



**30 Century Circle
Greenville SC 29607**

**Request for Proposals #Oconee 23
Purchase of Older Americans Act Meal Services**

**Date of Issue:
December 09, 2022**

**Proposal Due Date:
February 2, 2023
2:00 P.M.**

ACKNOWLEDGEMENT OF CONDITIONS

For RFP #Oconee 23

PROJECT: Purchase of Older Americans Act Meal Services under Title III of the Older Americans Act of 1965, as amended, and State funded Programs of the South Carolina State Unit on Aging for the Appalachian Council of Governments Region of South Carolina.

REQUIREMENTS: Enclosed

SCOPE OF WORK: SC Appalachian Council of Governments seeks proposals from firms qualified to provide Older Americans Act meal services in Oconee County, South Carolina. The primary purpose of this program is to fulfill the requirements of the Older Americans Act, as amended in 2020, by providing nutritionally balanced meals to strategically located centers that provide meals and socialization to eligible individuals and home delivered meals.

QUESTIONS: All questions must be received by **January 9, 2023 at 3:00 PM**. Questions must be submitted via email or mail and directed to: twomack@scacog.org

PROPOSAL SUBMISSION: SC Appalachian Council of Governments
Physical and Mailing Address:
30 Century Circle
Greenville, SC 29607
OUTSIDE OF ENVELOPE MUST BE MARKED:
"Response to RFP #Oconee 23"

SUBMISSION DEADLINE: **February 2, 2023 by 2:00 P.M.**

**THE INFORMATION BELOW MUST BE FULLY COMPLETED
AND SIGNED FOR A PROPOSAL TO BE VALID**

By signing this Statement, I certify that we (firm) will comply with all requirements contained within the RFP.

AUTHORIZED SIGNATURE	PRINTED NAME	DATE	
COMPANY FULL LEGAL NAME	DUNS NUMBER		
MAILING ADDRESS			
CITY	STATE	ZIP CODE	PHONE
EMAIL			

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PART 1. INVITATION

SC Appalachian Council of Governments (ACOG) seeks proposals from firms qualified to provide Older Americans Act meal services in Oconee County, South Carolina.

Appalachian Council of Governments is a political subdivision of the State of South Carolina formed to provide planning and development services in Oconee, SC

To qualify for consideration, **one (1) original plus five (5) copies** of your proposal must be received by the office designated above by **2:00 PM on February 2, 2023**. **Also send electronic PDF version to twomack@scacog.org**. It is the sole responsibility of the Respondent to see that the proposal is received before the submission deadline. The Respondent shall bear all risks associated with delays in the U.S. mail or delivery service. Late proposals will not be considered. **Proposals shall be accepted in person, by U.S. Mail or by private courier service**. NO Proposals shall be accepted via oral or email communication, telephone or fax transmission. Proposals will be opened at **2:01 PM on February 2, 2023** at 30 Century Circle, Greenville SC 29607 in the presence of at least two witnesses. Only the names of respondents will be disclosed at that time.

Proposals must be made in the official name of the firm or individual under which business is conducted (showing official business address) and must be signed by a person duly authorized to legally bind the person, partnership, company, or corporation submitting the proposal

A proposal review panel will subsequently review and evaluate the proposals according to the criteria outlined in Part 4 – Selection Criteria.

This solicitation does not commit SC Appalachian Council of Governments to award a contract, to pay any cost incurred in the preparation of a proposal, or to procure or contract for the articles of goods or services. SC Appalachian Council of Governments reserves the right to accept or reject any or all proposals received as a result of this request, to negotiate with all qualified respondents, or to cancel in part or in its entirety this proposal, if it is in the best interest of SC Appalachian Council of Governments to do so.

Any requests for clarification or additional information deemed necessary by any respondent to present a proper proposal must be submitted via email between the dates of **January 12 – January 19, 2023** with a subject line of “Questions - RFP Meal Services” to:

E-mail to: twomack@scacog.org

Emailed questions or requests for clarification must be received before the question deadline stated above. Any request received after the above stated deadline will not be considered. All requests received prior to the above deadline will be responded to in writing in the form of an addendum addressed and emailed to all prospective respondents.

Restrictions Applicable to Offers: Violation of restrictions may result in disqualification of your offer, suspension or debarment, and may constitute a violation of the South Carolina State Ethics Act. After issuance of the solicitation, ***you agree not to discuss this procurement activity in any way with the using governmental unit or its employees, agents or officials.*** Any communication regarding the submission, evaluation, or award must be solely addressed to the procurement coordinator, or designee. This restriction may be lifted by express written permission from the procurement coordinator.

The proposal will be awarded on the basis of SC Appalachian Council of Governments’ total requirements, to one respondent, for a period of one (1) year, with the option to extend for four (4) additional one-year periods.

PART 2. ROLE OF CONTRACTOR/SCOPE OF WORK

The purpose of this RFP is to fulfill the requirements of the Older Americans Act, as Amended in 2020, by providing nutritionally balanced meals to strategically located centers that provide meals and socialization to eligible individuals. Please refer to Appendix A for additional details on the scope of work required under this RFP.

The Respondent must meet the broad spectrum of the statutes appropriate to the conduct of the Nutrition Program for the Elderly and any regulations and policies published by the U. S. Department of Health and Human Services, the Administration on Aging, the Department on Aging, and SC Appalachian Council of Governments. The Respondent will be required to meet, but not be limited to, the criteria listed within.

Information pertaining to the Older Americans Act referred to in this proposal may be obtained from the Administration for Community Living at www.acl.gov/node/650.

Sites and Number of Meals - A list of the sites to which meals must be delivered is shown below. The list includes the proposed number and types(s) of meals to be delivered to each site per day. The Contractor’s food delivery schedules must work in conjunction with the local Nutrition Food Service delivery schedule for overall food safety practices. SC Appalachian Council of Governments considers the food delivery schedule as beginning at the point of the kitchen departure to receipt at beneficiary’s home.

Table 1: Sites and Number of Meals

Name of Site, County	Estimated Number of Daily Congregate Meals	Estimated Number of Daily Home Delivered Meals	Estimated Number of Weekly Frozen Meals	Expected Delivery Time (no later than)
Oconee Senior center	25			9:00 AM
Walhalla Community Center	25			11:00 AM
Home Delivered Meals		125 x 5	600	10AM-1:00PM
TOTALS				

NOTE: Estimated numbers above are based off actual meals delivered in FY 2018-2019

NOTE: Serving Time reflects the time food should be delivered to the site

It is estimated that there will be approximately **249** serving days during the contract period of **July 1, 2023 through June 30, 2024**.

PART 3. PROPOSAL SUBMISSION REQUIREMENTS

This section provides a summary of information to be included in fulfilling the requirements of this RFP. Proposals must be submitted in the format outlined in this section. Respondents must furnish all information required by the request.

Respondents may submit a proposal for the package as a whole or on an individual county basis. However, all sites in a county must be served by the successful Respondent. The successful Respondent may be requested to provide meals at the same cost to additional sites in a county as funding becomes available. Where the Respondent's proposal cannot fully comply with the requirements of the Request for Proposals, the proposal must list all exceptions thereto as an addendum to the proposal package.

The requirements stated herein do not preclude Respondent from furnishing additional information as deemed appropriate. Substantial deviation from the minimum requirements stated herein may be cause for rejection from further consideration.

1. Letter of Transmittal

This section is limited to two printed pages. One page should consist of the signed and dated Acknowledgement of Conditions that is page 2 of this solicitation. Also, provide a cover letter which includes a summary of the contractor's ability to perform the services described herein and statement that the contractor is willing to perform those services and enter into a contract with SC Appalachian Council of Governments. The cover letter must be signed by a person having the authority to commit the contractor to a contract and should contain the person's title, address and phone number.

The Letter of Transmittal must also include confirmation that the proposal is valid for a period of one hundred and twenty (120) days from the submission deadline.

2. References

References from three (3) agencies your agency has conducted work of a similar nature within the past three years with at least one being for an agency outside the Aging Network and with preference given to a South Carolina agency. Provide a contact name, phone number, and email address where available. We reserve the right to check references not included in this proposal. Respondents must be licensed to do business in the State of South Carolina.

3. Understanding

Respondent shall include an understanding of the scope of work and a general statement of the solution the Respondent plans to offer to SC Appalachian Council of Governments.

Describe in detail your approach to the provisions contained within the requirements embedded in this Request for Proposals by submitting information for each of the

specifications which must be met. To meet the Preferred Proposal content, describe Nutrition Education services offered and include expectations and limitations.

It is the goal of SC Appalachian Council of Governments to contract with a strategic partner. As a strategic partner the Caterer should:

- Be forward thinking to identify and bring to our clientele new/emerging technology and innovations that support the SC Appalachian Council of Governments mission of providing long term care services and supports in an efficient, dependable, and cost-effective manner;
- Initiate meetings no less than annually with SC Appalachian Council of Governments.

If you intend to subcontract with another business for any portion of the work and that portion exceeds 10% of your price, your offer must identify that business and the portion of work which they are to perform. Identify potential subcontractors by providing the business' name, address, phone, taxpayer identification number, and point of contact. In determining your responsibility, SC Appalachian Council of Governments may evaluate your proposed subcontractors and ask for additional information.

All tools and resources needed at the acceptor location must be delivered prior to first date of service.

4. Cost Proposal

Provide unit cost to meet the scope of work using format provided in **Appendix A** of this RFP.

5. Minimum Specifications Required Information (See Attachment A, Pg. 13 for Required Information Checklist) - Completed Meal Cost Schedule

6. Meal Cost Analysis worksheets

7. Location of vendor and food production facilities – Information on the number, type and age of delivery vehicles shall be included with this description. A statement regarding whether a distribution site will be utilized to service the Contract and how this space will be secured/obtained.

8. Food Safety and Inspection Report – A narrative, not to exceed two (2) pages, describing the Respondent's procedures that will follow all food safety practices.

- Describe your procedure for ensuring that meals are delivered to the local provider within acceptable temperature parameters.
- Describe your procedure for meals rejected by the local provider as unsafe (i.e., upon delivery, time and/or temperature indicates that food is unsafe to distribute).

