**Section 390.1870 Scheduling Meals**

a) A minimum of three meals or their equivalent shall be served daily at regular times with no more than a 14 hour span between a substantial evening meal and breakfast. (B)

b) Snacks of nourishing quality shall be offered between meals when there is a time span of four or more hours between the ending of one meal and the serving of the next. (B) Snacks of nourishing quality shall be offered at bedtime when there is a time span of two or more hours between the ending of the last meal and bedtime. (B)

c) If a resident refuses food served, reasonable and nutritionally appropriate substitutions shall be served. (B)

(Source: Amended at 13 Ill. Reg. 6301, effective April 17, 1989)