

# NUTRITION ENVIRONMENT CHECKLIST

**Establishment:** \_\_\_\_\_

**Read each statement carefully and add a checkmark in the box for each item met:**

1. Dining rooms are clean, including tables, chairs, walls, floors, tablecloths/placemats, window coverings and ledges.
2. Dining rooms are peaceful and cheerful with appropriately set table and seasonal décor to enhance the home-like atmosphere, while respecting infection control measures.
3. Dining rooms have adequate equipment to provide effective meal service, including adequate supply of dishware, glassware and cutlery, assistive eating/drinking devices, adjustable height dining room tables, comfortable dining room chairs and appropriate seating for staff members assisting residents.
4. A mix of table sizes is provided for optimal socialization and to create more walking space in the dining room for residents and for staff.
5. Residents have the opportunity to eat with others.
6. Residents have opportunities to engage in menu planning and to choose preferred foods and beverages at meals and snacks.
7. Culture/ethnicity of the resident population is considered in menu planning and these cultural foods are included in the menu.
8. Therapeutic diets are respected.
9. When offering meals and snacks, residents' appetites are respected by allowing smaller or larger than standard serving sizes.

**Assessment completed by:** \_\_\_\_\_ **Date:** \_\_\_\_\_

