

**DISTRICT OF COLUMBIA  
DEPARTMENT OF HEALTH**  
Chapter 32 of Title 22 DCR

**3218 DIETARY SUPERVISION**

3218.1 Nursing employees shall ensure that each resident receives the diet prescribed and shall note any dietary problem in the resident's medical record.

3218.2 Each resident who needs assistance to eat shall receive it promptly upon the serving of his or her meals.

3218.3 Special eating equipment and utensils shall be provided for each resident who needs them.

3218.4 The facility shall ensure that residents are fed in accordance with the comprehensive assessment and in accordance with section 3207.6 of this chapter.

**3219 DIETARY SERVICES**

3219.1 Food and drink shall be clean, wholesome, free from spoilage, safe for human consumption, and served in accordance with the requirements set forth in Title 23, Subtitle B, D.C. Municipal Regulations (DCMR), Chapters 24 through 40.

3219.2 Each facility shall employ sufficient food service employees who are competent and qualified to carry out the functions of the dietary services.

3219.3 A regularly scheduled program of in-service education shall be conducted for all food service employees hired after the effective date of these regulations. Records should be maintained on in-service programs and shall be available for review.

3219.4 The curriculum for regularly scheduled in-service education programs for food service employees may include, but not be limited to, the following:

- (a) Disaster and emergency procedures;
- (b) Infection control;
- (c) Safety and accident prevention;
- (d) Therapeutic diets;
- (e) Food handling;
- (f) Personal hygiene;
- (g) Residents' rights; and
- (h) Psychological aspects of aging.

3219.5 Each food service employee shall wear clean, washable garments while working, and shall keep his or her hands clean at all times.

3219.6 Each food service employee shall wear either a hair net or other head covering.

3219.7 No smoking or tobacco products shall be permitted in the food preparation area. 3219.8 Food waste shall be disposed of in a garbage disposal system or garbage grinder which is conveniently located near each activity and which has adequate capacity to dispose of all readily grindable food waste (garbage) produced.

**3220 GENERAL DIETARY REQUIREMENTS**

3220.1 Meals shall be adjusted to include fresh fruits and vegetables in season.

3220.2 The temperature for cold foods shall not exceed forty-five degrees (45°) Fahrenheit, and for hot foods shall be above one hundred and forty degrees (140°) Fahrenheit at the point of delivery to the resident.

3220.3 If a resident refuses food, appropriate substitutions of comparable nutritive value shall be offered at the same mealtime.

3220.4 Each therapeutic diet shall be prescribed by the attending physician and prepared under the guidance of a dietitian.

- 3220.5 Each therapeutic diet prescription shall be a part of the resident's medical record.
- 3220.6 Each change in a therapeutic diet order shall be authorized by the attending physician and shall be forwarded in writing to the Dietary Service.
- 3220.7 The dietitian preparing the therapeutic diet shall have access to the resident's medical record and shall document each observation, consultation and instruction regarding the resident's acceptance and tolerance of his or her prescribed diet.
- 3220.8 The supervisor or manager of food services shall make weekly rounds at mealtime to observe the preparation and serving of food to residents in order to determine general acceptance of the food by residents.
- 3220.9 An adequate supply of fresh water shall be available to residents at all times.

### **3221 RESERVED**

### **3222 DIETARY MANAGEMENT AND RECORDS**

- 3222.1 Each menu, as planned and served, shall be filed and retained for one year.
- 3222.2 Documentation of the food purchased shall be retained for ninety (90) days.
- 3222.3 A three (3) day supply of non-perishable staples shall be maintained on the premises. 3222.4 A file of each tested recipe, adjusted to appropriate yield, shall be maintained and used by each employee who prepares food.
- 3222.5 A two (2) day supply of perishable foods shall be maintained on the premises.