

Quality Nutrition Assessment Review

I. MEAL STANDARDS-35% <i>How successful was the program at serving meals that are healthy, have good variety and that meet all of DFTA's meal standards?</i>	Overall Score (1, 3, 5)
1. How well did the program adhere to the requirements for sodium?	
2. How well did the program adhere to the requirements for calories, fat and fiber?	
3. How well Did the program adhere to the requirements for fruit, vegetables, dairy and water?	
4. How is the overall quality and appearance of the meals?	
5. How well did the program adhere to DFTA's menu standards?	
6. How successful was the program at serving meals that meet the 1/3 RDA?	
7. Regarding the meal standards, was the program proactive, responsive to technical assistance, and did they show significant improvement if it was needed?	
II. FOOD SAFETY & SANITATION-35% <i>How successful was the program at maintaining a sanitary facility, preventing food from contamination and serving meals that are safe for seniors to consume?</i>	Overall Score
8. How successful was the program at keeping food at the proper temperatures?	
9. How successful was the program at protecting food from potential contamination and serving it safely?	
10. How well did the program maintain the facility by keeping it safe and sanitary, and maintaining their equipment?	
11. How well did the program do on their DOHMH Inspections?	
12. If the program is catered or caters for another program, how well did they do at distributing and receiving meals safely?	
13. How well did the food handlers practice good food safety techniques?	
14. Does the program have a permit to operate or have they applied for one?	
15. Regarding food safety & sanitation standards, was the program proactive, responsive to technical assistance, and did they show significant improvement if it was needed?	

III. HEALTH AND WELLNESS-20% <i>How successful was the program at providing the required nutrition education workshops and screenings?</i>	Overall Score
16. How successful was the program at providing the required number of nutrition education sessions that are of good quality, relevant, and appropriate for seniors?	
IV. ADMINISTRATIVE STANDARDS-10% <i>How successful was the program at maintaining the required documentation and communicating nutrition related information to the seniors?</i>	Overall Score
18. How accurate and organized was the program at maintaining the required documentation?	
19. How well did the program communicate nutrition related information to the seniors?	
V. BONUS POINTS The program went above and beyond in the following areas	
The program uses mostly (80%) fresh fruits & veggies instead of canned or frozen	
The program serves foods that are high in omega-3 fatty acids every week	
The program serves a vegetarian meal for lunch every week	
The program serves whole grains every day for breakfast and/or lunch	
The program serves dark green leafy veggies at least 3x/week	
The program rarely serves processed or pre-prepared items (no more than 1x/week for lunch)	
The program uses mostly (80%)DFTA standardized recipes for lunch	
The program retains records electronically	
The program collaborates with farmer's markets, green markets or CSA's to incorporate locally grown, seasonal foods	
The program or the program's caterer uses other baked goods such as dinner rolls, muffins, bagels, etc. that contain ≤ 290 mg of sodium per serving.	
The program serves cereal that contains ≤ 10 g sugar per serving and ≥ 2 g fiber per serving	

The program serves juice maximum of 1 time per day, even if they serve more than 1 meal per day
The program serves a minimum of 3 servings of non-starchy vegetables per week per lunch and per dinner (if dinner is served)
The program uses only luncheon meat that contains ≤ 480 mg of sodium per serving
The program uses only salad dressings that contain ≤ 290 mg of sodium per serving
The program uses only sauces that contain ≤ 480 mg of sodium per serving (soy sauce is exempt given the lack of market availability)
Overall Score:
Overall Score with Bonus: