

**MARYLAND DEPARTMENT OF AGING
AGING PROGRAM DIRECTIVE**

1. File Number: APD 17-01- 2017 Senior Nutrition Program Menu Policies	2. Issuance Status: Replaces APD-16-18- Senior Nutrition Program Menu Policies
3. Issuance Date: February 2, 2017	
4. Program Area: Nutrition	
5. Division of Origin: Client and Community Services	6. Contact and Phone: Judy R. Simon, MS, RD, LDN Nutrition and Health Promotion Programs Manager 410-767-1090 judy.simon@maryland.gov
For Department Use Only: S:\COMMON\APDs\2017\Final\APD 17-01 Senior Nutrition Menu Policies.docx	

SUBJECT: 2017 Senior Nutrition Program Menu Policies

TO: Area Agency on Aging Directors
AAA Nutrition Program Managers

FROM: Dina L. Gordon
Deputy Secretary 

PURPOSE: To institute Senior Nutrition Program Menu Policies which reflect the Department's goal to ensure compliance with current versions of the Dietary Reference Intakes (RDIs) and 2015 Dietary Guidelines for Americans.

LEGISLATIVE REFERENCE: Older Americans Act of 1965, as amended, Section 339

BACKGROUND: The Dietary Guidelines for Americans (<https://health.gov/dietaryguidelines/2015/guidelines/>) were revised in late 2015 and made widely available in early 2016. In June 2016, MDoA issued a draft revision of the 2013 Menu Policies via Numbered Memo 16-05 and provided for a 30-day comment period. Final menu policies were issued in September 2016 via APD-16-18.

MDoA has received additional comments since the issuance of APD-16-18 and is re-issuing the menu policies in order to accommodate AAA feedback.

- 1) Page 7. Rationale: 2016 menu policy did not provide sufficient meal planning guidance for sites with infrequent or unusual operations (e.g., 3 times per month, or 7 days per week).

Added:

Weekly limits on food items:

The vast majority of programs currently provide meals no more than five (5) days per week. Menus for meals which are provided to participants six (6) or seven (7) days per week may make adjustments to the weekly limits by incorporating the additional days into the monthly meals. Example:

- *A 7 day per week program provides 2 additional days per week compared to 5 day/week program.*
- *Additional 2 days x 4 weeks/mo = 8 additional days. This is equivalent to one extra week per month.*
- *If item is limited to 1/week, then a menu offered 7 days a week can offer that item 5 times in a month.*

- 2) Page 12. Rationale: 2016 menu policy did not provide sufficient meal planning guidance for programs regarding the types of foods considered red meat. Also, consideration was given to allow programs to continue to serve ground meat dishes three times weekly if they contain both red meat and other meat products (eg, poultry), while satisfying the Dietary Guidelines limit of 10% calories from saturated fats.

Deleted

Ground meat may be served no more than:

- *2 times per week when serving 1 meal per day*
- *4 servings per week when serving 2 meals per day*
- *6 servings per week when serving 3 meals per day*

Examples of ground meat are ground beef, chicken, pork and turkey.

Added:

To assist with planning meals which do not exceed the 10% saturated fat limit, ground red meat may be served no more than:

- *1 time or 3 ounces cooked product per week when serving 1 meal per day*
- *2 servings or 6 ounces cooked product per week when serving 2 meals per day*
- *3 servings or 9 ounces cooked product per week when serving 3 meals per day*

Examples of ground red meat are ground beef and pork. Menu planners may wish to consider adding ground poultry (chicken or turkey) to ground red meat in order to increase or maintain the number of times participants are served ground meat dishes.

- 3) Appendix D. Rationale: accurately describes content.

Renamed:

SODIUM CONTENT OF PROTEIN FOODS to
SODIUM AND SATURATED FAT CONTENT OF SELECT PROTEIN FOODS.

- 4) Attachment C: RD Approval Form – Meal Pattern. Rationale: form was inconsistent with narrative.

Deleted:

Protein Foods category, ground beef limits:

2/week; 3/week; 4/week

(one meal per day; two meals per day, three meals per day, respectively)

Added:

Protein Foods category, ground red meat limits:

1/week; 2/week; 3/week

(one meal per day; two meals per day, three meals per day, respectively)

ATTACHMENTS: Attachment A: 201 Senior Nutrition Program Menu Policies
Attachment B: Dietary Guidelines Appendices
Attachment C: RD Approval Form – Meal Pattern
Attachment D: RD Approval Form – Nutrient Analysis

INSTRUCTIONS: The Nutrition Services Menu Policies are used for the planning and procuring of meals. They shall be followed in all meals funded with Older Americans Act Title III and Nutrition Services Incentive Program (NSIP) grants, State grants and program income.

The Menu Policies shall be in effect, and implemented in new food contracts, including option-year renewal agreements, no later than October 1, 2017.

If you have any questions, please contact Judy Simon, MDoA Nutrition and Health Promotion Program Manager, at (410) 767-1090 or judy.simon@maryland.gov.