home shall offer a nourishing snack, consisting of a choice of beverages and a food item from a basic food group, after the evening meal. Food substitutes of similar nutritive value shall be offered to residents who refuse the food served and serving size may be adjusted according to resident preference. The nursing home shall accommodate a resident's preference or medical need to eat at different intervals.

...(G) Safe, fresh, and palatable drinking water shall be accessible for residents at all times.

OKLAHOMA

Downloaded January 2011

310:675-9-12.1. Dietary services

...d) Diet.

1) Meals.

A) The facility shall serve at least three regularly scheduled meals, or their equivalent daily. There shall be at least four hours between each meal.

... E) Nourishments shall be available and may be offered at any time in accordance with approved diet orders and resident preference. Bedtime nourishment shall be offered to all residents.

OREGON

Downloaded January 2011

411-086-0250 Dietary Services

...5) FOOD PREPARATION AND SERVICE.

...e) At least three meals or their equivalent shall be served daily at regular hours with not more than a 14 hour span between the beginning of the substantial evening meal and the beginning of breakfast. A substantial evening meal is an offering of three or more menu items at one time, one of which includes a high quality protein such as meat, fish, eggs, or cheese. The meal represents no less than 25 percent of the day's total nutritional requirements.

f) Bedtime snacks of nourishing quality shall be offered routinely to residents who desire one and for whom it is not medically prohibited. Snacks of nourishing quality are those which provide substantive nutrients in addition to carbohydrates and calories, e.g., milk and milk drinks and fruit juice.

PENNSYLVANIA

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Pennsylvania regulations do not contain specific content for Frequency of Meals.

RHODE ISLAND

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Section 27.0 Dietetic Services

...27.11 Each resident shall receive and the facility shall provide at least three (3) meals daily, at regular times comparable to normal mealtimes based upon the individual preference of a resident or

group of residents in a residential area and/or at regular times comparable to normal mealtimes in the community.

a) There shall be no more than fourteen (14) hours between a substantial evening meal and breakfast the following day, except as provided in (c) below.

b) The facility shall offer snacks at bedtime daily.

c) When a nourishing snack is provided at bedtime, up to sixteen (16) hours may elapse between a substantial evening meal and breakfast the following day if a resident, or group of residents in a residential area agrees to this meal span, and a nourishing snack is served.

a) Breakfast shall not be served before 7:00 A.M. nor later than 8:30 A.M. Lunch shall not be served before 11:00 A.M. nor later than 1:00 P.M. Supper shall not be served before 5:00 P.M. nor later than 6:00 P.M.

b) Between evening meal and bedtime, nourishments shall be offered to all residents, unless medically contraindicated.

SOUTH CAROLINA

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SECTION 1400 - MEAL SERVICE

1404. Meals and Services (II)

...C. A minimum of three (3) nutritionally-adequate meals in each twenty-four-hour (24-hour) period shall be provided for each resident unless otherwise directed by the resident's physician or other legally authorized healthcare provider.

D. Not more than fourteen (14) hours shall elapse between the scheduled serving of the evening meal and breakfast the following day. As an exception, there may be up to sixteen (16) hours between the scheduled serving of the evening meal and breakfast the following day if approved by the resident's attending physician and the resident, and if a nourishing snack is provided after the evening meal.

...H. Food and snacks shall be available and offered between meals at no additional cost to the residents. Individual resident food and snack preferences shall be honored when reasonable.

1408. Ice and Drinking Water (II)

...B. Potable drinking water shall be available and accessible to residents at all times.

(12) Meal Service

A minimum of three nutritionally adequate meals shall be provided in each 24-hour period. Not more

than 14 hours shall elapse between the servings of the evening meal and breakfast.

SOUTH DAKOTA

Downloaded January 2011

44:04:07:11. Frequency of meals.

At least three meals must be served daily at regular times with not more than a 14-hour span between a substantial evening meal and breakfast.

