



2.9 MENU PLANNING AND FOOD PURCHASING

It is important the people we support are involved in developing a nutritious menu, shopping and cooking their own food to help them live long lives. The people we support rent or own their own home; hence, have full access to all areas of their home including Kitchen, Dining Room, and Living Room. Any access restrictions or modifications must be in the Person-Centered Plan (PCP). Licensed Homes are leasing a room while still providing access to use the home with a group of individuals.

Meal planning sessions should be encouraged so that employees can assist the person to make healthy, nutritious selections while incorporating the choices of the people they live with. Cookbooks and Menus are available for review at any time and use of the internet, public libraries or other resources for menu items should be utilized.

Read the Meal Planning and Purchasing Policy here:

[Click Here to View the Meal Planning and Purchasing Policy](#)



For more information on dietary guidelines and resources: [ChooseMyPlate.gov](https://www.choosemyplate.gov)

WE MAKE THE DIFFERENCE