

# THE NETWORK NEWSLETTER

*Connecting Consultants of S & S Nutrition Network Inc.*



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## Ch-Ch-Ch-Ch-Changes

OK, so David Bowie's *Changes* might not have anything to do with the changes in this Newsletter but I couldn't get this song out of my head while editing it.. and now you can't either.

Covid has brought about a lot of changes this year. More are on the way with the vaccines rolling out which seems to make this Spring even brighter than most.

There are a lot of changes covered in this edition! Changes to taste and smell, changes to regulations, change toward in-person events?! Check out these and more in the included articles. If you are still looking for more changes check the forecast :)

Sarah Bair



**A big Welcome to  
these additions to the  
S & S family**

Katherine Alpers  
Aubrey Applegate  
Carla Castiglione  
Sara Evenson  
Alex Peterson

## Let's Celebrate this Quarter's Anniversaries!

### >5 Years

Lori Hughes (5 years)  
Hilari Castro (5 years)  
Mimi Cunningham (7 years)  
Camile Michaelson (7 years)

### >10 Years

Kimberly Wagner (10 years)  
Mary Martinez (12 years)  
Rachel Arndt (14 years)

### >20 Years

Maxine Schroeder (20 years)  
Deanna Gillette (21 years)

**S & S Nutrition would  
like to extend a special  
thanks to Maxine  
Schroeder for her years  
of service and best of luck  
on her new adventures!**

# Do you know if your Food Service Department is in compliance with the IDAHO FOOD CODE

By Rachell Larsen



2020 was a year full of constant changes. We have all embraced these changes, put one foot in front of the other, and continued to move forward. Not only has it been extremely important to stay on top of all the COVID and IDDSI changes, but it is also important to take time and look at any staff changes in the Food Service Department.

Does your Food Service Department have a *Certified Food Protection Manager (CFPM)*? The facility is required to have a CFPM on staff. The CFPM is often identified as the dietary manager or supervisor, but in very rare situations does not actually have to work in the foodservice department. The CFPM is required to complete one of the following accredited face-to-face or online training programs followed by a proctored exam.

Approved accredited exams are listed below:

Food Manager level exam from [360training.com/learn2serve](https://www.360training.com/learn2serve) or

Food Manager level exam from [Above Training/Statefoodsafety.com](https://www.above-training.com/statefoodsafety) or

Food Manager level exam from Always Food Safe or

Food Manager level exam from National Registry of Food Safety Professionals or

Food Manager level exam from Prometric or

Food Manager level exam from ServSafe

In addition to the Certified Food Protection Manager, a *Person in Charge* must be onsite during all hours of operation. The *Person in Charge* means the individual present at a food establishment who is responsible for the operation at the time of inspection. The Person in Charge must be able to demonstrate knowledge of food safety practices and be present at all times of foodservice and preparation.



The *Person in Charge* will be the Certified Food Protection Manager or a person directed by and working under the CFPM, such as a lead cook, who also has also completed an accredited food safety training course and exam. If the *Person in Charge* is not certified, they must be able to answer and/or demonstrate appropriate knowledge of food safety practice to the inspector. Such questions to show knowledge may include but are not limited to:

- Describe the relationship between the prevention of foodborne disease and the personal hygiene of a food employee
- Explain the responsibility of the PERSON IN CHARGE for preventing the transmission of foodborne disease by a food employee who has a disease or medical condition that may cause foodborne disease
- Describe the relationship between the prevention of foodborne illness and the management and control of the following:
  - (a) Cross-contamination
  - (b) Hand contact with READY-TO-EAT FOODS,
  - (c) Handwashing, and
  - (d) Maintaining the FOOD ESTABLISHMENT in a clean condition and in good repair
- Explaining correct procedures for cleaning and sanitizing utensils and food contact surfaces of equipment

The *Person in Charge* must be able to show the Certified Food Protection Manager's certification upon request. It is highly recommended, but not required, the *Person in Charge* has completed the Idaho Food Safety and Sanitation Exam.

Please take the time to check your Food Service Department to ensure the department meets all the IDAHO FOOD CODE requirements.

References:

[https://publicdocuments.dhw.idaho.gov/WebLink/DocView.aspx?](https://publicdocuments.dhw.idaho.gov/WebLink/DocView.aspx?id=1522&dbid=0&repo=PUBLIC-DOCUMENTS)

[id=1522&dbid=0&repo=PUBLIC-DOCUMENTS](https://publicdocuments.dhw.idaho.gov/WebLink/DocView.aspx?id=1522&dbid=0&repo=PUBLIC-DOCUMENTS)

[https://publicdocuments.dhw.idaho.gov/WebLink/DocView.aspx?](https://publicdocuments.dhw.idaho.gov/WebLink/DocView.aspx?id=1522&dbid=0&repo=PUBLIC-DOCUMENTS&cr=1)

