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**Guidelines for home-based meal assistance service to the
elderly**

居家养老助餐服务指南

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Table of Contents

Preface	III
1 Scope	1
2 Normative references	1
3 Terms and Definitions	1
4 Service Principles	1
4.1 Safety and Health	1
4.2 Nutrition and Health	1
4.3 Humanistic Care	1
4.4 Efficient and convenient	2
5 Service Guarantee	2
5.1 Service Organization	2
5.2 Service Personnel	2
5.3 Facilities, Equipment and Supplies	2
6 Service Provision	2
6.1 Ordering	2
6.2 Meal	3
6.3 Food Delivery	3
6.4 Home Cooking	3
7 Service Evaluation and Improvement	3
References	5

Foreword

This document is in accordance with the provisions of GB/T 1.1-2020 "Guidelines for standardization work Part 1: Structure and drafting rules for standardization documents" Drafting.

Please note that some of the contents of this document may involve patents. The issuing organization of this document does not assume the responsibility for identifying patents.

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Home Care Meal Assistance Service Guide

1 Scope

This document establishes the service principles for home-based elderly care meal assistance services and provides guidance on service assurance, service delivery, service evaluation and improvement. Sexual advice.

This document applies to meal assistance services provided by various service organizations such as elderly care institutions and catering companies to elderly people living at home.

2 Normative references

The contents of the following documents constitute the essential clauses of this document through normative references in this document.

For referenced documents without a date, only the version corresponding to that date applies to this document; for referenced documents without a date, the latest version (including all amendments) applies to This document.

MZ/T 237-2024 Specification for Visiting and Caring Services for the Elderly

3 Terms and Definitions

The following terms and definitions apply to this document.

3.1 meal assistance

An event that provides meals to a specific group of people.

3.2

A centralized place for receiving, storing and distributing meals.

3.3 meal delivery

Pick up meals delivered to the centralized distribution point (3.2) and deliver them to the residences of specific groups of people, or directly deliver meals to the residences of specific groups of people.

The activities of the institute.

4.1 Safety and Hygiene

By identifying the risk factors that may lead to adverse events during meal assistance services, taking preventive measures and carrying out emergency response in a timely manner to maximize the effectiveness of the Minimize losses and injuries, and ensure the safety and hygiene of meals for elderly people at home.

4.2 Nutrition and Health

Taking into full consideration the nutritional structure and health status of the elderly, scientifically formulate dietary plans, reasonably match dishes, and pay attention to nutritional balance.

The food is well-balanced, moderately soft and hard, and meets the specific nutritional needs and health goals of the elderly.

4.3 Humanistic Care

Respect the national customs and personal privacy of the elderly, fully understand the age differences, eating habits, consumption capacity, etc. of the elderly at home, and provide considerate