ESF Food Service Observations and Interviews

Food Service must meet the requirements of WAC Food Code Chapter 246-215 and WAC 388-107-0430 and WAC 388-107-0920

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Kitchen on site: □ Yes □ No; if not, location of contracted kitchen:

**Food Services:** General observation of kitchen and staff (wear a hair restraint per regulation and facility policy).

- □ Overall cleanliness of kitchen area (06505)
- □ Proper hand hygiene and glove use (02305 and 02310) during food preparation and service
- □ Staff cleanliness, use of hair restraints, and hygienic practices (02325, 02335, 02410)
- □ Food stored with proper temperature controls (for example, no potentially hazardous foods, such as beef, chicken, pork thawing at room temperature) (03510)
- □ Food from approved sources (03200) (for example, food from known providers, no home prepared items)
- □ No ill food workers present (02220)
- □ Chemicals labeled and properly stored (07200)
- □ Person in charge to provide a copy of the food handlers’ cards for meal preparation staff observed during the meal observed in this inspection (02120)
- □ Person in charge or designee describes proper dishwashing procedure that follow manufacture guidelines for temperature or chemical controls (04555, 04560)
- □ Person in charge or designee describes step taken to prevent cross-contamination of food items (03306)

**NOTES**

**Food Preparation and Service:** Observe for proper food preparation, thawing of frozen items, areas used for food preparation, and proper temperature controls, for example.

- □ Person in charge or designee describes how food contact surfaces are thoroughly cleaned / rinsed / sanitized (washing, 04645 rinsing, 04700 sanitization)
- □ Person in charge describes process to check food temperatures
- □ Person in charge or designee identifies proper cooking time and temperatures for potentially hazardous foods (for example, poultry 165°F, ground meat at least 155°F, fish and other meats 145°F)
- □ Person in charge or designee describes how food items are properly reheated (03400)
- □ No bare hand contact with ready to eat foods, except during the washing of fruits and vegetables (03300)
- □ Proper hand hygiene and glove use (see above)
- □ Fruits and vegetables are thoroughly rinsed (washed) (03318)
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Kitchen on site: □ Yes □ No; if not, location of contracted kitchen:

- Hot foods help at ≥135°F prior to serving (03525) (facility can check food temperature in your presence or you can check temperature of food with your sanitized thermometer)
- Hot foods help at ≥41°F prior to serving (03525) (facility can check food temperature in your presence or you can check temperature of food with your sanitized thermometer)

Food Storage: Observe for food storage to prevent contamination and to promote proper temperature controls.

- Store rooms free from rodents and pests (06550)
- Refrigerator temperature is maintained at ≥41°F (internal temperature of potentially hazardous food must be at ≥41°F) (03525)
- Foods are frozen in freezer (no specific temperature requirement) (03500)
- Raw meats stored below or away from ready to eat food (03306)
- Potentially hazardous foods are properly cooled (within two hours going from 135°F to 70°F and then to ≥41°F within a total of six hours or following the rapid cooling procedure of continuous cooling in a shallow layer of two inches or less, uncovered, protected from cross contamination, in cooling equipment maintaining an ambient air temperature of ≥41°F or other methods as described in regulation) (03515)

Menus: Review current and past menus.

- Menus (0430)
  - Written one week in advance
  - Delivered to resident’s room or posted except as specified in 0430(1)(h)
  - Indicate the date, day of week, month, and year
  - Include all food and snacks served that contribute to nutritional requirements
  - Are kept at least six months
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- Provide variety
- Are not repeated for at least three weeks, except breakfast as outlined in (1)(i)(vii)
- Document on current day’s menu and record on original menu when changes in current days menu are necessary (1)(h)
- If an alternate choice in entrees is served this alternate entrees must be recorded on the menu (1)(i)

**NOTES**

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**Meals and Snacks:** Observe meal time and during interviews and facility tour ensure the following.

- Meals and snacks (0430):
  - Minimum of three meals provided (1)(a)
  - Snacks between meals and in evening are provided at regular intervals (1)(b)
  - Provide access to fluids and snacks at all times (1)(c)
  - When person centered service plan indicates resident must have ability to select own snacks and beverages without having to ask staff member for assistance (4)
  - Provide sufficient time and staff support for residents to consume meals (1)(d)
  - Serve nourishing, palatable and attractively presented meals for age, gender and activities (1)(g)
  - Substitute foods of equal nutrient value when changes in current days menu are necessary (1)(h)
  - Alternate choices for entrees are available
  - Are nutritious, meets the residents’ dietary needs
  - Are palatable and served at proper temperature (if issues with food palatability temperature and/or palatability, consider obtaining a meal sample)

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- **Kitchen on site:**  
  - [ ] Yes  
  - [ ] No; if not, location of contracted kitchen:

- **Meals and snacks served as ordered (0430):**
  - [ ] Prescribed general low sodium general diabetic and mechanical soft food diets according to a diet manual (2)(a)
  - [ ] Diet manual is available to and used by staff persons responsible for food preparation (2)(i)
  - [ ] Diet manual is approved by a dietitian (2)(ii)
  - [ ] Diet manual is reviewed and updated as necessary or at least every five years (2)(iii)
  - [ ] Prescribed nutrient concentrates and supplements when prescribed in writing by a health care practitioner (2)(b)
  - [ ] At resident’s request provide nonprescribed modified / therapeutic diet and nutritional concentrates or supplements (3)(a)(b)

- **NOTES**
  - [ ] Dining Observation:
    - [ ] Residents who need assistance for eating or swallowing concerns receive it timely, appropriately, and in a dignified manner
    - [ ] Meals are distributed in a timely manner
    - [ ] For each sampled resident being observed, identify and special needs and interventions planned to meet their needs
    - [ ] Tables adjusted to accommodate wheelchairs
    - [ ] Residents prepared for meals, dentures, glasses, and/or hearing aides are in place
    - [ ] Adoptive equipment is available per need
    - [ ] Residents at the same table are served and assisted concurrently
    - [ ] Sufficient staff are available for the distribution of meals and assistance
    - [ ] Sufficient time is allowed for residents to eat
    - [ ] Sufficient dining space available in all dining areas (0430)(1)(k)
    - [ ] Dining atmosphere is pleasant
    - [ ] Family members are accommodated for dining with their resident
    - [ ] Meals are provided as written on posted menu
    - [ ] Meals provided in resident rooms are served promptly to ensure proper temperature
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