[id=1522&dbid=0&repo=PUBLIC-DOCUMENTS&cr=1](https://publicdocuments.dhw.idaho.gov/WebLink/DocView.aspx?id=1522&dbid=0&repo=PUBLIC-DOCUMENTS&cr=1)





**What: S&S Annual Conference**

**When: July 13th and 14th**

**Mark your calendar and we will  
see you there!**





# Smell Ya Later : Covid-19 and Loss of Taste/Smell

by Ellen Turk

An estimated 40-60% of covid19 patients will experience loss of taste/smell or altered taste/smell (1)

- Taste and smell are closely linked
  - Both contribute to the flavor of foods
- Inflammation from covid19 can lead to swelling in the nasal cavity and can alter the sense of smell
- Olfactory nerves are damaged by the covid-19 virus
  - After being damaged, nerves may regrow to a different spot in the brain causing a distorted sense of smell (1)
    - Example: lemons smell like garbage, coffee smells like rotten milk
- New Research published in March 2021 in Nature Medicine shows that covid-19 is found in saliva in the mouth (2)
  - Causes dry mouth, blistering, and loss of taste
  - Covid-19 cells can replicate in the mouth
  - Research shows fluid generated in the mouth is infectious (2)

In January 2021 the Journal of Internal Medicine published a study on olfactory dysfunction for positive covid19 patients. The study included 1,363 European positive covid19 patients from 18 hospitals (3)

- 40% of participants had smell return within 2 weeks
- 75-85% of participants had smell return within 1 month
- 95% of participants had smell return within 6 months (3)

If loss of smell or taste persists for longer than 2 weeks, experts recommend consulting a doctor

- Steroids may be prescribed by MD
- MD prescribed Olfactory training also known as smell training ( physical therapy for the nose) may help regain a sense of smell
  - “Involves sniffing several scents twice a day to stimulate and restore the olfactory system” (4)



### Considerations for RDs

- Many of our SNF residents have been diagnosed with covid-19. Up to 25% of residents may not have gained their sense of taste or smell back after 1 month post covid
  - Loss of taste/smell may lead to decreased appetite, decreased meal intakes, dehydration, nutrient deficiencies, and weight loss
- Update food preferences
  - Foods that residents used to like may not taste the same
- Consider fortifying foods to increase calories and protein
- Notify interdisciplinary team (including MD) if residents have a prolonged loss of taste or smell

### References

1. <https://oto.wustl.edu/covid-19-losing-one-sense-of-smell-and-regaining-it/>
2. <https://www.ada.org/en/publications/ada-news/2021-archive/march/study-shows-how-sars-cov-2-infects-cells-in-mouth-possibly-leading-to-oral-symptoms>
3. <https://onlinelibrary.wiley.com/doi/10.1111/joim.13209>
4. <https://www.nytimes.com/2021/03/26/well/live/covid-anosmia-smell-training.html>



# Betty Trounson

## RETIREMENT



Betty Trounson graduated with honors from the University of Idaho Dietetic CCUP program in 1978. She chose dietetics for a variety of reasons, mainly because she believed food is medicine and because she wanted to help people live a healthy lifestyle. She also enjoyed the curriculum, especially biology, chemistry, business “and” math. Other perks of becoming a dietitian were that she could find employment in Idaho where she knew she wanted to live and she would be able to work part-time and raise a family while enjoying a satisfying career.



Betty has strong family roots and history in Idaho. Her grandparents on both sides of her family were early pioneers of Wendell and Jerome. Betty was raised in Wendell where her dad was “county assessor”. She grew up in a large household which included six siblings (she was 6th out of 7), a step-sister, 88 acres, and a strong community. Growing up in Idaho was perfect for Betty, as it enabled her to discover and pursue passions like downhill skiing, horseback riding, and camping.

She still enjoys these activities today and has added many more hobbies, such as biking trips in the US and Europe, hiking in the Sawtooth Mountains and Boise foothills, teaching her dog and cat tricks, reading, cooking plant-based recipes, and painting mandala stones. Betty has completed 10 marathons but has now transitioned from long-distance walking to biking. She still skis but now prefers cross country over downhill. She loves Idaho’s friendly attitude towards others and her close proximity to outdoor recreation. Five of her siblings are living in Idaho and she feels fortunate to be able to spend time with them.

