

## **ANALYSIS OF MEAL PROGRAM AT ST. JUDE COMMUNITY HOMES**

Request was made for a professional Registered Dietitian to review the meal program and food services at St. Jude Community Home at both the Milan site and the Dundas sites.

The following review activities were completed:

- 1) Site visit on Feb 18, 2013 and discussion with the chef and assistant chef with respect to issues and challenges;
- 2) Observation of the kitchen operation;
- 3) Review of the evening meal log and discussion with the kitchen staff regarding what is made available for the continental breakfast and evening meal.

## **ASSESSMENT OF THE ENVIRONMENT OF THE DINING ROOM(S)**

- 1) The meal service is provided in a congregate dining setting that promotes a relaxed environment and encourages communication between residents.
- 2) Residents are hired as hosts and hostesses to facilitate breakfast at both the Dundas and Milan sites. During the evening meal, residents work in teams setting tables, serving meals and cleaning up afterwards.
- 3) There is appropriate furnishing and equipment in dining areas, including comfortable dining room chairs and tables to meet the needs of the residents
- 4) There is sufficient time provided for the residents to eat at their own pace
- 5) The furnishings and equipment is maintained in safe condition and in a good state of repair.
- 6) The dining room, its furnishing and equipment are kept clean and sanitary
- 7) There are procedures for the safe operation and cleaning of equipment related to the food production and dining service.

## **ASSESSMENT OF THE KITCHEN OPERATION AND FOOD QUALITY**

St. Jude Community Home employs a chef and assistant chef who ensure the food supply, clean the kitchen equipment and prepare the evening meal.

- 1) The food and fluids are served at a temperature that is both safe and palatable to the resident. The hot foods are served hot and the cold foods are served cold.
- 2) The food and fluids are prepared, stored and served using methods which preserve taste, nutritive value, appearance and food quality.
- 3) The food and fluids are prepared, stored and served using methods which prevent contamination and food borne illnesses.
- 4) There is institutional food service equipment with adequate capacity to clean and sanitize all dishes, utensils and equipment related to food production and dining service.
- 5) There is institutional food service equipment with adequate capacity to prepare and hold perishable hot and cold food at safe temperatures.
- 6) There is sufficient storage capacity to support the menu requirements

## **MENU ANALYSIS**

Because St Jude Community Homes only provide breakfast and evening meals, Monday through Friday, they cannot provide all the daily requirements of the Canada Food Guide for Healthy Canadians.

The facility provides on average a 3 – 4 week cycle menu. It includes the continental breakfast and evening meal excluding Saturday and Sunday.

The menu provides a variety of foods, including fresh seasonal foods, each day from all food groups in keeping with Canada Food Guide for Healthy Canadians

**The analysis of the two meals indicates the following:**

<b><u>Legend</u></b>	<b><u>Breakfast consists of;</u></b>	<b><u>Evening Meal consists of;</u></b>
Fruit & Vegetable (F&V)	Orange Juice or Fresh Fruit (F&V)	Vegetables Variety & Potato, usually 2 (V)  Occasionally Homemade Soup (V)  Fresh Fruit or Juice (F)
Grain Products (G)	Hot &/ or cold cereal (G)  Bagels, White/ Brown Bread, Waffles (G)	Rice, Noodles, Pasta (G)
Protein/Meat & Alternatives (P)	Boiled Eggs (P)  Peanut Butter (P)	Chicken, Beef, Pork, Fish, Lentils, Legumes (P)
Milk & Alternatives (M)	Milk & Yogurt (M)	
Other	Tea, Coffee, Water, Butter, Margarine, Jams, Jelly	Condiments  Juice & Water

The Registered Dietician (RD) reviewed breakfast and 30 evening meals and compared these meals to the recommendations as set by The Canada Food Guide for Healthy Canadians.

