🍳 Portion Control in the Kitchen

(Beyond the Plate!)

At Home Again, portion control isn't just about how much food goes on a plate — it's also about how much food is **prepared, stored, and used** each day. Proper portion control helps reduce waste, stay within budget, and ensure meals are fresh and safe for residents.

🥘 Cook Only What's Needed

- Use the daily census to guide how much to cook.
- Avoid "extra" pans or side dishes unless directed by management.
- Leftovers should be limited — not saved "just in case."

🚫 No Leftovers for Staff

- Home Again policy states that **facility food is for residents only.**
- Staff may **not eat or take home leftover food** from meals or events.
- Exceptions are limited to approved occasions (e.g., holidays, staff events).

📉 Why It Matters

- 🍴 Reduces food waste
- 💵 Keeps kitchen budgets on track
- 🧊 Maintains food freshness and safety
- 🤝 Promotes fairness and professionalism

🧾 If You Notice Food Waste

- Track how much food is being thrown away.
- Communicate patterns (like frequent leftovers) to management.
- Work with your team to adjust portion sizes for future meal prep.

💬 Remember

You play a key role in managing resources! Portion control helps ensure residents get fresh, nutritious meals while keeping our kitchens efficient and compliant with Home Again policy.