Betty is happily married to Herb, her high school sweetheart and is looking forward to her retirement with him. She has two adult children who live nearby and is thrilled they came back to Boise and have made Idaho their home. One of her greatest joys is being with her granddaughter who is just over a year and a half old. On days she is not working part-time at St. Luke’s Lifestyle Medicine, she babysits her granddaughter and pursues her many hobbies. Dietetics has been a rewarding career for Betty. She was Co-owner of Long Term Care Nutrition Consulting with Sue and Maureen, and worked at the Idaho State Veterans Home for 20 years as a Consultant Dietitian and has just recently retired from that position. One thing about Betty is that she doesn’t sit still for long, and she is looking forward to the next chapter of her exciting life. “Thank you Betty for your many years of service to the profession of Dietetics”





# Federal Requirements for Certified Managers Fast Approaching



by Leslie Bell



November 28, 2021...why is this date significant? This is when the grace period for dietary managers is over. In November of this year, all foodservice directors in long-term care must be certified. According to federal regulation 801 dietary managers accepting a new position after November 28, 2016, are required to be certified. With the update of regulation 801 in November 2016, centers for Medicare and Medicaid (CMS) offered a 5 year grace period for existing dietary managers.

Tag 801 has been issued a few times since 2016 to Idaho facilities due to not having a certified dietary manager. However, numerous facilities have squeaked through surveys without a certified dietary manager since 2016 and have not been cited F801. With the five year grace period coming to a close later this year; surveyors have very clear direction regarding what meets the criteria for food service directors.

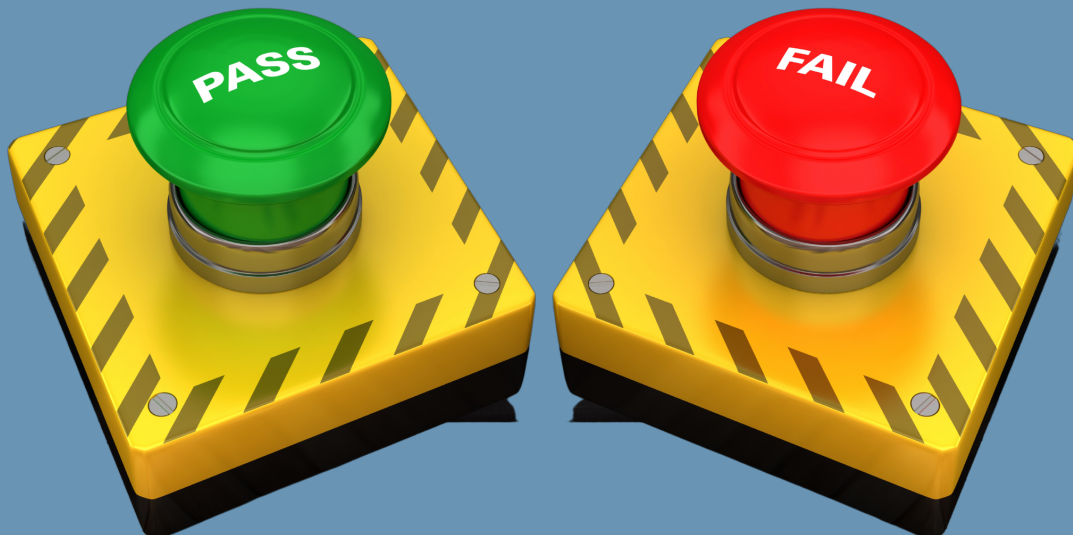
Verbiage from federal regulation F801 is as follows:

*“483.60(a)(2) If a qualified dietitian or other clinically qualified nutrition professional is not employed full-time, the facility must designate a person to serve as the director of food and nutrition services who— (i) For designations prior to November 28, 2016, meets the following requirements no later than 5 years after November 28, 2016, or no later than 1 year after November 28, 2016, for designations after November 28, 2016, is: (A) A certified dietary manager; or (B) A certified food service manager; or (C) Has similar national certification for food service management and safety from a national certifying body; or D) Has an associate’s or higher degree in food service management or in hospitality, if the course study includes food service or restaurant management, from an accredited institution of higher learning; and (ii) In States that have established standards for food service managers or dietary managers meet State requirements for food service managers or dietary managers, and (iii) Receives frequently scheduled consultations from a qualified dietitian or other clinically qualified nutrition professional.”*

## Frequently asked questions:

- My dietary manager is enrolled in the Certified Dietary Manager course...can my facility still be cited F801?
  - Answer: Yes. Being enrolled in the course does not meet the criteria established in regulation F801.
- My Dietary Manager is not certified. We have posted the CDM certificate of a Certified Dietary Manager at a sister facility. Will that cover us for F801?
  - Answer: No. Regulation F801 states the director of food and nutrition services must be certified and work at least 35 hours per week in that facility.
- My Dietary Manager is not certified. The consultant dietitian who comes in 8 hours per week, said we can use his/her Dietitian's license to avoid being cited F801. Is that true?
  - Answer: No. Registered Dietitians meet the federal requirements to manage a kitchen in long term care...but only if they are working full time in the facility (35 hours or more per week). Your consultant dietitian is in the facility less than 35 hours per week.