**The breakfast and evening meal provides:**

<p><b><u>FRUIT AND VEGETABLES (F&amp;V)</u></b></p> <p>5 – 6 servings of the recommended 7 servings for Fruit &amp; Vegetables (F&amp;V)</p> <p>1-2 servings at Breakfast (F), 1-2 servings at Dinner (V), 1-2 servings at Dinner (F)</p> <p>(70 – 85 % of recommendations)</p>	<p><b><u>GRAIN PRODUCTS (G)</u></b></p> <p>6 servings of the recommended 7 servings for Grain Products (G)</p> <p>2-3 servings at Breakfast (G), 2 – 3 servings at Dinner (G)</p> <p>(75 – 85% of recommendations)</p>
<p><b><u>MEAT/PROTEIN AND ALTERNATIVES (P)</u></b></p> <p>2 servings of the recommended 3 servings for Protein (P)</p> <p>1 serving at Breakfast (P), 1-2 servings at Dinner (P)</p> <p>(65 – 75% of recommendations)</p> <p>This percentage is based on the resident choosing to have egg or peanut butter at breakfast as their protein source. If resident chooses to only eat cereal, toast or bagels without any protein, the menu would provide less than 50% of the recommended amount of protein. It is not recommended that a resident chooses double to triple servings of protein at dinner because it contributes to weight gain, and obesity. The resident must be encouraged to eat at least one protein serving at breakfast to spread the portions out throughout the day.</p>	<p><b><u>MILK AND ALTERNATIVES (M)</u></b></p> <p>1 -2 servings of the recommended 2 servings for Milk (adults 19 - 50) 8oz</p> <p>1-2 servings of the recommended 3 servings for Milk (adults 51+)</p> <p>1 - 2 servings at Breakfast (M), 1 -2 servings at Dinner (M)</p> <p>(65 – 75% of recommendations)</p> <p>This percentage is based on the resident choosing to drink 8 oz milk at breakfast or add to cereal and drink 8 oz milk at dinner or eat yogurt as their milk source. If resident chooses juice or other beverages such as tea, coffee or water, the menu would only provide less than 50% of the recommended amount of milk.</p>

**HOW DO YOU COUNT FOOD GUIDE SERVING IN A MEAL?**

***MENU: VEGETABLE AND BEEF STIR-FRY WITH RICE, A GLASS OF MILK AND AN APPLE FOR DESSERT***

- 250 ML (1 CUP) MIXED BROCCOLI, CARROT, AND SWEET RED PEPPER = 2 VEGETABLES AND FRUIT SERVING
- 75 G (2 ½ OZ ) LEAN BEEF = 1 MEAT (PROTEIN) AND ALTERNATIVE SERVING
- 250 ML (1 CUP) COOKED RICE = 2 GRAIN PRODUCTS SERVINGS
- 5 ML (1 TSP) CANOLA OIL = PART OF YOUR OILS AND FATS
- 250 ML (1 CUP) MILK = 1 MILK AND ALTERNATIVE SERVING
- 1 APPLE = 1 VEGETABLE AND FRUIT SERVING

**RECOMMENDATIONS AND SUGGESTIONS FOR THE MENUES TO HELP RESIDENTS MEET THE REQUIREMENTS FOR THE CANADA FOOD GUIDE FOR HEALTHY CANADIANS**

**(A) PROTEIN IS NEEDED FOR BUILDING AND REPAIRING OF MUSCLES AND TISSUES AND A MAIN SOURCE OF IRON. IRON HELPS PRODUCE RED BLOOD CELLS, TRANSPORT OXYGEN THROUGHOUT THE BODY.**

**TO HELP INCREASE PROTEIN IN THE MENU:**

- 1) Introduce Greek yogurt (provides 8 – 9 grams protein/serving) whereas regular yogurt (provides 4 -5 grams protein/serving). (Milk)
- 2) Introduce cottage cheese, cream cheese, lower fat cheddar cheese, mozzarella cheese (cut from large block of cheese to help reduce cost) or purchase individually wrapped cheese to serve at breakfast or offer at dinner on a plate.
- 3) Offer egg white omelet as an alternative to boiled egg.