9. USDA/FDA Certification

10. Quality Assurance Procedures

11. Vendor Proposed Route Schedule

12. **Proposed Menu Plans/Serving Guide**
13. **SC Menu Checklist Sheet for each meal type: Meal Pattern or Nutrient Analysis**
14. **Meal Choice Description - A narrative, not to exceed three (3) pages, describing the Respondent's ability to offer meal choices to clients. The narrative should detail the following:**
 - Number of congregate meal options
 - Number of home-delivered meal options
 - Number of cold box/bag meal options
 - Frequency of menu rotations
15. **Description of Meal and Beverage Service Equipment and Supplies**
16. **Itemized description of Food Management Staff/Qualifications** – be sure to include resumes of key personnel (such as the Executive Director, Kitchen Manager, etc.), the history of your firm, the number of years in business, current Ownership arrangement, and specific examples of experience providing services to Older Adults. This section is limited to 3 pages (not including resumes). Please also include a copy of www.SAM.gov registration confirmation that clearly identifies the agency name, address, and current SAM status.
17. **Description of Maximum Meal Production load and current production volumes for each production facility.**
18. **Contingency plans – A narrative, not to exceed three (3) pages, describing the Respondent's contingency plans (i.e., emergency preparedness plans). The narrative is to include a plan for dealing with the following:**
 - Food and supply shortages
 - Food safety concerns (i.e., contamination, failed temperature controls, food recalls)
 - Staffing shortages
 - Equipment and vehicle failures
 - Environmental emergencies (i.e., weather, power outages, domestic disturbances)
 - A detailed example of when this contingency plan was utilized and the outcome.
 - Describe your agency's Continuity of Operations Plan
19. **Commencement of Services – A narrative, not to exceed three (3) pages, describing the plan for ensuring that the meal delivery service will begin on July 1, 2023. The narrative must include, at minimum:**
 - A statement describing the ability to provide regular and shelf stable meals
 - A statement describing capacity to provide approximately 74,775 Older American Act Meals in FY 2023-2024.
 - A plan for securing and training staff and determining additional staffing need
 - A plan for securing any additional equipment necessary to execute requirements
 - An explanation of the ordering, preparation, packaging, and distribution of meals to include the ability to accommodate 2-3-5-7-day packaging options

and delivery to all Oconee County and plan for educating Nutrition Providers on these processes

- A delivery plan of Congregate Meals and Home Delivered Meals for first day of service under the Contract

20. Liability Insurance – Minimum insurance coverage carried by the Respondent shall not be less than following:

Worker’s Compensation	\$250,000 each person
Comprehensive (Including Products)	\$1,000,000 each occurrence
	\$250,000 property damage; each occurrence
Automotive Liability	\$250,000 each person
	\$1,000,000 each occurrence
	\$250,000 property damage; each occurrence

21. Addendum(s) – Acknowledge addendum(s) if any.

22. Other Requirements – As stated in the invitation, one (1) original plus three (5) copies of your proposal are required.

Respondents shall fully inform themselves on conditions, requirements, and specifications before submitting their proposal. Failure to do so shall be at Respondent's own risk and the Respondent cannot secure relief by plea of error.

Neither law nor regulations make allowance for error of omission or commission on the part of the Respondent.

FAILURE TO INCLUDE ALL REQUIRED SUBMISSION MATERIALS MAY RENDER THE PROPOSAL NON-RESPONSIVE, AS DETERMINED BY SC APPALACHIAN COUNCIL OF GOVERNMENTS.

PART 4. SELECTION CRITERIA

Proposals will be evaluated on the following criteria, listed in order of importance.

1. **Experience:** Respondent’s experience, including references, financial stability, and description of the ability to perform the required service.
2. **Cost** of the services as outlined in the proposal. Cost will not be the sole determining factor for award.
3. **Understanding:** Respondent’s understanding of the project and approach to provision of the services, as reflected by the response to the proposal package.

SC Appalachian Council of Governments may elect to make an award without conducting negotiations. However, after the offers have been ranked, SC Appalachian Council of Governments may elect to negotiate price or the general scope of work with the highest ranked Respondent. If a satisfactory agreement cannot be reached, negotiations may be conducted with the second, and then the third, and so on, ranked Respondents to such level of ranking as determined by SC Appalachian Council of Governments.

PART 5. QUALIFICATIONS OF RESPONDENTS

SC Appalachian Council of Governments may make such investigation as it deems necessary to determine the ability of a Respondent to furnish the required materials and services, and the Respondent will furnish all information and data for this purpose as SC Appalachian Council of Governments may reasonably request.

Submissions shall be reviewed by the proposal review panel. The Panel will then make a recommendation for award using the selection criteria set forth above.

Discussions may be conducted with Respondents who submit proposals determined to be reasonably capable of being selected for award for the purpose of clarification to assure full understanding of and responsiveness to the solicitation requirements. While conducting discussions, there shall be no disclosure of any information derived from proposals submitted by competing respondents.

SC Appalachian Council of Governments reserves the right to reject a proposal if the evidence submitted by or the investigation of such Respondent fails to satisfy SC Appalachian Council of Governments that Respondent is properly qualified to carry out the obligations of the Contract and to deliver the equipment and services described herein.

PART 6. METHOD OF AWARD

SC Appalachian Council of Governments intends to execute a single contract with the top recommended Respondent for the outlined services, as determined by the proposal review panel and in accordance with the guidelines of the SC Appalachian Council of Governments Procurement Manual. If a contract cannot be successfully negotiated with the top recommended Respondent, the panel will proceed to the next recommended Respondent, and so on until an acceptable contract is negotiated.

SC Appalachian Council of Governments reserves the right to reject any or all proposals and to waive minor informalities and technicalities to make a selection, if any, based solely on the best interests of SC Appalachian Council of Governments.

PART 7. TERMINATION

Funds for this contract are payable by the SC Appalachian Council of Governments. In the event no funds or insufficient funds are made available for payments due under this contract, SC Appalachian Council of Governments shall immediately notify the firm of such occurrence, and this contract shall create no further obligation of SC Appalachian Council of Governments as to such current or succeeding fiscal year

and shall be null and void, except as to the portions of payments herein agreed upon for funds which shall have been appropriated and budgeted. In such event, this contract shall terminate on the last day of the fiscal year for which appropriations were received without penalty or expense to SC Appalachian Council of Governments of any kind whatsoever. No right of action or damages shall accrue to the benefit of the firm as to that portion of this contract that may so terminate. SC Appalachian Council of Governments shall provide the successful firm with notice not less than thirty (30) days prior to the date of cancellation, if such time is available. Otherwise, prompt notice will suffice. In the event of occurrence of the circumstances described immediately above, the firm shall not prohibit or otherwise limit SC Appalachian Council of Governments' right to pursue and contract for alternate solutions and remedies as deemed necessary by SC Appalachian Council of Governments for the conduct of its affairs. All provisions stated herein shall apply to any amendment or the execution of any option to extend the contract.

PART 8. COMPLIANCE WITH LAWS, CODES, ORDINANCES, AND INDUSTRY STANDARDS

During the term of the contract, it shall be the contracted firm's responsibility to ensure compliance with all applicable provisions of laws, codes, ordinances, rules and regulations, tariffs, and industry standards. The contracted firm will also be held professionally liable for the work of any utilized subcontractors and shall provide assurances that such personnel will devote sufficient time to properly carry out the designated scope of project work.

PART 9. OTHER CONDITIONS

Debarment, Suspension, and Other Matters Related to Public Transactions

The prospective firm certifies to the best of its knowledge and belief, that it and its principals:

- a) Are not presently debarred, suspended, proposed for debarment, declared ineligible or voluntarily excluded from covered transactions by any Federal department or agency
- b) Have not within a three-year period preceding this proposal been convicted of or had a civil judgment rendered against it for commission of fraud or a criminal offense in connection with obtaining, attempting to obtain or performing a public (Federal, State, or local) transaction or contract; violation of Federal or State antitrust statutes or commission of embezzlement, theft, forgery, bribery, falsification or destruction of records, making false statements or receiving stolen property.

Drug Free Workplace

If awarded a contract, Respondent agrees to comply with the Drug-Free Workplace Act, Title 44, Chapter 107 of the South Carolina Code of Laws, as amended.

Confidential Information

For every document that the Respondent submits in response to or with regard to this request, Respondents must separately mark with the word "CONFIDENTIAL" every page, or portion

thereof, that Respondent contends contains information that is exempt from public disclosure because it is either (a) a trade secret as defined in Section 30-4-40(a) (1), or (b) privileged and confidential, as that phrase is used in Section 11-35-410. For every document Respondent submits in response to or with regard to this request, Respondent must separately mark with the words "TRADE SECRET" every page, or portion thereof, that Respondent contends contains a trade secret as that term is defined by Section 39-8-20 of the Trade Secrets Act. For every document Respondent submits in response to or with regard to this request, Respondent must separately mark with the word "PROTECTED" every page, or portion thereof, that Respondent contends is protected by Section 11-35-1810. All markings must be conspicuous; use color, bold, underlining, or some other method in order to conspicuously distinguish the mark from the other text. Do not mark your entire response (proposal, quote, etc.) as confidential, trade secret, or protected! If your response, or any part thereof, is improperly marked as confidential or trade secret or protected, SC Appalachian Council of Governments may, in its sole discretion, determine it non-responsive. If only portions of a page are subject to some protection, do not mark the entire page. By submitting a response to this request, Respondent (1) agrees to the public disclosure of every page of every document regarding this request that was submitted at any time prior to entering into a contract (including, but not limited to, documents contained in a response, documents submitted to clarify a response, and documents submitted during negotiations), unless the page is conspicuously marked "TRADE SECRET" or "CONFIDENTIAL" or "PROTECTED", (2) agrees that any information not marked, as required by these proposal instructions, as a "Trade Secret" is not a trade secret as defined by the Trade Secrets Act, and (3) agrees that, notwithstanding any claims or markings otherwise, any prices, commissions, discounts, or other financial figures used to determine the award, as well as the final contract amount, are subject to public disclosure. In determining whether to release documents, SC Appalachian Council of Governments will detrimentally rely on Respondent's marking of documents, as required by these proposal instructions, as being either "Confidential" or "Trade Secret" or "PROTECTED". By submitting a response, Respondent agrees to defend, indemnify and hold harmless the SC Appalachian Council of Governments, its officers and employees, from every claim, demand, loss, expense, cost, damage or injury, including attorney's fees, arising out of or resulting from the State withholding information that Respondent marked as "confidential" or "trade secret" or "PROTECTED".

