

**4658.0620 FREQUENCY OF MEALS.**

Subpart 1. **Time of meals.** The nursing home must provide at least three meals daily at regular times. There must be no more than 14 hours between a substantial evening meal and breakfast the following day. A "substantial evening meal" means an offering of three or more menu items at one time, one of which is a high-quality protein such as meat, fish, eggs, or cheese.

Subp. 2. **Snacks.** The nursing home must offer evening snacks daily. "Offer" means having snacks available and making the resident aware of that availability.

Subp. 3. **Time between meals.** Up to 16 hours may elapse between a substantial evening meal and breakfast the following day if a resident group, such as the resident council, agrees to this meal span and a nourishing evening snack is provided.

Subp. 4. **Dining room.** Meals are to be served in a specified dining area consistent with the resident's choice and plan of care.

**Statutory Authority:** *MS s 144A.04; 144A.08; 256B.431*

**History:** *19 SR 1803; 21 SR 196*

**Published Electronically:** *October 11, 2007*