

# Notice of Instruction

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**Notice of Instruction Number: 032409-Buffer-style meals at Congregate Sites-DH**

**TO: All Nutrition Providers**

**FROM: Debbie Hofer, Program Manager, (Extension 5585)**

**DATE: March 24, 2009**

**SUBJECT: Serving Buffet-Style Meals in the Congregate Dining Sites**

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The purpose of this notice is to provide guidance regarding buffet-style meal service in congregate meal sites. Specifically, all meal service methods in a congregate dining facility must comply with the Department's *Program and Services Handbook*, the Food Hygiene Code (F.A.C. 64E-11) and local public health and fire code standards.

Buffet-style meal service allows participants the opportunity to self-select meal components. Nutrition programs offering this type of food service method must ensure the following minimum guidelines are in place prior to beginning buffet-style meal service:

1. Measured serving utensils are used for each menu item.
2. The menu (with serving sizes) is posted on/near the serving line and is printed in at least 14 point font.
3. The Qualified Dietitian has conducted menu analysis, and documentation is maintained on the posted menu.
4. Staff attend the buffet-style meal service and remind participants of the following:
  - a. Correct serving size and components,
  - b. Importance of taking the appropriate meal items to meet nutritional requirements,
  - c. Importance of not over eating high fat or high sodium items, and
  - d. Importance of reducing wastes; i.e., eat what you take.

WCFAAA and the Department of Elder Affairs are very interested in the successful implementation of buffet-style meals in nutrition projects. If you have any questions or concerns, please do not hesitate to call Debbie Hofer at 813-676-5585 or email at [hoferd@elderaffairs.org](mailto:hoferd@elderaffairs.org). Thank you for your cooperation.