Competition

This process is intended to promote competition. If the language, specifications, terms and conditions or any combination thereof restricts or limits the requirements in this RFP to a single source, it shall be the responsibility of the Respondent to notify SC Appalachian Council of Governments in writing so as to be received five (5) days prior to the opening date. The Request for Proposals may or may not be changed but a review of such notification will be made prior to the award.

Right to Protest

Right to protest: Any actual or prospective Respondent, offeror, or contractor who is aggrieved in connection with the solicitation or award of a contract may protest to the Chief Administrative Officer. The protest shall be submitted in writing within fourteen (14) calendar days after the aggrieved person knows or should have known of the facts giving rise thereto.

STANDARD TERMS AND CONDITIONS

SCOPE: THE FOLLOWING TERMS AND CONDITIONS WILL PREVAIL UNLESS OTHERWISE NOTIFIED BY SC APPALACHIAN COUNCIL OF GOVERNMENTS COUNCIL OF GOVERNMENTS WITHIN THIS REQUEST FOR PROPOSALS DOCUMENT. SC APPALACHIAN COUNCIL OF GOVERNMENTS RESERVES THE RIGHT TO REJECT ANY PROPOSAL WHICH TAKES EXCEPTION TO THESE TERMS AND CONDITIONS.

DEFINITIONS USED HEREIN:

- A. "PROPOSAL REQUEST" MEANS A SOLICITATION OF A FORMAL SEALED REQUEST FOR PROPOSALS
- B. "RESPONDENT" MEANS VENDOR
- C. "PROPOSAL" MEANS THE SUBMISSION OF QUALIFICATIONS AND COST PROPOSAL OFFERED BY THE VENDOR
- D. "SC APPALACHIAN COUNCIL OF GOVERNMENTS" MEANS ACOG.

COMPLETING PROPOSAL: ALL INFORMATION MUST BE LEGIBLE. ANY AND ALL CORRECTIONS AND/OR ERASURES MUST BE INITIALED. AUTHORIZED RESPONDENT MUST SIGN THE PROPOSAL AND REQUIRED INFORMATION MUST BE PROVIDED.

CONFIDENTIALITY OF PROPOSAL INFORMATION: EACH PROPOSAL MUST BE IN A SEALED ENVELOPE AND CLEARLY MARKED TO PROVIDE CONFIDENTIALITY OF THE PROPOSAL INFORMATION PRIOR TO THE OPENING. SUPPORTING DOCUMENTS AND/OR DESCRIPTIVE LITERATURE MAY BE SUBMITTED WITH THE PROPOSAL OR IN A SEPARATE ENVELOPE MARKED LITERATURE FOR RFP (NUMBER). DO NOT INDICATE PRICES ON LITERATURE.

ACCURACY OF PROPOSAL: EACH PROPOSAL IS MADE PUBLIC RECORD OF SC APPALACHIAN COUNCIL OF GOVERNMENTS AFTER AWARD. THEREFORE, IT IS NECESSARY THAT ANY AND ALL INFORMATION PRESENTED IS ACCURATE AND/OR WILL BE THAT BY WHICH THE RESPONDENT WILL COMPLETE THE CONTRACT.

SUBMISSION OF PROPOSAL: PROPOSALS ARE TO BE SEALED AND SUBMITTED TO SC APPALACHIAN COUNCIL OF GOVERNMENTS VIA MAIL TO OR HAND CARRY TO ADDRESS STATED IN INVITATION PRIOR TO THE DATE AND TIME INDICATED ON THE COVER SHEET.

ADDENDA: ALL CHANGES IN CONNECTION WITH THIS PROPOSAL WILL BE ISSUED BY SC APPALACHIAN COUNCIL OF GOVERNMENTS IN THE FORM OF A WRITTEN ADDENDUM. SIGNED ACKNOWLEDGMENT OF RECEIPT OF EACH ADDENDUM MUST BE SUBMITTED WITH THE PROPOSAL.

LATE PROPOSALS AND MODIFICATIONS OR WITHDRAWALS: PROPOSALS RECEIVED AFTER THE DEADLINE DESIGNATED IN THIS RFP WILL NOT BE CONSIDERED. PROPOSALS MAY BE WITHDRAWN OR MODIFIED PRIOR TO THE DEADLINE DATE AND TIME INDICATED FOR SUBMISSION ON THE COVER SHEET.

PROPOSAL CONDITION OF PRICE: ALL COST PROPOSALS SUBMITTED SHALL REMAIN EFFECTIVE FOR A MINIMUM PERIOD OF 120 DAYS, OR UNTIL EVALUATION IS COMPLETE AND AWARD IS MADE. THEREAFTER, THE CONTRACT PRICE SHALL REMAIN EFFECTIVE FOR THE TERM OF THE CONTRACT.

INSURANCE: THE CONTRACTOR SHALL PROCURE, MAINTAIN, AND PROVIDE PROOF OF, INSURANCE COVERAGE FOR INJURIES TO PERSONS AND/OR PROPERTY DAMAGE AS MAY ARISE FROM OR IN CONJUNCTION WITH, THE WORK PERFORMED ON BEHALF OF SC APPALACHIAN COUNCIL OF GOVERNMENTS BY THE CONTRACTOR, HIS AGENTS, REPRESENTATIVES, EMPLOYEES OR SUBCONTRACTORS AT THEIR OWN EXPENSE. PROOF OF COVERAGE SHALL BE SUBMITTED PRIOR TO ENTERING INTO THE CONTRACT AND SUCH COVERAGE SHALL BE MAINTAINED BY THE CONTRACTOR FOR THE DURATION OF THE CONTRACT PERIOD FOR OCCURRENCE POLICIES. CLAIMS MADE POLICIES MUST BE IN FORCE OR THAT COVERAGE PURCHASED FOR THREE (3) YEARS AFTER CONTRACT COMPLETION DATE.

NEW MATERIALS, SUPPLIES OR EQUIPMENT: UNLESS OTHERWISE SPECIFIED, ALL MATERIALS, SUPPLIES OR EQUIPMENT OFFERED BY A VENDOR WILL BE NEW, UNUSED, OF RECENT MANUFACTURE, FIRST CLASS IN EVERY RESPECT, AND SUITABLE FOR THEIR INTENDED PURPOSE. ALL EQUIPMENT WILL BE ASSEMBLED AND FULL SERVICED, READY FOR OPERATION WHEN DELIVERED.

WARRANTY: SUPPLIES OR SERVICES FURNISHED AS A RESULT OF THIS PROPOSAL WILL BE COVERED BY THE MOST FAVORABLE COMMERCIAL WARRANTIES, EXPRESSED OR IMPLIED, THAT THE VENDOR AND/OR MANUFACTURER GIVES TO ANY CUSTOMER. THE RIGHTS AND REMEDIES PROVIDED HEREIN ARE IN ADDITION TO AND DO NOT LIMIT ANY RIGHTS AFFORDED TO SC APPALACHIAN COUNCIL OF GOVERNMENTS BY ANY OTHER CLAUSE OF THIS PROPOSAL. SC APPALACHIAN COUNCIL OF

GOVERNMENTS RESERVES THE RIGHT TO REQUEST FROM VENDORS A SEPARATE MANUFACTURER CERTIFICATION OF ALL STATEMENTS MADE IN THIS PROPOSAL.

METHOD OF AWARD AND NOTIFICATION: PROPOSALS WILL BE ANALYZED AND THE AWARD MADE, BASED ON THE EVALUATION CRITERIA FOR THIS PROPOSAL, TO THE BEST QUALIFIED VENDOR. SC APPALACHIAN COUNCIL OF GOVERNMENTS RESERVES THE RIGHT TO REJECT ANY OR ALL PROPOSALS AND ANY PART OF A PROPOSAL; TO WAIVE INFORMALITIES, TECHNICAL DEFECTS, AND MINOR IRREGULARITIES IN PROPOSALS RECEIVED.

CREDIT TERMS: VENDOR WILL INDICATE ALL DISCOUNTS FOR FULL AND/OR PROMPT PAYMENT. DISCOUNT WILL BE CONSIDERED AS A COST FACTOR IN THE DETERMINATION OF AWARD, EXCEPT DISCOUNTS OFFERED FOR PAYMENT WITHIN LESS THAN TEN (10) CALENDAR DAYS. DISCOUNTS OFFERED WILL BE COMPUTED FROM DATE OF RECEIPT OF CORRECT INVOICE OR RECEIPT AND ACCEPTANCE OF PRODUCTS, WHICHEVER IS LATER.

SAFETY: ALL PRACTICES, MATERIALS, SUPPLIES, AND EQUIPMENT WILL COMPLY WITH THE FEDERAL OCCUPATIONAL SAFETY AND HEALTH ACT, AS WELL AS ANY PERTINENT FEDERAL, STATE AND/OR LOCAL SAFETY OR ENVIRONMENTAL CODES. IT IS THE RESPONSIBILITY OF THE VENDOR TO PROVIDE MATERIAL SAFETY DATA SHEETS FOR PRODUCT(S) REQUIRING THE SAME.

DISCLAIMER OF LIABILITY: SC APPALACHIAN COUNCIL OF GOVERNMENTS AND/OR ANY OF ITS AGENCIES, WILL NOT HOLD HARMLESS OR INDEMNIFY ANY RESPONDENT FOR ANY LIABILITY WHATSOEVER.

