

Community SEL Reflection 1.3

I completed competency 1.3 at two sites, Lockport and Bolingbrook Illinois. I was assigned to work at the Lockport site on 4/23/25 and 4/24/25 to help run the site but also do food safety checks throughout the C2 meals. This site used to do café meals but now they just do deliveries and pick-ups. When I first got to the site, I went over their SOP and their delivery times for the caterer delivery times and the route deliveries. Before I received any food, I checked the temperature of the fridge, freezer and the meal holder. After checking all the temperatures, they all fell within the regulation and from there I told the caterer that I could accept the meals. I calibrated the food thermometer before I checked the temperature of both hot and cold meals to ensure they were within the temperature range of food safety. Then I checked one sample from the hot and cold and filed the paperwork in the appropriate folder for the site manger to have on file but then I placed the frozen and cold meals in the appropriate areas using the first in last out method to prevent spoilage and had to rearrange the fridge and freezer to ensure the site was in compliance of this food safe practice.

Before I ran this site, I observed an Age Guide mock inspection on 4/22/2025. Age Guide is the agency who regulates Meals on Wheels on a regular basis to ensure they are following proper SOPs and their guidelines. While observing this inspection, I learned the guidelines that meals on Wheels must abide by and was given a spreadsheet of the typical check list used during this inspection. They informed me that they do checks annually at each site for not only food safety but the guidelines they have to report to the proper agency. I observed this inspection because during my next SEL, which is the food SEL, I plan on running my own mock inspection using the same checklist to understand how dietitians do this side of the job and gain more

understanding into food safety and the regulations that are involved in meal deliveries and café operations.

The last portion of how I met competency 1.3 was during my food waste audit at the Bolingbrook site on 5/6/25. You can find the entire report under my eportfolio and the presentation of why, how and what I did during this audit. However, for a brief overview, I set up a food weighing station to get the weight of all the food and the containers. Then after the C1 service was concluded, I measured all the food that was discarded and leftover. From here I then weighed how much food was fully discarded to understand how much food was wasted during a typical C1 meal. During this entire process, I observed the food handling, disposal and storage of all the food to make sure it aligned with proper food safety procedures. I also interviewed the clients to better understand the site, service and how the day to day operations are ran from there perspective. After I did the same with the employees and site manager to note any discrepancies in food safety or any general concerns with the site.