

Division of Community Nutrition

<i>Subject:</i> Prescribing the Food Prescription		<i>Policy:</i> FDS 02.1-C
<i>Reference:</i> CFR §246.10	<i>Effective:</i> August 12, 2013	<i>Supersedes:</i> October 1, 2009

I. Policy:

The Competent Professional Authority (CPA) shall prescribe the appropriate food prescription for each participant, taking into consideration the participant's category, age, nutritional / medical need, cultural preference and living circumstances. All changes to a participant's food prescription shall be made by a CPA.

II. Procedure(s):

- A. Determine normal food consumption patterns, food preferences and inadequate intakes using the appropriate assessment tools.
 - 1) Ask probing questions to determine the type and amount of food and beverages consumed
 - 2) Use food models, cups and other aids to determine portion sizes
 - 3) Ask about preparation methods to determine calories, fat, sugar, and salt intake
 - 4) Find out when, where, and with whom meals and snacks are routinely consumed
- B. Assign the appropriate foods considering the participant's nutritional needs / food preferences.
 - 1) The maximum amount of food allowed for the participant's category may not be exceeded in accordance with FDS 02.2-C.
 - 2) The CPA shall customize the food package prescription to meet the participant's nutritional needs/food preferences.
 - 3) One food group may not be substituted for another.
 - a. *Example:* In the case of milk intolerance, the egg group may not be substituted for the milk group.