

# Menu & Mealtime Quality Assessment

## MMQA FACTSHEET



### MENU & MEALTIME QUALITY ASSESSMENTS (MMQA)

## What is the MMQA?

The **GOLD STANDARD** when it comes to menu reviews! Developed by Dietitians Australia (DA). Can **only** be completed by an Accredited Practising Dietitian (APD).

Comprises of various key components:

1. Assessment of aged care home policies, procedures and protocols
2. Thorough review of your current menu
3. On-site plate audit
4. On-site observation of mealtime environment, interactions with residents and service processes

The aim of the MMQA is to provide your home with recommendations to improve nutrition care, your menu and your mealtime experience, as well as to highlight areas where you are doing well.

Following completion of the assessment, a thorough report is provided to the aged care home to detail these findings and recommendations.

## The MMQA Process

**STEP 1** Pre-Visit Questionnaires

**STEP 2** Desktop Menu Review

**STEP 3** Onsite plate audit and observation

**STEP 4** Report – Based on findings, recommendations to ensure optimal food and beverage provision, mealtime experience and resident choice will be provided.

A corrective action plan will be provided, numbered based on priority to allow your home to take the steps required to meet best practice standards.

## Aged Care Quality Standards

The MMQA was developed using the Aged Care Quality Standards as the framework, and therefore, is fundamental in demonstrating to the Aged Care Quality and Safety Commission that you are meeting applicable standards.

### STANDARD 6: FOOD AND NUTRITION

'Menus (including for texture modified diets) are reviewed at least annually through a menu and mealtime assessment by an Accredited Practising Dietitian'

'Menus are designed in partnership with older people and with the input of chefs, cooks and APDs'

'The dining experience meets the needs and preferences of older people to support social engagement, function and quality of life'

'Menus enable older people to have choice at mealtimes'

**BOOK YOUR MMQA TODAY**  
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