



## Aged Care Menu Audit



### Why get a Menu Audit done?

- 1.) The overarching aim of the menu audit process is to support and empower YOUR facility to optimize meal service to enhance nutritional well-being and quality of life of your residents.
- 2.) To assess whether your menu has the potential to meet nutrition standards and variety for your residents.
- 3.) A menu audit undertaken by a NZ Registered Dietitian is now widely recognised by certification auditors as an important component for assessing compliance with Health and Disability Services Standards and DHB Accreditation.
- 4.) Having a dietitian approved menu provides reassurance to your residents and their families.

### Process

#### 1.) Review of the cycle menu (1 hour/week of cycle menu – minimum 4 hours)

##### Required: Copies of cycle menus

- Nutrition check-list: check whether core food groups are met
- Variety and repetition
- Seasonality
- Colour, texture, flavours
- Choice
- Budget
- Length of cycle menu
- Layout of menu

#### 2.) Food Quantities checklist (included in 1)

##### Required: list of all foods purchased over a specific period

- We compare your food purchases over a period of time with nutrition standards (to assess whether the nutrition needs of your residents are likely to be met)



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### 3.) Site visit (2 hours + travel costs)

We arrange to visit your facility over lunch time. This gives us the opportunity to meet with you and your staff to get a better understanding of your needs and food and nutrition practices, and how we can provide assistance. We also observe the meal served to residents. (If this is not feasible we can arrange a SKYPE consultation). Some of the things we look at:

- Your nutrition policies
- Nutrition care plans
- Presentation and taste of meal, serving sizes
- Modified texture / special diets (if relevant)
- Whether the meal served is aligned with the menu
- Assistance / encouragement provided to residents (as relevant)
- Dining environment
- Food service facility / expertise of staff
- What recipes you are using.

### 4.) We provide you with a full written report with recommendations

- Summary of findings
- Recommendations
- Cycle menu template provided
- Additional resources

### Optional (on-site feedback) (1 hour)

- On completion of the menu audit it is always a good idea to meet on-site with you to discuss the findings of the Menu Audit, to answer any further questions you may have, and how our team can support you further to make quality improvements.

### Optional (In-service to staff) (1 hour) – tailored to your requirements

- Nutrition and the older person
- Malnutrition
- Nutrition screening and monitoring - how to assess nutritional risk
- How to plan the menu for the older person
- Food fortification
- The dining environment

### Contact information

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