- 4) Offer "Nutella" spread as an alternative for those residents who do not eat peanut butter.
- 5) Continue to offer more vegetarian protein such as lentils and beans with rice, or bean stir fry with noodles. Important fact is animal protein (from fish, meat, eggs, cheese and milk) is considered complete and is easily absorbed. Plant protein is considered incomplete. It can only be absorbed by combining two different plant groups such as lentil/legume & grain products, or nuts/seeds & grain products, or lentils/legumes & nuts/seeds in order to make the plant protein totally complete. This combining of protein is called complementing plant protein. The portion size should be one cup for each group, such as one cup lentils/legumes and one cup of grain products.

**(B) MILK AND DAIRY PRODUCTS ARE THE MAIN SOURCES OF CALCIUM NEEDED TO HELP DEVELOP AND MAINTAIN STRONG BONES AND TEETH. IT FORMS THE STRUCTURE OF YOUR BONES AND TEETH. IT ALSO HELPS MUSCLE WORK. VITAMIN D HELPS YOUR BODY ABSORB CALCIUM. AS YOU AGE, YOU NEED MORE CALCIUM.**

**TO HELP INCREASE MILK PRODUCTS IN THE MENU:**

- 1) Include more Greek yogurt or regular yogurt in the menu. An interesting fact; the more fruit mixed into the yogurt, the more fibre it will contain. However the calcium and protein content in the yogurt will be lower. The fruit in the yogurt occupies more space and therefore there will be less yogurt containing protein and calcium. It is better to serve vanilla or plain yogurt to reap the benefits of extra calcium and protein and to obtain your full serving of milk as recommended by Canada Food Guide for Healthy Canadians.
- 2) Offer fruit yogurt parfaits, smoothies, or protein shakes using skim milk powder to help increase both calcium and protein intake. Also make a milk shake by adding chocolate syrup/ice cream to 2% milk.
- 3) Add low fat milk or skim milk powder to cream soup or stews instead of water to help increase calcium and protein intake.
- 4) Add pudding to dessert items

- 5) Offer chocolate milk for those residents who do not drink white milk
- 6) Offer orange juice fortified with calcium to offer more calcium rich sources for those residents who do not drink milk

**(C) FRUITS AND VEGETABLES ARE IMPORTANT SOURCES OF VITAMINS AND MINERALS NEEDED IN THE MAINTENANCE OF HEALTHY EYES, GOOD NIGHT VISION, HEALTHY SKIN, HAIR, MAINTAIN NORMAL BODY FUNCTIONS, BONE GROWTH AND FLUID BALANCE.**

**TO HELP INCREASE FRUITS AND VEGETABLES IN THE MENU:**

- 1) Continue to offer more cut up vegetables on plate (using vegetables in season to help keep costs down) and serve with low fat dip
- 2) Continue to offer fresh fruits in season
- 3) If possible, offer more variety of soup at dinner such as tomato soup,

**(D) GRAIN PRODUCTS PROVIDE IMPORTANT SOURCES OF FIBRE, MAGNESIUM CALORIES/ENERGY, VITAMINS AND MINERALS NEEDED FOR ENERGY SOURCES, MAINTAIN NORMAL BOWEL FUNCTIONS AND BODY FUNCTIONS, PROVIDE BOWEL REGULARITY, REDUCE RISK OF CARDIOVASCULAR DISEASE AND REDUCE BLOOD CHOLESTEROL LEVELS.**

**TO HELP INCREASE GRAIN PRODUCTS IN THE MENU:**

- 1) Offer whole wheat English muffins at breakfast
- 2) Offer low fat muffins
- 3) Offer whole wheat flat bread (pita) with hummus as an source of grains and vegetarian protein