•  
Foodservice Directors in long-term care must be a Certified Dietary Manager or a Registered Dietitian or have an associate degree or higher in foodservice management and be employed (or on contract) to work 35 hours or more per week, to meet the criteria set forth in federal regulation 801. As of November 28, 2021, there are no exceptions to these conditions. Expect surveyors to be asking for proof of a Dietary Manager's qualifications. If your facility does not have a certified dietary manager, expect to be issued F801 during your next survey.





# Scope of Practice

1-20-2020

NUTRITION / FOODSERVICE MANAGEMENT / FOOD SAFETY / PERSONNEL MANAGEMENT / BUSINESS OPERATIONS

A **Certified Dietary Manager, Certified Food Protection Professional (CDM, CFPP)** has passed the nationally-recognized CDM Credentialing Exam offered by the Certifying Board for Dietary Managers (CBDM). Completion of continuing education is required to maintain this credential. The exam is written by content experts, and administered by an independent examination services provider. The exam consists of 140 questions that have been pre-tested and proven valid and reliable, plus an additional 20 questions that are being pre-tested for future exams. Questions cover five competency areas that fall under these major headings: Nutrition, Foodservice, Personnel and Communications, Sanitation and Food Safety, and Business Operations. The CDM, CFPP credential indicates that an individual has the training and experience to competently perform the responsibilities of a Certified Dietary Manager. CDM, CFPPs work together with Registered Dietitian Nutritionists (RDNs) to provide quality nutritional care for clients in a variety of non-commercial settings and perform the following tasks on a regular basis\*:

- Conduct routine client nutritional screening which includes food/fluid intake information
- Calculate nutrient intake
- Identify nutrition problems using established guidelines to distinguish between routine and at risk individuals
- Identify food customs and nutrition preferences based on race, culture, religion, and food intolerances
- Implement diet plans and diet orders using appropriate modifications
- Utilize standard nutrition care procedures following ethical and confidentiality principles and practices
- Document nutritional screening data in the medical record and complete forms (i.e. care plans, MDS, etc.)
- Review intake records, conduct visual meal rounds, and document food intake
- Participate in care conferences and review effectiveness of nutrition care
- Provide basic diet information using evidence-based educational materials
- Develop and implement menus that meet individual nutritional needs in accordance with established national guidelines
- Specify standards and procedures for food preparation
- Continuously improve care and service using quality management techniques including quality control standards and food waste policies
- Supervise preparation and serving of therapeutic diets and nutritional supplements
- Manage a sanitary foodservice environment
- Protect food in all phases of preparation, holding, service, cooling, and transportation
- Purchase, receive, and store food following established sanitation and quality standards
- Purchase, store, and ensure safe use of chemicals and cleaning agents
- Manage equipment use and maintenance
- Develop work schedules, prepare work assignments
- Manage goals and priorities for the department, establishing short- and long-term goals and communicating internally and externally
- Interview, hire, and train employees
- Conduct employee performance evaluations
- Recommend salary and wage adjustments for employees
- Supervise, discipline, and terminate employees
- Supervise business operations of foodservice department, implementing cost effective procedures and managing revenue-generating services
- Prepare purchase specifications and orders for food, supplies, and equipment
- Develop annual budget and operate within budget parameters
- Develop and implement department policies and procedures
- Comply with federal and state regulations related to effective food and nutrition services

*\*Validated by the 2014 Dietary Manager Job Analysis Study performed by Applied Measurement Professionals, Inc., and required by the National Commission for Certifying Agencies (NCCA). The CDM, CFPP Certification Program is accredited by the NCCA.*

# **The Nutrition Professional's Guide to IDDSI: Prepare & serve a quality diet for people with dysphagia**

*Need some specific tips on food preparation and service for your patients/residents on IDDSI? Join Sue Stillman-Linja, RDN, LD to discuss "The Nutrition Professional's Guide to IDDSI" and learn how to prepare & serve a quality diet for people with dysphagia.*

## **Complimentary Live webinar:**

**April 15 from 2:00-3:00 pm ET.**



Thanks to Hormel Health Labs for their support of this free program!

This practical training focuses on how to prepare and serve food and beverages for people with dysphagia who are on an International Dysphagia Diet Standardisation Initiative (IDDSI) diet. Expert Sue Stillman-Linja, RDN, LD will review common challenges during the transition to IDDSI, discuss equipment needed for food preparation, and review the basics on menus and recipes. She will present specific food preparation techniques for each level of IDDSI from level 7 to 4, including an overview checklist, testing, and time saving tips and tricks for each level.

Sue's photo examples, last minute adjustment tips, sample recipes, and ready to use food/beverage tips help make IDDSI easy to understand and implement. As a special bonus, Sue will provide tips for hard to manage breads, desserts, mixed consistencies, thickened liquids, liberalized diets, use of preprepared foods/beverages, and a staff training timeline. We will share many resources to make your transition easier.



**Some Beautiful Garnishes!**

