

# CMS FTAGS



## Food & Nutrition Services in Long-Term Care Facilities



**F 800:** The facility provides each resident with a nutritious, palatable, and well-balanced diet that meets their daily and special dietary needs while considering their preferences.

**F 803:** Menus must:

- Meet residents' nutritional needs per national guidelines.
- Be prepared in advance and followed.
- Reflect residents' religious, cultural, and ethnic needs, incorporating their input.
- Be updated periodically.
- Be reviewed for nutritional adequacy by a qualified nutrition professional.

**F 804:** The facility prepares food using methods that preserve its nutritional value, flavor, and appearance. Meals must be palatable, visually appealing, and served at a safe, appetizing temperature.

**F 805:** The facility ensures food is prepared in a form that meets individual needs.

**F 806:** The facility accommodates resident allergies, intolerances, and preferences.

**F 807:** The facility provides beverages, including water and other liquids, to meet resident needs and preferences, ensuring adequate hydration.

**F 808:** Therapeutic diets are prescribed by the attending physician/or designee.

**F 809:** Frequency of meals:

- Residents must receive at least three daily meals at regular or preferred times per their care plan.
- No more than 14 hours should pass between dinner and breakfast, or up to 16 hours if a bedtime snack is provided and agreed upon by a resident group.
- Nourishing alternatives must be available for residents who eat outside scheduled times, in line with their care plan.

**F 810:** The facility provides special eating equipment and utensils for residents who need them and offers appropriate assistance to ensure they can use these devices while eating.

**F 812:** Facilities must:

- Procure food from approved or satisfactory sources, including local producers if compliant with laws.
- Allow the use of facility-grown produce, following safe handling practices.
- Permit residents to consume non-facility-procured foods.
- Store, prepare, distribute, and serve food per professional food safety standards.