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.

   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.