HOLD HARMLESS: THE CONTRACTOR AGREES TO PROTECT, DEFEND, INDEMNIFY AND HOLD SC APPALACHIAN COUNCIL OF GOVERNMENTS, ITS OFFICERS, EMPLOYEES AND AGENTS FREE AND HARMLESS FROM AND AGAINST ANY AND ALL LOSSES, PENALTIES, DAMAGES, SETTLEMENTS, COSTS CHARGES, PROFESSIONAL FEES OR OTHER EXPENSES OR LIABILITIES OF EVERY KIND AND CHARACTER ARISING OUT OF OR RELATING TO ANY AND ALL CLAIMS, LIENS, DEMANDS, OBLIGATIONS, ACTIONS, PROCEEDINGS OR CAUSE OF ACTION OF EVERY KIND AND CHARACTER IN CONNECTION WITH OR ARISING DIRECTLY OR INDIRECTLY OUT OF THIS AGREEMENT AND/OR THE PERFORMANCE HEREOF, WITHOUT LIMITING THE GENERALITY OF THE FOREGOING, ANY AND ALL SUCH CLAIMS, ETC., RELATING TO PERSONAL INJURY, INFRINGEMENT OF ANY PATENT, TRADEMARK, COPYRIGHT, (OR APPLICATION FOR ANY THEREOF) OR OF ANY OTHER TANGIBLE OR INTANGIBLE PERSONAL OR PROPERTY RIGHT, OR ACTUAL OR ALLEGED VIOLATION OF ANY APPLICABLE STATUTE, ORDINANCE, ADMINISTRATIVE ORDER, RULE OR REGULATION, OR DECREE OF ANY COURT WILL BE INCLUDED IN THE INDEMNITY HEREUNDER. THE CONTRACTOR FURTHER AGREES TO INVESTIGATE, HANDLE, RESPOND TO PROVIDE DEFENSE FOR AND DEFEND ANY SUCH CLAIMS, ETC. AT HIS/HER SOLE EXPENSE AND AGREES TO BEAR ALL OTHER COSTS AND EXPENSES RELATED THERETO, EVEN IF SUCH CLAIM IS GROUNDLESS, FALSE OR FRAUDULENT.

LAW GOVERNING: ALL CONTRACTUAL AGREEMENTS WILL BE SUBJECT TO, GOVERNED BY, AND CONSTRUED ACCORDING TO THE LAWS OF THE STATE OF SOUTH CAROLINA.

ANTI-DISCRIMINATION CLAUSE: NO RESPONDENT TO THIS REQUEST WILL IN ANY WAY, DIRECTLY OR INDIRECTLY, DISCRIMINATE AGAINST ANY PERSON BECAUSE OF AGE, RACE, COLOR, HANDICAP, SEX, NATIONAL ORIGIN, OR RELIGIOUS CREED.

SC APPALACHIAN COUNCIL OF GOVERNMENTS IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

Key Events and Dates

1. Request for Proposal (RFP) Issued.....December 9, 2022
2. Deadline for the Receipt of Letter of Intent to Propose..... December 22, 2022
3. Deadline for Receipt of Questions.....January 09, 2023
4. Questions Period replies sent..... January 12, 2023
5. Extended Questions Period Begins.....January 12, 2023
6. Extended Questions Period Ends.....January 19, 2023
7. Extended Questions Period Replies Sent.....January 23, 2023
8. Deadline for Receipt of Proposal.....February 02, 2023 @ 2pm
9. Public Opening of Proposals.....February 02, 2023 @ 2:01 pm
10. Preliminary Review for Responsiveness by Staff.....February 06, 2023
11. Notification of Non-Responsiveness.....February 06, 2023
12. Corrections for Final Review for ResponsivenessFebruary 13, 2023@ 10:00 am
13. Final Review for Responsiveness by Staff.....February 14, 2023
14. Proposals delivered to Review and Evaluation Committee.....February 22, 2023
15. Review and Evaluation Committee will Review, Rate and Develop Recommendations for Funding of Successful Proposals to full ACOG Board of Directors. March 29, 2023 @ 10AM
16. Recommendation to Full RAAC.....April 26, 2023
17. Recommendation to COG Board.....April 28, 2023
18. Written Notification to all Proposers.....May 1, 2023
19. Contract Negotiations.....May 8, 2023
20. Contract Start.....July 1, 2023

Appendix A



South Carolina **DEPARTMENT ON AGING**

Minimum Meal Specifications

Nutrition Program for Older Adults

REVISED 3-4-21

Minimum Meal Specifications

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Minimum Meal Specifications

Nutrition Program for Older Adults



OVERVIEW

The primary purpose of this program is to fulfill the requirements of the Older Americans Act, as Amended in 2020, by providing nutritionally balanced meals to strategically located centers that provide meals and socialization to eligible individuals.

It is estimated that there shall be approximately 249 serving days during each contract period. The period covered is from July 1, 2021 through June 30, 2022.

The food shall be delivered to sites designated within the specifications of this document. Food shall be packaged and maintained at specified temperatures according to state and federal regulations and guidelines (South Carolina Department of Health and Environmental Control (SCDHEC) and the U.S. Department of Agriculture (USDA). Proposers shall provide all vehicles, food-handling and transportation equipment, service ware, serving and eating utensils, cutlery, napkins, hot and cold cups, and other accessories required to serve a complete meal.

USEFUL RESOURCES

[SCDOA Aging Services Policies and Procedures Manual](#)

[SCDHEC Retail Food Establishment- Regulation 61-25 \(9/27/19\)](#)

[Dietary Guidelines for Americans 2020-2025](#)

[USDA FoodData Central](#)

A. Types of Meals

Refer to [[Attachment A – Requested Menu Types](#)] for the meal types and cycle length requested for this proposal.

1. **Regular Hot or Cold prepared meals:** may be delivered in bulk, daily to the sites by the proposer. These meals can be breakfast or main meals.
 2. **Cold Bag/Box (or unnecessary to heat):** can be used as a daily meal, second meal of the day, a weekend meal, or for special circumstances. Individual components of the meals shall be individually portioned and wrapped as appropriate.
 3. **Frozen meals:** pre-plated frozen meals combined with fresh or frozen supplemental foods to meet nutrient requirements. Frozen meals should include, at a minimum, preparation instructions and should be marked with use by dates.
 4. **Shelf-stable meals:** composed of individually portioned foods that have been processed in such a manner as to be free of microorganisms capable of growth in the products at non-refrigerated conditions during distribution and storage. The packaging must be easy to open, clearly labeled, and include preparation instructions when needed. A multi-pack shall include menus to instruct participants on how to combine the foods to meet requirements. The box (or individually packaged items) should be clearly marked with a “use by” or “best by” date. Low sodium products should be used to the maximum extent when building shelf-stable meals due to the high sodium content of these types of products. Due to the nature of shelf-stable products, food items may be lacking in quality vegetables and protein, as well as several key nutrients, and therefore, are not appropriate for ongoing use. Shelf-stable meals may be used as **Emergency Meals**.
 5. **Texture Modified meals:** may be hot or frozen and may be variations of the regular diet that are modified in food consistency, such as pureed or ground (minced and moist). etc.
 6. **Diabetic:** a type of therapeutic meal that may be a variation of the regular diet and incorporates lean proteins, dietary fiber, healthy fats and a consistent carbohydrate content. If this meal type is included in the proposal, provide a narrative describing your diabetic friendly nutritional standards.
- Meal types are to meet with the most recent Dietary Guidelines for American (DGA’s) and Dietary Reference Intakes (DRI’S). [[See pages 10-12: Section E: South Carolina Nutrition Services Requirements](#)]
 - On occasion, hot or cold meals may be served in a location other than the group dining meal site (such as for a special event or outing). The proposer shall agree to deliver the meals on the day of the event at the usual location or at another agreed upon location for the same price.
 - Regular meals, Cold Bag/Box, Texture Modified and/or Diabetic meals, they shall be proposed at the same price.
 - Shelf-stable meals may be proposed at a separate price.
-
- For frozen meals with fresh supplemental foods, prices are requested for the following categories as indicated on [[Attachment A: Requested Menu Types](#)]:

- Regular only; Regular, Texture Modified and Diabetic at the same price;
 - If equipment is provided, then installation, leasing, and maintenance of equipment shall be included); and pricing proposed on the basis of ordering the frozen component by complete case

B. Site Location and Meal Type Schedule

Refer to [\[Attachment B – Meal Cost Schedule\]](#) and [\[Attachment C1 – Site Location and GROUP DINING Meal Type Schedule\]](#)/[\[Attachment C2 – Site Location and HOME-DELIVERED Meal Type Schedule\]](#) for the type and number of meals requested at each location. The Site Location and Meal Type Schedule will determine the service area for the proposal. Proposals shall be submitted on the delivered price per type of meal, with disposables and beverages as applicable, and if requested, with equipment. The proposal shall conform to all the descriptions herein. Meals provided under this proposal are not subject to South Carolina State sales tax. The successful proposers may be requested to provide the same meals and services at the same price to additional sites.

Holiday closings: Meal sites served under this contract shall be closed for approximately 12 holidays during the contract year.

C. Required Information

[\[Required Information Checklist on Page 13\]](#)

1. Letter of Transmittal
2. References
3. Understanding
4. Cost Proposal
5. Meal Cost Schedule [\[Attachment B\]](#): Provide the appropriate price per requested meal. The template provides the projected number and type of meal.
6. Meal Cost Analysis Worksheet [\[Attachment D1\]](#)/[\[Attachment D2\]](#): Provide the percentage of the total cost of the meal for raw food, disposables, labor, delivery, equipment, and administration. If equipment is being provided, then installation, leasing, and the maintenance of such equipment shall be included. The price is based on the basis of ordering the frozen component by complete case lots.
7. Location(s) Food Production Facilities [\[Attachment E\]](#): Provide information regarding vendor and food production facility location and delivery vehicle information (type and age). Attach additional sheets if needed. Include a copy of the most recent health department sanitation inspection (initial and follow-up reports); and/or USDA/FDA certification, if applicable shall be provided.
8. Food Safety Inspection Report- Provide the most recent health department food inspection report; if the most recent report is for a follow-up inspection, include the initial inspection report.

9. USDA/FDA Certification for Frozen meal production facilities as needed: Provide certification as appropriate. This requirement applies to out of state inspected food production facilities that are bringing meals **into** South Carolina (crossing state lines).

