

Once Food Arrives at the Hospital

All items are to be wiped down with disinfectant wipes and labeled as indicated. Perishable items are to be stored in the pantry fridge.

Wrapped, non-perishable foods such as biscuits, chocolates, crackers, etc. can be stored at room temperature. Items past the expiry date will be put in the garbage.

Home prepared foods need to be eaten within 3 days of being prepared to reduce the risk of foodborne illness. Food may only be re-heated once.

Food requiring heating will be reheated in the unit microwave to an internal temperature of at least 165° F/74°C (steaming hot) after stirring, and tested using a food grade thermometer. Heated food will sit for 2-3 minutes before providing to the patient.



Lakeridge Health cannot accept responsibility for the safety of food prepared outside of the hospital and provided to patients

For more information about policies, food preparation, handling and transport, please speak to your nurse or a member of your health care team.



www.lakeridgehealth.on.ca
July 2020



**Lakeridge
Health**

A Guide to Bringing in Home Prepared Food for Patients

Information for patients and families

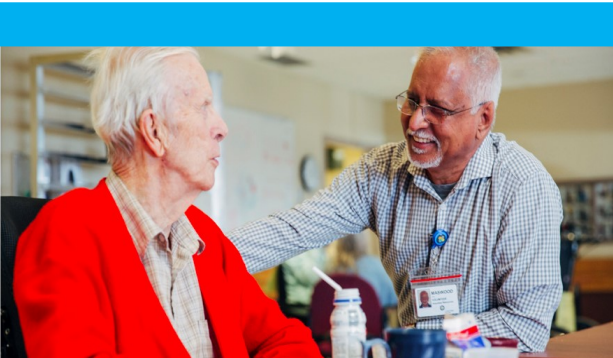


Introduction

Lakeridge Health's Food and Nutrition Services staff carefully prepare patient food to meet the nutritional needs of the patients. In special cases, families, friends and/or partners in care may need to bring home prepared or commercially packaged food in for patients. Some food may present a risk to the patient. It is important that food brought into the hospital does not:

- Increase the risk of food poisoning
- Conflict with special diet considerations (e.g. allergies, diabetes)
- Increase the risk of choking hazard (e.g. swallowing difficulties)

To understand if the food you are bringing in is safe, please check with the unit healthcare team



Safe Food Practices

To avoid food poisoning, food must be transported, stored, prepared and served carefully as patients are at higher risk due to their weakened immune system.

Food should not spend more than **2 hours in total** at room temperature during shopping, transportation, storage, preparation and serving.

Keep raw meat, poultry, seafood, and eggs away from cooked and ready-to-eat foods.

Do not leave high risk foods, such as meat, poultry, fish, shellfish sandwich fillings, out of refrigerator for more than 30 minutes.

Food Preparation Guidelines

Always wash hands, food, counters and cooking tools before and after preparing and serving food.

Always thaw food in the fridge. Food thawed in a microwave needs to be cooked immediately after. Never thaw food by leaving it on the counter.

Cook to minimum temperature of 165F/74C, a whole bird to 185F/85C.

To cool food quickly, put into individual containers and refrigerate within 1 hour.



Bringing Food to the Hospital

Please let the unit staff know about any food you bring. All food will need to be labeled with the following information:

- Patient's name
- Food item
- Date and time food was prepared

All perishable food should be brought in as 'one serving size', in microwavable and in disposable containers.

It is best to bring cooled food in to the hospital. Use a cold pack for transport. All food brought into the hospital is to immediately be stored in the patient pantry fridge.

If hot foods are brought in, is to be eaten as soon as it arrives, no more than 1 hour from when prepared.

Please refer to Lakeridge Health website under Staying with Us for detailed guidelines: