

**MILLE LACS BAND OF OJIBWE  
HEALTH AND HUMAN SERVICES POLICY & PROCEDURE**

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**Department:** Substance Use Disorder-Four Winds Lodge      **Policy Number:** HHS-SUD-FW 4736

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**Policy Title:** Diets

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**Attachments:**


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**Revision History:**      **Revised by/Date:** Lindsay Misquadace-Berg 7/2021

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**Approved by:**

**Date:**


Lindsay Misquadace-Berg, Four Winds Director 

10/15/21

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**Approved by:**

**Date:**

Nicole Anderson, Commissioner of HHS 

11-29-2021

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**POLICY STATEMENT:** To best meet the needs of the clients, Mille Lacs Band of Ojibwe Four Winds Lodge will provide foods that are healthy along with an enjoyable diet. Its recommendations are ultimately intended to help individuals improve and maintain overall health and reduce the risk of chronic disease—its focus is disease prevention.

**PURPOSE:** The purpose of this policy is to provide a standardized compilation of diets for the convenience of the dietary, nursing, medical staff, and clients.

**DEFINITIONS:**

**Modified Diet:**

Modifications of the regular diet are sometimes needed due to specific medical needs, cultural preferences, religious preferences and/or psychiatric conditions and behaviors. Some of these needs can be met via the regular diet with customization. These changes can be made without an order from the Licensed Independent Practitioner (LIP). Examples of these types of modifications include: cultural food preferences, adjustments for paranoia related to food (need for prepackaged food items, elimination of “suspicious” foods, etc.), modest attempts at weight management and so on. Other nutritional needs will need to be met via therapeutic diet.

**Therapeutic Diet:**

If a therapeutic diet is needed it will be ordered by the LIP with prescriptive authority and is a diet based on the regular diet and designed to meet the requirements of a given medical situation. It may be modified in individual nutrients, caloric value, consistency, texture, and techniques of preparations, contents of specific foods, or a combination of these factors. For example – Calorie Controlled, Cholesterol/Fat Controlled, Sodium Controlled, Protein Controlled, Vegetarian, Renal Diets, Mechanically Altered, Bland, Tyramine Controlled and Antabuse.

**PROCEDURES:**

**A. LIP/Credentialed Licensed Dietician shall:**

1. Write the therapeutic or modified food plan order per the diagnosis and/or dietitian recommendation.
2. Refer client to dietitian for nutrition consultation or assessment.
3. Order Modified Diet as needed.

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**B. Nursing Personnel shall:**

1. Communicate the food plan order to the food vendor.
2. Maintain a listing of the clients and their food plan orders for reference.
3. Document any clients' concerns of the food plan.
4. Records of menus and of foods purchased shall be filled for 1 year.

**C. Food Vendor Dietitian shall:**

1. Write menus according to the approved Diet Manual for those therapeutic modified food plans ordered most frequently with a signature of approval. A reasonable variety of foods shall be provided.
2. Provide these menus to Four Winds facility for review at least 1 week in advance.
3. Maintain a file for menus and their substitutions. Notations shall be made of any substitution in the meals actually served.
4. Consider feedback from facility administrator for menu improvement.

**D. Facility Food Servers shall:**

1. Follow posted menus or guidelines in serving meal/snack.
2. Provide feedback to the facility administrator or in an individual's progress note as indicated regarding client's response to foods at meals or snacks.
3. Follow food handling guide entitled "Information for Food Service Personnel in Hospitals and Care Facilities" and be used as a reference.

<b>Internal and/or External References</b>	Minnesota Rule SLF 4665.3200
<b>Compliance - Posting Date</b>	11/24/2021 (H)
<b>Replaces – Policy Number</b>	
<b>Next Review - Due Date</b>	