10. Quality Assurance Procedures: Provide a description of quality assurance procedures as related to food quality and safety. At a minimum, include the following information:

Refer to [[Pages 8-9: SC Vehicle, Equipment, and Temperature Requirements](#)]

[[Pages 10-12: SC Nutrition Services Requirement](#)]

- A. Meal Order Accuracy:** Describe your process to ensure the correct amount of food is delivered each day.
 - B. Food Quality:** Describe your organizational food purchasing/sourcing standards.
 - C. Hazard Analysis Critical Control Points:** Include process flow chart for quality assurance and or the Hazard Analysis Critical Control Point (HACCP) summary for production and handling of all meal types included in the proposal. Please include the required qualifications of the individuals who have overall responsibility of the food service quality control program.
 - D. Description of Thermal Transport Equipment:** Delivery equipment that is designed to maintain safe food temperatures for allowed holding periods. Provide a description of the types and sizes of equipment, including brand name and quantity, used to transport daily-prepared, cold boxes/bags, and frozen meals. Explain how the equipment is monitored on a continuous basis to ensure proper function.
 - E. Temperature Compliance:** Include recent (within three years or since equipment purchases) documentation of validation that the equipment and handling procedures are adequate to maintain food temperatures in accordance with SCDHEC requirements until portioning and serving time(s). The current required minimum holding temperature for heated food is 135 degrees °F and 41 degrees °F for cold foods. Frozen meals should be kept in a frozen solid state. After removal from electric or gas powered temperature control, foods shall be held at proper temperatures for no more than four hours before serving.
 - F. Example of daily meal delivery record:** Include forms with the times and temperatures for all time/temperature control for safety (TCS) foods. The time shall represent when the food was removed from temperature control (i.e. when foods were removed from a heating or cooling source). The daily meal delivery form shall have a place for the meal sites to document the time and temperature of TCS foods for up to four monitoring points (arrival, plating of home-delivered, prior to group dining service and an optional point.)
- 11. Proposed Route Schedule [[Attachment F](#)]:** Provide a packing and delivery schedule that includes the following information by route: total number of stops, length in miles, estimated travel time and delivery times by site, based on the Site Location and Meal Type Schedule. The delivery schedule is to be compatible with requirements for food safety and minimizes the amount of time food spends in transit.

12. **Proposed Menu Plan [Attachment G]:** Provide completed sample menu plans for each meal type and cycle length requested on Attachment A. *If proposer submits a Regular Hot/Cold menu plan for bulk delivered meals, a Serving Guide must also be provided within the proposal. The proposer will provide cleaned and sanitized serving utensils with daily bulk delivered meals. The utensils are to provide the correct amounts of foods in accordance with the nutrient analysis or meal pattern. These utensils will be listed on the Serving Guide that accompanies the menu.*
13. **SC Menu Checklist provided with each meal type proposed:** Complete South Carolina Menu Checklist (*Computer Analysis) [Attachment H] or South Carolina Guide for Menu Checklist (Meal Pattern) [Attachment I] by menu plan type.

*For the nutrient analysis method, include the nutrient reports from the software program utilized to show source documentation.

14. **Meal Choice:** Provide a description as to how meal choice will be incorporated into service provided. Menu choice is encouraged to allow for consumer choice and increase participant satisfaction. Choice Menus will comply with menu planning requirements. If more than one menu item is offered, the food item that has lower nutrient value will be counted towards the weekly nutrient average when computer analysis is used. If a meal pattern approach is used, then both meals must meet the guidelines.
15. **Description of Meal and Beverage Service Equipment and Supplies:** Provide an itemized description of beverage and/or serving equipment and utensils, dishware, flatware, beverage cups, napkins, straws and other accessories, and other supplies to be used for packaging home-delivered meals.
16. **Description and Expectations of Food Management Staff:** Provide a description of the current food management staff and any other staff who will be employed for this contract period. Include an organizational chart, job titles, educational and/or experience requirements, and staffing levels.

Include specific roles and responsibilities for the managers, cooks, drivers, dietitian, etc. Provide verification of ServSafe Food Protection Manager Certification for Food Management staff. Registered Dietitians (either employed or contracted) are to ensure the integrity of the menu and nutrient analysis/meal pattern. Provide verification of Registered Dietitian licensure and registration status. Also, identify who will be the primary liaison as well as point of contact for each production facility.

Annual training via Food Management Staff to be available at least annually and cover topics such as portion control, food safety, and proper care and cleaning of equipment or other related issues. Identify individual responsible for such trainings.

Menu review meetings shall be conducted on a quarterly basis. Identify 1-2 representatives for the review. At least two weeks prior to the quarterly review, the draft menu will be provided for preview and to solicit feedback from clients.

Must submit copy of www.SAM.gov registration

17. Description on Maximum Meal Production Load: Provide information on the current total meal production load and the safe, maximum meal production load for each kitchen facility used to serve the contract. In addition, a brief statement that demonstrates the capability, based on past experience, to implement the nutritional and logistical aspects applicable to the performance of the contract shall be included.

18. Contingency Plans: Provide a written plan for contingencies including, but not limited to, substitute driver availability, delivery of food in the event of vehicle breakdown, delivery of food in the event of emergency at a production site, and method of reimbursement if replacement food must be purchased. Please include in your plan the length of time it will take to implement each of the examples above.

19. Commencement of Services

20. Liability Insurance

21. Addendum(s) – Acknowledge addendum(s) if any

22. Other requirements

D. South Carolina Vehicle, Equipment & Temperature Requirements

1. General Requirements

All equipment and vehicles used in the preparation, transportation, service and delivery of food must have records of appropriate maintenance and meet the current requirements of the state and county health department. Equipment shall be classified or certified to listed NSF (National Sanitation Foundation)/American National Standards Institute (ANSI) Commercial Food Equipment Standards.

2. **Time and temperature control for safety (TCS) foods** shall be packaged and transported in closed thermal containers and enclosed vehicles in a manner that will maintain required temperatures.

If necessary, vehicles must be equipped with adequate facilities, automatic in operation and thermostatically controlled, for maintaining food at safe temperature requirements.

The proposer shall provide support and necessary equipment for maintaining safe temperatures during the entire holding time for foods (until served or packed for delivery to the client). If delivered in bulk, food shall be packaged so that there will be a minimum of spills in the carrier. Measures may include monitoring fill level and covering pans with plastic film, aluminum foil and/or metal lids. Foods for group dining and home-delivered meals may be packed together when it benefits compliance with food safety temperature requirements (i.e. less than 30 servings when using insulated carrier equipment). Thermal containers, etc. shall be provided in a size and/or quantity to contain all food delivered to the sites. Special care shall be taken in packaging cold food to prevent melting ice from contacting food.

The current required minimum holding temperature for heated food is 135 degrees °F and 41 degrees °F for cold foods. After removal from electric or gas powered temperature control, foods shall be held at proper temperatures for no more than four hours before serving.

Daily records of the time and temperature of all potentially hazardous foods shall be maintained and provided upon request. Recorded information includes the time and temperature when the food was removed from temperature control (i.e. when foods were removed from a heating or cooling source). Temperature information shall be reported to each meal site on a daily basis. These records shall be kept for a period of three years.

The proposer shall provide at least one, properly calibrated dial or digital style thermometer to each site as well as provide instructions on re-calibrating the thermometers to ensure the accuracy of each.

Frozen meals must be stored as zero degrees °F. During transportation and delivery, the meals must remain solid to the touch. The proposer shall take any measure necessary to provide equipment and vehicles to ensure they remain in this state. If frozen meals are delivered with fresh or canned supplemental foods, these should be handled appropriately.

Equipment needed at dining sites to properly handle and prepare these meals may include chest freezers, rethermalization ovens/convection ovens, holding cabinets and refrigerated units. Maintenance of this equipment, when provided by the proposer, shall be the responsibility of the proposer, but daily cleaning of the equipment shall be the responsibility of the meal site personnel.

3. Beverage Equipment Requirements

Insulated beverage dispensers are to be used to keep beverages hot or cold. The capacity of the beverage holding equipment will be dependent upon the number of meals served at the site. Refer to [Beverage Service with Meals](#).

4. Supply/Equipment Responsibilities

As appropriate, daily meal delivery to include the provision of cleaned and sanitized serving utensils. Authorized designees are responsible for rinsing/removing food debris from equipment (utensils and serving pans, etc.); wiping any spills from thermal delivery containers; placing the rinsed and dry equipment into the delivery units and having it ready for pick up at the next delivery.

The proposer should have a method to ensure a working food thermometer is available for all days of service. Authorized designees are responsible for monitoring the operation of the supplied food thermometer and making timely requests for replacement when required.

Authorized designees are responsible for taking inventory and requisitioning paper supplies and edible items in a timely manner to ensure a perpetual inventory. Both parties shall rotate inventory of any edible supplies to ensure freshness.

E. South Carolina Nutrition Services Requirements

1. Nutrient Requirements

Each Nutrition Program meal must comply with the Dietary Guidelines for Americans (DGA's)-2020-2025, and provide to each participating individual: A minimum of 33 1/3 percent of the

Dietary Reference Intakes (DRI's) per meal, if the project provides one meal per day. A minimum of 66 2/3 percent of the DRIs if the project provides two meals per day, and 100% of the DRIs if the project provides three meals per day.

2. Methods of Menu Compliance

Proposers must demonstrate compliance with the DGA's and DRI's by using **one** of the following documentation methods by meal type:

a. Computer Analysis - South Carolina Menu Guide Checklist [[Attachment H](#)]

Use of computer nutrient analysis software allows for increased menu planning flexibility. If the nutrient analysis method is used for menu compliance, it will supersede the meal pattern.

or

b. Meal Pattern - South Carolina Menu Guide Checklist [[Attachment I](#)]

This method is typically employed when there is no access to nutrient analysis software, but may also be selected for other reasons, such as ease of use when making substitutions.

Regardless of the method utilized, all standardized recipes and menus must be reviewed by a Registered Dietitian Nutritionist (include verification of Registration and Licensure status) to ensure compliance. The completion of the checklist and Registered Dietitian's final signature verifies that the corresponding signed menu is in compliance with the guidelines as set forth within this document.

3. Food Specifications

All food used in the preparation or service of meals shall be of high quality and meet any required standards and guidelines of the SCDHEC and the USDA. Food shall be from sources approved or considered satisfactory by the SCDHEC and USDA; shall be properly labeled; shall be free from spoilage, adulteration, and other contamination; and shall be safe for human consumption. No home-prepared or home-canned food is allowed.

The following minimum food standards must be met:

- Canned Fruits and Vegetables – USDA Grade A
- Fresh Fruits and Vegetables – #1 Quality
- Poultry – USDA Grade A or better
- Beef – USDA Choice or better; lean cuts should be selected and cooking methods that promote tenderness used
- Pork – USDA #1 or better; lean cuts should be selected and cooking methods that promote tenderness used
- Ground Meats (beef, pork and poultry) shall not exceed 20 percent fat by weight
- Fish – all fish and seafood products shall be of comparable quality to USDA guidelines for beef and poultry.