**FURTHER ANALYSIS OF THE MENU**

- 1) Food is served with an appetizing aroma and appearance which is varied in color and texture
- 2) The food is served at preferable temperatures – hot foods are served hot and cold foods are served cold
- 3) Food is generally well seasoned. The chef and assistance chef cooks without added salt, and adds a variety of herbs and spices and uses low fat yogurt to help flavor up the food
- 4) There is a range of food products prepared using a variety of cooking methods, avoiding repetition of cooking methods
- 5) The residents frequently speak to the Chef and Chef's Assistant to voice their menu preferences. The kitchen staff are welcoming to these suggestions and strive to accommodate resident special requests.
- 6) Community Kitchens are facilitated on selected weekends as a means of community building, skill development, reduction in social isolation of residents and to ensure proper nutrition on the weekends when the meal program does not operate. Together, support staff and residents plan, shop, prepare and enjoy the meal together.
- 7) Changes were made to the breakfast time slots at both Milan and Dundas sites using residents' suggestions in the effort to have more attendance at this meal. Breakfast is served from 8:30 – 10 AM at Milan site and 7:15 – 9 AM at Dundas site.
- 8) All menu items are prepared according to the planned menu
- 9) There are standardized recipes for all menus
- 10) The leftover food is properly labeled, dated and stored in the fridge.
- 11) The leftover food is served as soon as possible usually the following day as alternative food to the meal selection to avoid wastage. The leftover food should only be put out one time and if not eaten should be discarded.



- 12) The planning of menus takes into consideration those residents who do not eat fish. The menu offers foods such as tortellini with meat, lasagna, lentil vegetarian salads, etc.
- 13) The menu also takes into consideration those residents who do not eat pork.
- 14) The menu offers foods such as Shepherd's Pie, or Chicken Breast/Legs or Beef Stew as well as other combinations when pork is served.
- 15) The menu takes into consideration for those residents who have food allergies as the need arises.
- 16) The menu provides a diet rich in Vitamin A, and Folate. The menu always includes dark green and orange vegetables. The orange fruits and vegetable are rich in carotene such as beta-carotene, which the body converts to Vitamin A. Examples are snow peas, bok choy, green beans, salads such as Greek salads and Caesar salad, broccoli, carrots, squash, orange juice, oranges, clementine. More fruits and vegetables will be added as the season changes.
- 17) Menu always offer meatless meals on Friday such as fish, cheese quiche, vegetarian dinner, beans in tomato sauce.
- 18) Menu offer appropriate drinks at meals such as milk, juice, tea, coffee at breakfast and milk, juice and water at dinner.
- 19) The menus are well communicated to the residents. The residents become very familiar with certain foods being offered on certain days of the week. For example pasta dish is always offered on Thursday, fish or meatless dishes are always offered on Friday. Chicken, pork, beef, ribs and other mixed varieties are always offer on the remaining days of the week (Monday, Tuesday, Wednesday).
- 20) The menus are high in fibre as it provides residents with whole grain breads and cereals, fresh fruits and vegetables, lentils and legumes. It is recommended that women consume 25 grams of fibre/day and men consume 38 grams of fibre/day.
- 21) The menus are reviewed and updated at least quarterly.

## **OTHER FACTS REGARDING THE MENUES**

With the increase prevalence of Diabetes Mellitus and Heart Disease, Canadians are encouraged to eat lower sodium foods, low saturated fats and foods lower in concentrated sugars.

