

Home Delivered Meals

HDM

Available under PathWays, Health and Wellness, and TBI

What is HDM?

HDM is a nutritionally balanced meal delivered to an individual's home. HDM may include:

- Diet and nutrition counseling provided by a registered dietician
- Nutritional education based on the needs of individuals
- Diet modification according to a physician's order to meet an individual's medical and nutritional needs such as diabetic diet or low sodium diet

What is needed to provide HDM?

Meals must meet state, local, and federal laws and regulations regarding the safe handling of food and agency owners as well as any employees handling food must hold current ServSafe certificate.

All meals must contain at least one-third of current daily recommended dietary allowances:

- Variety of vegetables, legumes, and starches
- Fruits
- Grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese
- Variety of protein foods, including seafood, lean meats and poultry, eggs
- Oils, including those from plants: canola, corn, olive

Meals must contain less than 10% daily calories from added sugars, less than 10% daily calories from saturated fats, and less than 2,300 mg of sodium per day.

How to apply for HDM?

Prepare the following documents:

Documents to Gather

- ☐ Background Check Results
- ☐ Proof of Liability Insurance
- ☐ Secretary of State Letter
- ☐ ServSafe Certification
- ☐ W-9 Tax Form/EIN Letter

Operations Manual

- ☐ Employee's Rights and Responsibilities
- ☐ File Retention Policy
- ☐ HIPAA Compliance Policy
- ☐ Incident Reporting Policy
- ☐ Job Descriptions
- ☐ Job Performance Evaluation Policy

- ☐ Organizational Chart
- ☐ Personnel Policy
- ☐ Quality Assurance/Quality Improvement Policy
- ☐ Transfer of Information Policy

Resources

- [OMPP HCBS Waiver Manual](#)
- [DDRS HCBS Waiver Manual](#)
- [Aging Rule](#)
- [ServSafe](#)