- Eggs (or pasteurized eggs) – USDA Grade A or better
- Milk and milk products (fluid or dry) – pasteurized and USDA Grade A
- Salt – Iodized

4. Recipes & Menu Planning

All bidders, regardless of menu compliance method utilized, should refer to the Dietary Guidelines for Americans 2020-20205. See [[Attachment J](#)].

Tested quantity recipes, adjusted to yield the number of servings needed, must be used to achieve consistent and desirable quality and quantity. Only actual recipe ingredients, that have been accurately identified, should be used in the menu approval process.

Successful bidders shall maintain a recipe file at each production site and provide copies of these recipes upon request. If the proposer provides meals from more than one production site, all production sites must use the same products and follow the same standardized recipes.

Foods must be selected, stored, and prepared to assure maximum nutritional content. Specific attention should be given to batch cooking and short cooking times, minimizing the use of water in the preparation of vegetables and minimal holding times for foods. No deep fat frying of foods is permitted.

When delivered, the food shall be appetizing, attractive in color and texture, lightly seasoned and not greasy. Whenever possible, herbs and spices appropriate to the dish should be utilized to reduce the amount of sodium added in food preparation. Fats should be primarily from vegetable sources and in a liquid or soft (spreadable) form (polyunsaturated and monounsaturated fats) that are lower in partially hydrogenated fat (trans-fatty acids), saturated fat and cholesterol.

Food items within the meat, vegetable, fruit, and dessert groups shall be varied within the week and not repeated on the same days of consecutive weeks. A variety of food attributes and combinations shall be considered in menu planning.

Religious, ethnic, cultural or regional dietary requirements or preferences shall be reflected in the planned menus. Cycle menus should include the provision of seasonal foods.

5. Beverage Service with Meals

Dehydration is a common problem in older adults. Therefore, at a minimum, drinking water should be available with all meals.

- Milk is not a required beverage as long as calcium requirements are met.
- Other beverages, such as 100% fruit juices, may be served occasionally, as long as nutrient/meal pattern targets are met. Low nutritive value beverages that provide excess calories, such as fruit flavored beverages and sweetened drink mixes, should be avoided.
- Non-nutritive beverages (i.e. sugar-free drinks) do not help meet nutrition requirements, but can help with hydration.

Optional Beverage Service: One optional beverage may be requested. The beverage option can be switched according to seasonal preference. The size of the urns and dispensers provided to each site shall be large enough to accommodate the number of group dining meals ordered for the site.

The following items, as appropriate, would be provided and included in the cost if optional beverage service is desired:

- Hot Beverage: urns, sugar, sugar substitute, creamer, six or eight ounce cups for hot liquids, and stirrers;
- Cold Beverage: dispenser, ice, unsweetened tea, sugar, sugar substitute, stirrers, and nine or ten ounce cups for iced tea.

Minimum Meal Specifications Required Information Checklist



Proposers shall thoroughly examine all aspects of this Request for Proposals. All of the supplemental materials identified and requested in this section must be submitted and made a part of the Proposal.

Failure to submit any required information will be grounds for rejection of a Proposal. Include this checklist.

<input type="checkbox"/>	1. Letter of Transmittal
<input type="checkbox"/>	2. References
<input type="checkbox"/>	3. Understanding
<input type="checkbox"/>	4. Cost Proposal
<input type="checkbox"/>	5. Completed Meal (Cost) Schedule [Attachment B]
<input type="checkbox"/>	6. Meal Cost Analysis Worksheets for included Meal Types [Attachment D1] [Attachment D2]
<input type="checkbox"/>	7. Location of Vendor and Food Production Facilities [Attachment E]
<input type="checkbox"/>	8. Food Safety Inspection Report (include the most recent inspection report; if the most recent report is for a follow up inspection, include initial inspection report)
<input type="checkbox"/>	9. USDA/FDA Certification for frozen meal production facility, as needed
	10. Quality Assurance Procedures:
	<input type="checkbox"/> A. Meal Order Accuracy
	<input type="checkbox"/> B. Food Quality
	<input type="checkbox"/> C. HACCP program summary (personnel, processes, monitoring, frequency, & response)
	<input type="checkbox"/> D. Description of thermal transport equipment for various meal types
	<input type="checkbox"/> E. Temperature Compliance
	<input type="checkbox"/> F. Example of Meal Delivery Form
<input type="checkbox"/>	11. Vendor Proposed Route Schedule [Attachment F]
<input type="checkbox"/>	12. Proposed Menu Plans by meal type as requested on Attachment A [Attachment G]
	<input type="checkbox"/> Serving Guide as appropriate (bulk delivered meals)
<input type="checkbox"/>	13. SC Menu Checklist Sheet for each meal type: Meal Pattern [Attachment H] or *Nutrient Analysis [Attachment I] : *Include nutrient analysis report originating from software program as appropriate.
	<input type="checkbox"/> Narrative for Diabetic Meal nutritional standards as appropriate

<input type="checkbox"/>	14. Meal Choice description
<input type="checkbox"/>	15. Itemized description of meal and beverage service equipment and supplies
<input type="checkbox"/>	16. Description of Food Management Staff <ul style="list-style-type: none"> <input type="checkbox"/> Copy of www.SAM.gov registration <input type="checkbox"/> ServSafe Food Protection Manager Certification <input type="checkbox"/> Registered Dietitian verification of Licensure/Registration status
<input type="checkbox"/>	17. Description of maximum safe meal production load and current production volumes for each production facility
<input type="checkbox"/>	18. Contingency plans
<input type="checkbox"/>	19. Commencement of Services
<input type="checkbox"/>	20. Liability Insurance
<input type="checkbox"/>	21. Addendum(s) – Acknowledge addendum(s) if any
<input type="checkbox"/>	22. Other Requirements

ATTACHMENT A
REQUESTED MENU TYPES



Menu plans must be developed for the following menu types as checked:

- Regular (Hot/Cold):** main meal menus for July, August, and September (4 week cycle, 5 days = 20 menus)
- Cold Box/Bag:** menus for July, August, and September to include two meals for weekend days (2 week cycle, 7 days = 14 menus)
- Frozen meals (with frozen supplements):** menus for July, August, and September (4 week cycle, 5 days = 20 menus)
- Frozen meals (with fresh supplements):** menus for July, August, and September (4 week cycle, 5 days = 20 menus)
- Shelf-stable/Emergency Meals:** non-perishable meal menus (1 week cycle, 5 days = 5 menus)



**ATTACHMENT B
MEAL COST SCHEDULE**

Region: _____

Date: _____

MEALS	QUANTITY PER YEAR	COST PER MEAL	COST PER MEAL PLUS OPTIONAL BEVERAGE
REGULAR			
COLD BOX/BAG			
FROZEN- with <i>Frozen</i> Supplements			
FROZEN- with <i>Fresh</i> Supplements			
SHELF-STABLE			

NOTE: Using [[Attachment D1](#) & [D2](#) – **Meal Cost Analysis Worksheet**], the proposer shall provide a breakdown of the cost of group dining meals and home-delivered meals (Regular-Hot/Cold, frozen, and/or shelf-stable) using the forms provided. The breakdown shall provide the percentage of the total cost of the meal for raw food, disposables, labor, transportation/delivery, and administration.



ATTACHMENT C1
SITE LOCATION AND GROUP DINING MEAL TYPE SCHEDULE

REGION: _____

DATE: _____

PROVIDER: _____

Site & Location	Regular (Hot/Cold)	Frozen with <i>Frozen</i> supplements	Frozen with <i>Fresh</i> supplements	Cold Box/Bag	Shelf-stable	Delivery Time

*Specify Texture Type- "Pureed", "Ground", etc.



ATTACHMENT C2
SITE LOCATION AND HOME-DELIVERED MEAL TYPE SCHEDULE

REGION: _____

DATE: _____

PROVIDER: _____

Site & Location	Regular (Hot/Cold)	Frozen with <i>Frozen</i> supplements	Frozen with <i>Fresh</i> supplements	Cold Box/Bag	Shelf-stable	Delivery Time

*Specify Texture Type- "Pureed", "Ground", etc.



ATTACHMENT D1
MEAL COST ANALYSIS WORKSHEET – Daily Prepared (Regular, Cold Box/Bag)

On the worksheet below, provide the **percentage** breakdown of the meal components listed.

Regular, Cold Box/Bag MEALS

Meal Cost Component	Percent of Total
1. Raw Food Cost	_____
2. Disposable Meal supplies (serve-ware, cutlery, napkins, glassware)	_____
3. Beverage Service	_____
4. Labor	_____
5. Equipment (thermal transport)	_____
6. Transportation/Delivery - Labor	_____
7. Transportation/Delivery – Equipment	_____
8. Administrative Expense	_____
9. Nutrition Education (if included in contract)	_____
TOTAL (should equal 100%)	_____



ATTACHMENT D2
MEAL COST ANALYSIS WORKSHEET – Frozen and Shelf-Stable

On the worksheet below, provide the **percentage** breakdown of the meal components listed.

FROZEN MEALS

Meal Cost Component	Percent of Total
1. Raw Food Cost (frozen)	_____
2. Raw Food Cost (fresh supplemental foods as applicable)	_____
3. Labor	_____
4. Equipment (thermal transport)	_____
5. Transportation/Delivery - Labor	_____
6. Transportation/Delivery – Equipment	_____
7. Administrative expense	_____
8. Nutrition education (if included in contract)	_____
TOTAL (should equal 100%)	_____

SHELF-STABLE MEALS

Meal Cost Component	Percent of Total
1. Raw Food Cost (shelf-stable)	_____
2. Raw Food Cost (fresh supplemental foods as applicable)	_____
3. Labor	_____
4. Equipment	_____
5. Transportation/Delivery – Labor	_____
6. Transportation/Delivery – Equipment	_____
7. Administrative expense	_____
8. Nutrition education (if included in contract)	_____
TOTAL (should equal 100%)	_____

ATTACHMENT E: LOCATION OF PRODUCTION FACILITIES



PROPOSER:	
OFFICE ADDRESS:	
PHONE:	
CONTACT:	

LIST OF PRODUCTION FACILITIES		*DATE OF MOST RECENT INSPECTION	GRADE
1.	Address:		
	Phone:		
	Manager:		
	Description, number and age of vehicles:		
<hr/>			
2.	Address:		
	Phone:		
	Manager:		
	Description, number and age of vehicles:		
<hr/>			
3.	Address:		
	Phone:		
	Manager:		
	Description, number and age of vehicles:		

*Copies of most recent sanitation inspection (and/or USDA/FDA certification, if applicable) for each production facility must be attached. If the most recent inspection was a follow-up inspection, the initial inspection that required the follow-up inspection must be provided.