**The menus at St. Jude Community Homes provide a Healthy Heart diet and Modified Diabetic diet.**

- Chef and assistant chef cook without salt and use natural herbs and spices to add flavor and help reduce salt content.
- Chef also uses low fat yogurt and low saturated fats as sauces.
- Good quality lean meat is purchased at St. Jamestown Steak and Chops, along with most fresh fruits and vegetables.
- Meat served is usually lean beef, chicken, occasionally turkey, pork. The menu often serves more white meat instead of red meat (recommended for Healthy Heart and Diabetic Diet).
- Fish is offered once a week and it is usually baked, occasionally fried.
- Variety of vegetables in season are always offered.
- The meals are seldom fried. It is usually baked, grilled or stewed.
- Meatless meals are offered on least once a week.
- A high salty food such as cold cuts, ham, sausages, bacon, or pizza is usually offered only once a week following recommendations for Healthy Heart. A corresponding low sodium menu entrée is always offered as well to enable the resident to adhere to the recommendation for Healthy Heart diet.
- Menu offers very little high fat baked items for desserts such as cakes, pies, and cookies which is in keeping with the recommendations for Healthy Heart Diet and Diabetic Diet. Once a month cake and desserts are provided for birthdays, and other special occasions such as Easter, Thanksgiving and Christmas.
- Fresh fruit in season is always offered for desserts as recommended for Diabetic Diet.

- The breakfast and dinner (evening) meals are balanced offering all the food groups as recommended by Canada Food Guide for Healthy Canadians and the Diabetic Diet.
- Iron from plant sources (also known as non-heme iron) such as split peas, lentils, baked beans, green vegetables are better absorbed if you eat foods that are rich in Vitamin C at the same meal. Vitamin C rich foods include tomato, tomato sauce, oranges, orange juice, other citrus fruits and juices, broccoli, kiwi, strawberries sweet peppers. These combinations are often served on the menu.

## **IN SUMMARY THE RECOMMENDATIONS ARE:**

- 1) Offer fish more often, at least twice per week in keeping with a heart healthy diet;
- 2) In the week of January 14, 2013, the Tuesday dinner of sausages, Bacon, sauerkraut is offered and the next day on Wednesday dinner Hamburger and Hot Dog is also offered. Both are very high salt foods. Recommend only offering Hamburger on the Wednesday.
- 3) As more vegetables and fruits become available, offer more variety.
- 4) Offer Greek Yogurt at breakfast or dinner to help increase protein content.
- 5) Offer more variety of soup to help increase vegetable sources
- 6) Offer variety of cheese such as low fat cream cheese, cheddar cheese, cottage cheese at breakfast.
- 7) Avoid offering two pasta dishes back to back.
- 8) In the week of December 3-7, 2012, avoid offering chicken fingers twice in one week.
- 9) Introduce new food to the residents such as couscous, quinoa, spaghetti squash, brown rice, wild rice, wheat pasta, tofu.

10) Suggested healthy snacks for program activities are as follows;

<u>GOOD SNACKS</u>	<u>BAD SNACKS</u>
<ul style="list-style-type: none"> <li>• FRUIT AND YOGURT SMOOTHIES</li> <li>• LOW-FAT CHEESE CRACKERS AND FRUIT</li> <li>• WHOLE GRAIN CEREAL WITH DRIED FRUIT MIX FOR TRAIL MIX</li> <li>• AIR POPPED OR LIGHT MICROWAVE POPCORN</li> <li>• RAW VEGETABLES AND LOW FAT DIP</li> <li>• PITA POINTS TOASTED IN OVEN, WITH SALSA</li> <li>• PEANUT BUTTER OR LOW FAT CREAM CHEESE WITH CRACKERS</li> <li>• MUFFIN WITH A SLICE OF CHEESE</li> <li>• YOGURT OR PUDDING OR FRESH FRUITS</li> </ul>	<ul style="list-style-type: none"> <li>• CHOCOLATE BARS</li> <li>• CANDIES</li> <li>• POTATO CHIPS</li> <li>• POP</li> <li>• DONUTS</li> <li>• HIGH FAT COOKIES</li> <li>• HIGH FAT MUFFINS</li> <li>• HIGH FAT ICE CREAM</li> <li>• CAKES AND PIES</li> </ul>

Barbara Webber RD April 16, 2013

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