TENNESSEE

Downloaded January 2011

1200-8-6-.06 BASIC SERVICES.

...(9) Food and Dietetic Services.

...(f) A minimum of three (3) meals in each twenty-four (24) hour period shall be served. A supplemental night meal shall be served if more than fourteen (14) hours lapse between supper and breakfast. Additional nourishments shall be provided to patients with special dietary needs.

TEXAS

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RULE §19.1110 Frequency of Meals

- a) Each resident receives and the facility provides at least three meals daily, at regular times comparable to normal mealtimes in the community.
- b) There must be not more than 14 hours between a substantial evening meal and breakfast the following day, except as provided in subsection (d) of this section.

c) The facility must offer snacks at bedtime daily. Routine snacks that are not ordered by the physician and are not part of the plan of care do not need to be documented as accepted or rejected.

d) 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.

UTAH

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R432-150-24. Food Services.

...6) There must be no more than a 14-hour interval between the evening meal and breakfast, unless a substantial snack is served in the evening.

VERMONT

Downloaded January 2011

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.

VIRGINIA

Downloaded January 2011

12 VAC 5-371-340. Dietary and food service program. (revised 1/11/2006)

...H. At least three meals, served at regular intervals, shall be provided daily to each resident, unless contraindicated as documented by the attending physician in the resident's clinical record. I. A between meal snack of nutritional value shall be available upon request to each resident or in accordance with their plan of care.

WASHINGTON

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388-97-1120 Meal provision.

The nursing home must:

(1) Provide a minimum of three meals in each twenty-four period, at regular times similar to normal meal times in the community.

...3) Make reasonable efforts to:

- a) Accommodate individual mealtime preferences and portion sizes, as well as preferences for between meal and evening snacks when not medically contraindicated;
- b) Offer a late breakfast or an alternative to the regular breakfast for late risers.

74.42.290 Meal intervals — Food handling — Utensils — Disposal.

(1) The facility shall serve at least three meals, or their equivalent, daily at regular times with not more than fourteen hours between a substantial evening meal and breakfast on the following day and not less than ten hours between breakfast and a substantial evening meal on the same day.

WEST VIRGINIA

Downloaded January 2011

8.15. Dietary Services

8.15.f. Frequency of meals.

8.15.f.1. A nursing home shall provide at least three (3) meals daily at regular times, or in accordance with residents' preferences and customary routines.

8.15.f.2. No more than fourteen (14) hours shall elapse between a substantial evening meal and

breakfast the following day.

8.15.f.2.A. Breakfast shall not be served before 7:00 A.M., unless by a residents request.

8.15.f.3. A nursing home shall offer a nourishing snack at bedtime daily, as determined by the residents needs.

8.15.f.3.A. The amount of the snacks consumed by the resident shall be recorded in the resident's medical record.

WISCONSIN

Downloaded January 2011

HFS 132.63 Dietary service

...(5) MEAL SERVICE

a) Schedule. At least 3 meals or their equivalent shall be offered to each resident daily, not more than 6 hours apart, with not more than a ~~four~~ span between a substantial evening meal and the following breakfast.

...(f) Snacks. If not prohibited by the resident's diet or condition, nourishments shall be offered routinely to all residents between the evening meal and bedtime.

(g) Drinking water. When a resident is confined to bed, a covered pitcher of drinking water and a glass shall be provided on a bedside stand. The water shall be changed frequently during the day, and pitchers and glasses shall be sanitized daily. Single-service disposable pitchers and glasses may be used. Common drinking utensils shall not be used

WYOMING

Downloaded January 2011

Wyoming regulations do not contain specific content for Frequency of Meals.

FEDERAL REQUIREMENTS

Downloaded January 2011

§ 483.35 Dietary services.

...(f) Frequency of meals.

(1) Each resident receives and the facility provides 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 day, except as provided in (4) below.

(3) The facility must offer snacks at 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.