ATTACHMENT G: MENU PLAN _____

CYCLE: _____ WEEK #: _____

Day	Monday	Tuesday	Wednesday	Thursday	Friday						
Month, Day											
Protein or Alternate											
Vegetable											
Fruit											
Grain											
Milk or alternate											
Dessert (optional)											
Beverage (optional)											
Analysis Weekly Avg.	Nutrient Analysis Daily Values [leave section below blank if utilizing meal pattern]										
Kcal	Pro%	Kcal	Pro%	Kcal	Pro%	Kcal	Pro%	Kcal	Pro%	Kcal	Pro%
Fat%	Carbs%	Fat%	Carbs%	Fat%	Carbs%	Fat%	Carbs%	Fat%	Carbs%	Fat%	Carbs%
Vit C (mg)	Carbs (gm)	Vit C (mg)	Carbs (gm)	Vit C (mg)	Carbs (gm)	Vit C (mg)	Carbs (gm)	Vit C (mg)	Carbs (gm)	Vit C (mg)	Carbs (gm)
Vit B12 (mg)	Na (mg)	Vit B12 (mg)	Na (mg)	Vit B12 (mg)	Na (mg)	Vit B12 (mg)	Na (mg)	Vit B12 (mg)	Na (mg)	Vit B12 (mg)	Na (mg)
Vit B6 (mg)	Vit A (µg)	Vit B6 (mg)	Vit A (µg)	Vit B6 (mg)	Vit A (µg)	Vit B6 (mg)	Vit A (µg)	Vit B6 (mg)	Vit A (µg)	Vit B6 (mg)	Vit A (µg)
Fiber (gm)	Ca (mg)	Fiber (gm)	Ca (mg)	Fiber (gm)	Ca (mg)	Fiber (gm)	Ca (mg)	Fiber (gm)	Ca (mg)	Fiber (gm)	Ca (mg)
	K (mg)		K (mg)		K (mg)		K (mg)		K (mg)		K (mg)

Prepared by: _____ Effective date: _____ to _____

I certify that these menus meet the nutrition requirements as specified in the SCDOA Meal Specifications for compliance with the DGA-1/3 DRIs.

Registered Dietitian Nutritionist

RDN License Number



ATTACHMENT H:
SOUTH CAROLINA MENU CHECKLIST
Computer Analysis

SCDOA Nutrient Requirements and Values for Analysis

For menus that are documented as meeting the nutrient requirements through nutrient analysis software, this form must be completed and signed by the Registered Dietitian.

Menu Cycle Name/Months/Year:

NUTRIENT	Daily Target Values (Represent 1/3 of daily DRI)	Compliance Values Averaged over 1 week	Weekly Average			
			Criteria Met <input checked="" type="checkbox"/>			
			Week 1	Week 2	Week 3	Week 4
Calories (Kcal)	>= 600 calories	625-850	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protein (% of meal calories)	>= 15% of total calories	> 15% of total calories	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fat (% of meal calories)	Less than (<) 35% of total calories	20-35% of total calories	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carbs (% of meal calories)	45-65% of total calories	45-65% of total calories	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fiber (gm)	>= 9 gm*	9 gm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin A (µg)	300 micrograms* or 1000 I.U.	300 micrograms or 1000 I.U.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin C (mg)	30 milligrams*	30 milligrams	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin B6 (mg)	0.57 milligrams*	0.57 milligrams	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin B12 (µg)	0.79 micrograms*	0.79 micrograms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Calcium (mg)	400 milligrams*	400 milligrams	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sodium (mg)	<= 1100 milligrams*	1100 milligrams	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potassium (mg)	1133 milligrams*	1133 milligrams	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*When adhering to DRI requirements, some target values may vary from the daily target value listed as long as the weekly Compliance Value Average is met. The Compliance Value Average is to allow for menu flexibility and client satisfaction. Please note that some nutrients such as calories and protein should meet Target Values daily. No individual meal should be less than 600 calories.

To increase menu variety, slight increases in the one-third (1/3) DRI minimums for fat and sodium may occur twice per menu cycle: sodium must not exceed 1400 milligrams and fat shall not exceed 35%.

Prepared by: _____

I certify that these menus meet the nutrition requirements as specified in the Meal Specifications and that the corresponding computer nutrient analysis indicates compliance with the *DGA-DRIs*.

Registered Dietitian Nutritionist

RDN License Number

**ATTACHMENT I:
SOUTH CAROLINA MENU CHECKLIST**
Meal Pattern



If nutrient software is not used, each meal will follow the meal pattern described in this section.

Instructions: A food item in one or more food group can only be classified once as meeting the requirement for a meal. For example: cottage cheese can be counted as a Milk/Milk alternative *or* a Lean Protein source, not both.

Nutrient-rich desserts that include fruit, whole grains, and low-fat milk can count toward meeting the appropriate food group required servings.

FOOD GROUP OR SUBGROUP	Meal Pattern Amount when 1 Older Adult Nutrition Program Meal is served per day	Criteria Met			
		☒			
		Week 1	Week 2	Week 3	Week 4
Vegetables	2 servings per meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dark-Green Vegetable	1 serving/week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red & Orange Vegetable	1 serving/week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beans, Peas, Lentils	1 serving/week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Starchy Vegetable	1 serving/week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other Vegetables	1 serving/week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruits	1 serving per meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grains	1-2 servings per meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whole Grains	2 servings/week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dairy and Alternates	1 serving/meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protein Foods	2-3 oz (equiv.) per meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Processed meat	Max. 1 serving/week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin A- good sources ♦	3 servings/week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin C- good sources ♦	3 servings/week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fresh Fruits/Vegetables	3 servings/week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dessert	Optional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beverage	Optional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Prepared by: _____

I certify that these menus meet the nutrition requirements as specified in the SCDOA Meal Specifications for compliance with the *DGA-1/3 DRIs*.

Registered Dietitian Nutritionist

RDN License Number

ATTACHMENT J - Dietary Guidelines for Americans 2020-2025

The Dietary Guidelines translates the nutrient quantitative requirements or limits – known as Dietary Reference Intakes (DRI) – into food and beverage recommendations. The information within this section provides the framework for healthy menu planning practices for the older adult nutrition program. Using nutrient analysis method for menu compliance supersedes the meal pattern method.

https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

Meal Pattern		
FOOD GROUP OR SUBGROUP	Amount when 1 Older Adult Nutrition Program Meal is served per day	Recommendations and Notes
Vegetables	2 servings per meal	A fruit serving may be substituted for a vegetable serving.
Dark-Green Vegetable	1 serving/week	A serving from each vegetable subgroup must be served at least once per week .
Red & Orange Vegetable	1 serving/week	
Beans, Peas, Lentils	1 serving/week	
Starchy Vegetable	1 serving/week	
Other Vegetables	1 serving/week	
Fruits	1 serving per meal	Serve fresh, canned, and dried more often than juice to increase fiber
Grains	1-2 servings per meal	Whole grains should be served at least twice per week .
Whole Grains	2 servings/week	
Dairy and Alternates	1 serving/meal	Products selected should be mostly fat-free and low-fat options.
Protein Foods	2-3 oz (equiv.) per meal	Lean protein sources should be emphasized. Beans and peas may be used as a protein source, but may not count as both a protein and a vegetable in the same meal. Processed meats (higher in fat and sodium) should be served a maximum of 1 time per week.
Processed meat	Max. 1 serving/week	
Vitamin A- good sources ♦	3 servings/week	Refer to Vegetable and Fruit categories on next pages for good sources of Vitamin A and C. A single fruit or vegetable may count as both a source of vitamin A and C for the week.
Vitamin C- good sources ♦	3 servings/week	
Fresh Fruits/Vegetables	3 servings/week	
Dessert	Optional	Should come from existing food groups such as fruit, grain, and milk groups
Beverage	Optional	Water, Tea, Coffee in addition to those listed in other food groups

USDA FoodData Central: <https://fdc.nal.usda.gov/>

Vegetables

Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Canned vegetables are usually high in sodium; low sodium varieties are available and are encouraged. *Fresh* vegetables (not canned or frozen) provide additional fiber.

Nutrients provided include potassium, dietary fiber, and vitamin A ◆ & C ◆, potassium, calcium, and B vitamins amongst others.

Vegetable Serving Sizes:

½ cup cooked, drained fresh, frozen, canned or raw

1 cup leafy raw vegetable (lettuce, spinach, etc.)

½ cup (4 oz) 100% tomato or vegetable juice (low sodium preferred)

Vegetables are organized into 5 subgroups based on their nutrient content: Dark-Green, Red & Orange, Beans, Peas and Lentils, Starchy, and Other.

