

**CAROLINAS MEDICAL CENTER  
GRADUATE MEDICAL EDUCATION  
MEAL ALLOWANCE POLICY**

*Created: 11/4/11*

*Reviewed: 6/12, 1/19*

*Revised: 11/12, 1/19*

**PURPOSE**

To define the policy by which meals are provided to all residents and fellows (*hereafter all will be referred to as trainees.*) Allowance should be used for the individual trainee's meals only.

**SCOPE**

Applies to GME trainees under the sponsorship of Carolinas Medical Center Graduate Medical Education.

**PROVISIONS**

A standard meal allowance will be credited to each trainee via GEMPay by the Corporate Residency Coordinator or designee on the first day of each quarter (July, October, January, April).

The allowance amount will vary by level of trainee and program based on the clinical schedule. The specific meal allowance will be determined by the Program Director and approved by Chair and GME administration, based on the typical clinical and educational work hours and call schedules of their trainees.

When dining in the GEMPay participating locations, trainees will present their ID badge to the cashier for payment. After the quarterly meal allowance has been spent, trainees are responsible for payment of their own food. It is the responsibility of the trainee to budget their meal allowance based on the meal points provided each quarter. Additional meal points may be added for exceptional circumstances (i.e. rotation or on-call changes) per the Program Directors approval only. Each trainee will be limited to spending a maximum amount of \$40 per day. Meal allowances do not carry over into the next quarter.

Current GEMPay participating locations include: Dot's Café, CMC Main Cafeteria, Levine's Children's Hospital X-Ray Café, Carolina's Rehabilitation Hospital Cafeteria, CMC Pineville Cafeteria, CMC Mercy Cafeteria, CMC Lincoln Cafeteria, Behavioral Health Cafeteria, and LCI Caribou Coffee.



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ACGME Designated Institutional Official  
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1/22/2019

Date



Christopher Bowe  
Interim President, Carolinas Medical Center  
COO and Vice President of Operations, Central Division

1-25-19

Date

**CAROLINAS MEDICAL CENTER  
GRADUATE MEDICAL EDUCATION  
MEAL ALLOWANCE ~ GUIDANCE AROUND EXPENDITURES  
ATTACHMENT I**

*Created: 11/18*

For general guidance, meal points may be allotted to cover weekday midday lunches (unless lunch is already routinely provided through the Department budget elsewhere) and/or evening dinner if the resident is working an evening shift or an extended day/call. Inclusion of allotments for breakfast may be considered if the resident spends the night in the hospital and is routinely expected to remain for the morning. Weekend 'in-hospital' assignments should also be considered.

An average meal cost for a full lunch at CMC is between \$9.00 and \$12.00 depending on the type food ordered.

When extraordinary circumstances (**significant, prolonged** change in rotation/call schedule) necessitate additional meal points being added to a trainee's total after the quarter begins, the request for increase should be submitted with documentation of the Program Director's awareness and approval of the request.

As a reminder, variances go to the department budget.