

SAFE MEAL INTAKE

Caregiver should:

1. Practice good hand hygiene, rub/wash your hands for 20 seconds
2. Wear your caregiver badge and ensure visibility at all times while in the building
3. Keep your mask on while in the building and do not touch the mask
4. Always use a teaspoon when assisting to feed a resident
5. Signs & symptoms of choking/aspiration: watery eyes/drooling, wet gurgly voice/noise, coughing or throat clearing
6. Ensure the resident's preference of food or drink is provided
7. Offer the resident second choices
8. Do not stand over the resident while feeding him/her
9. You must sit on a chair at the resident's level to feed him/her
10. Ensure that clothing covering is provided to the resident at each meal
11. Ensure the resident chew and swallow his/her food before offering another spoonful
12. If resident is sitting in a wheelchair sit upright at 90 degrees, in bed sit at 60 degrees while eating
13. The resident must remain sitting upright at 90 degrees for 30 minutes after each meal
14. Ensure the residents mouth is clear of any food particles
15. Remember to place scraps of foods in the proper container and utensils are not placed with food scraps or with clothing covering
16. Do not place utensils with clothing covering, ensure it remains on the tray

Name of Caregiver: _____ Rm. Number: _____ Date: _____

Caregiver Signature: _____