Vegetable Subgroups	
<p style="text-align: center;">Dark-Green <i>Forms: Fresh - Frozen – Canned</i></p>	<p style="text-align: center;">Red & Orange <i>Forms: Fresh - Frozen - Canned</i></p>
<p>Bok Choy (cooked ◆) Mesclun</p> <p>Broccoli ◆ (cooked ◆) Mustard greens ◆</p> <p>Chard ◆ (cooked ◆)</p> <p>Collard greens ◆ Romaine lettuce ◆ ◆</p> <p>(cooked ◆) Spinach ◆ (cooked ◆)</p> <p>Escarole ◆ (cooked ◆) Turnip greens ◆</p> <p>Kale ◆ (cooked ◆) (cooked ◆)</p> <p style="padding-left: 150px;">Watercress ◆</p>	<p style="padding-left: 40px;">Acorn squash ◆ ◆</p> <p style="padding-left: 40px;">Butternut squash ◆ ◆</p> <p style="padding-left: 40px;">Carrots (raw or cooked ◆)</p> <p style="padding-left: 40px;">Carrots and Peas ◆</p> <p style="padding-left: 40px;">Pumpkin ◆ (cooked ◆)</p> <p style="padding-left: 40px;">Red ◆ or Orange Bell Pepper</p> <p style="padding-left: 40px;">Sweet potatoes ◆ ◆</p> <p style="padding-left: 40px;">Tomatoes ◆ ◆</p> <p style="padding-left: 40px;">100% Tomato Juice ◆ ◆</p>
<p style="text-align: center;">*Beans, Peas, Lentils <i>Forms: Cooked from dry – Canned</i></p>	<p style="text-align: center;">Starchy Vegetables <i>Forms: Fresh - Frozen - Canned</i></p>
<p>Black beans Baked Beans</p> <p>Black-eyed peas Navy beans</p> <p>Edamame Pigeon Peas</p> <p>Garbanzo beans Pinto beans</p> <p>(Chickpeas) Soy beans</p> <p>Kidney beans Split peas</p> <p>Lentils Tofu (bean curd made from</p> <p>Lima beans soybeans)</p> <p>(mature) *subgroup does not include</p> <p style="padding-left: 150px;">green beans or green peas</p>	<p style="padding-left: 40px;">Corn</p> <p style="padding-left: 40px;">Green peas ◆</p> <p style="padding-left: 40px;">Lima beans (green ◆)</p> <p style="padding-left: 40px;">Potatoes ◆</p> <p style="padding-left: 40px;">Rutabagas ◆</p> <p style="padding-left: 40px;">Yams</p>
<p>◆ Vitamin A sources, ◆ Vitamin C sources</p>	

Vegetable Subgroups	
Other	
Forms: Fresh - Frozen – Canned	
Artichokes Asparagus ♦ Avocado Beets Brussels sprouts ♦ Cabbage (green ♦, red ♦, napa, savoy) Cauliflower ♦ Celery Cucumbers Eggplant Green beans ♦ Green peppers ♦	Iceberg (head) lettuce Mushrooms Okra ♦ Onions (raw ♦) Parsnips Radicchio Snow Peas ♦ Summer Squash ♦ Turnip ♦ Wax beans Zucchini
♦ Vitamin A sources, ♦ Vitamin C sources	

Fruits

Meals should include a variety of fruits—whether fresh, frozen, canned, pureed or dried—rather than fruit juice for most of the fruit choices. When canned fruit is served, it must be in water or 100% juice—not light or heavy syrup. *Fresh* fruits (not canned or frozen) provide additional fiber.

Nutrients provided include potassium, dietary fiber, and vitamin A ♦ & C ♦

Fruit Serving Sizes:

½ cup of cooked, frozen or canned, drained fruit

1/2 cup (4 oz) of 100% fruit juice

¼ cup dried fruit

15 grapes

Medium piece of fresh fruit (banana, pear, orange, apple, etc.)

Fruits			
Forms: Fresh – Frozen – Canned – Dried			
Apple (raw ♦) Apricot ♦ Asian pear Banana ♦ Blackberries (raw ♦) Blueberries (raw ♦) Cantaloupe ♦ ♦ Cherries ♦ Citrus Juice ♦ Dates	Figs Fruit Juices (100%) Guava (raw ♦) Grapes Grapefruit ♦ Honeydew melon ♦ ♦ Kiwifruit ♦ Mandarin Oranges ♦ ♦ Mango ♦ ♦	Nectarine ♦ ♦ Orange ♦ Papaya ♦ ♦ Passion Fruit Peach (frozen & raw ♦) Pear ♦ Pineapple (fresh or canned ♦) Plantain Plum ♦ ♦	Prunes ♦ Raisins Raspberries ♦ Rhubarb Star fruit Strawberries ♦ Tangerine ♦ Watermelon ♦ ♦

♦ Vitamin A sources, ♦ Vitamin C sources

Grains

Grains are divided into two subgroups, whole grain and refined grains.

- **Whole grains** contain the entire grain kernel – the bran, germ and endosperm.
 - Provide a higher fiber and potassium content
- **Refined grains** have been milled, a process that removes the bran and germ.
 - **Enriched grains**- B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back in after processing. Fiber is not added back in.

Grain serving sizes:

1 slice (1 oz) of bread	3/4 cup (1 oz) of ready-to-eat-cereal
½ cup cooked rice	½ cup cooked cereal (grits, oatmeal)
1 biscuit (2 inch diameter)	½ cooked pasta (noodles, macaroni, spaghetti)
1 small muffin (2 oz)	½ bagel/English Muffin (1 oz)
Cornbread (2" cube)	1 tortilla, 6" diameter
½ large hotdog/hamburger bun (1 oz)	½ cup bread dressing/stuffing
4-6 Crackers (1 oz)– saltine type	2 pancakes, 4" diameter
	1 waffle, 7" diameter

NOTE: Limit use of breads that are relatively high in fat such as biscuits, muffins, cornbread, & dressings.

Grain Subgroups	
Whole Grains	Refined Grains
All whole-grain products and whole grains used as ingredients: amaranth, barley (not pearled), brown rice, buckwheat, bulgur, millet, oats, popcorn, quinoa, dark rye, triticale, whole-grain cornmeal, whole-wheat bread, whole grain multi-grain bread, whole-wheat chapati, whole-grain cereals and crackers, and wild rice.	All refined-grain products and refined grains used as ingredients: white breads, refined-grain cereals and crackers, corn grits, cream of rice, cream of wheat, barley (pearled), masa, pasta, and white rice. Refined-grain choices should be enriched .

Dairy or Alternates

What foods are included:

All fluid, dry, or evaporated milk, including lactose-free and lactose-reduced products and fortified soy beverages (soy milk), buttermilk, yogurt, kefir, frozen yogurt, dairy desserts, and cheeses. Most choices should be fat-free or low-fat. Cream, sour cream, and cream cheese are not included due to their low calcium content.

Nutrients provided include, calcium, vitamin A, vitamin D, and potassium amongst others.

Dairy/Alt. serving sizes:

- 1 cup (8 oz) milk
 - skim, 1%, low-fat chocolate or buttermilk (higher in sodium), lactose-reduced, lactose-free, calcium fortified soy/rice/almond milk (fat free or 1%/flavored)
- ½ cup (4 oz) evaporated milk
- 1 cup (8 oz) yogurt- fruited or non (a 4-6 oz container represents as ½ - ¾ of a serving)
- 1/3 cup non-fat dry milk powder
- ½ cup calcium processed tofu
- 1 ½ ounces hard cheese (cheddar, mozzarella, Swiss, parmesan)
- 1/3 cup cheddar cheese
- 2 ounces processed cheese (American)- higher in sodium
- ½ cup ricotta cheese- higher in sodium
- 1 cup pudding made with milk- higher in sugar

Note: Most dairy choices should be fat-free or low-fat (use skim or 1% milk).

Protein

All foods made from meat, poultry, fish, dry beans and peas, eggs, processed soy products, nuts, and seeds are considered part of this group. Dry beans and peas are also part of the vegetable group. If being used in the protein category of the meal pattern, it may not count as a vegetable in the same meal.

Ounce equivalents:

- 1 ounce of meat, poultry or fish (excluding breading, bones) ¼ cup cooked dry beans or peas
- 1 egg 2 Tbsp peanut butter
- ½ ounce of nuts or seeds ¼ cup tuna
- ¼ cup of tofu ¼ cup roasted soybeans
- 2 Tbsp hummus

Note: Breading does not count towards meeting the serving requirement (nor the grain).

Protein Subgroups		
Meat, Poultry, Eggs	Seafood	Nuts, Seeds, Soy Products
<p>Common meat selections include beef, liver and pork. Poultry includes chicken and turkey. Eggs include chicken eggs and other birds’ eggs. Meats and poultry should be lean or low-fat.</p> <hr/> <p>Processed meats (high in sodium and saturated fat) may be served a maximum of 1 x’s weekly:</p> <ul style="list-style-type: none"> Bologna Canned, pressed luncheon meat Corndogs Hot dogs Pepperoni Polish Sausage 	<p>Common seafood include sea bass, catfish, cod, flounder, haddock, hake, pollock, salmon, sardine, sole, tilapia, light tuna, and whiting.</p>	<p>Nuts and seeds include all nuts (tree nuts and peanuts), nut butters, seeds (e.g., chia, flax, pumpkin, sesame, and sunflower), and seed butters (e.g., sesame or tahini and sunflower). Soy includes tofu, tempeh, and products made from soy flour, soy protein isolate, and soy concentrate. Nuts should be unsalted.</p>

Sodium

The Dietary Guidelines recommends moderate sodium (e.g. salt) intake, and therefore the SCDOA Menu Policies have established target sodium content per meal, maximum values per menu cycle as well as weekly averages. To assist in determining if food products meet the sodium limits, please refer to chart below, and review the Protein Foods section. Foods should be flavored with herbs and spices instead of salt.

Food and Drug Administration Regulations for Low Sodium Labeling Terminology

Terms	Sodium Amount
“Sodium Free”	Less than 5 milligrams per serving
“Very low sodium”	35 milligrams or less per serving
“Low sodium”	140 milligrams or less per serving
“Reduced Sodium”	Usual sodium level is reduced by 25%
“Unsalted, no-salt-added, without added salt”	or Made without the salt that is normally used, but contains the sodium that is a natural part of the food itself.

Oils

Oils are important to consider as part of a healthy dietary pattern as they provide essential fatty acids. Acceptable oil use for food preparation includes canola, corn, olive, peanut, safflower, soybean, and sunflower oils. Oils also are naturally present in nuts, seeds, seafood, olives, and avocados. Meals preparation should avoid the use of butter, shortening, lard, coconut oil, palm kernel oil, and palm oil (contain a higher percentage of saturated fat than do other oils).

1 serving is equivalent to:

- | | |
|---|------------------------------|
| 1 Tablespoon vegetable oil or margarine | ½ medium avocado |
| 1 Tablespoon mayonnaise | 1 oz (1/4 cup) nuts or seeds |
| 2 Tablespoons low-sodium salad dressing | |
| 2 Tablespoons peanut butter | |

Condiments

Encourage herbal seasonings, lemon, and vinegar to provide flavor without sodium. Limit foods high in sodium.

Condiments include items on the side like salad dressing, ketchup, mustard, relish packets, etc. If part of the planned meal, these items should be included in the meal pattern or nutrient analysis.

Desserts

Recommend fruit for dessert to decrease added sugar consumption. Nutrient-rich desserts that contain fruit, whole grains, and low-fat milk products are encouraged.