

This brochure explains what food can and cannot be brought into Boort District Health, Acute and Residential Aged Care facilities by patients, residents, staff and visitors.

It has been written to help prevent food poisoning and for patients and residents to comply with food safety regulations.

For further information about food preparation, handling and transport, please speak to your nurse, who will refer your request onto the Hospital Food Safety supervisor.

MORE INFORMATION

Food Safety Supervisor
Boort District Health
Food Services Department
Ph: (03) 5451 5200

The Victorian Department of Human Services
Website:
www.betterhealth.vic.gov.au

Food Safety Victoria Website:
www.foodsafety.vic.gov.au

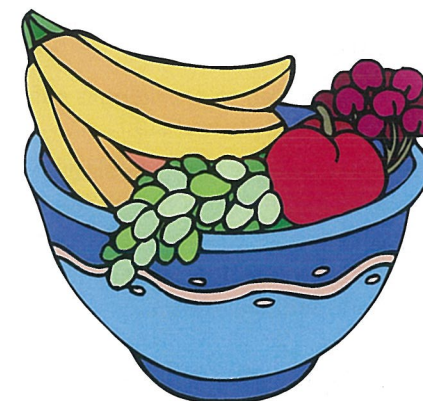
Boort District Health

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Can I Bring Food for Patients & Residents?



**Information for Carers
and Visitors & Patients**



Can I bring food for patients and residents?

Yes, as long as the food is safe.

Families and friends sometimes bring in food as a treat for patients or to supplement the existing menu. Please speak to the nurse if you have any concerns about the patient or resident's diet, cultural or religious requirements or nutritional needs.

There can be a risk of food poisoning when food is not properly prepared, transported or stored. This can have serious consequences for the patient.

Why does Boort District Health (BDH) have to be so strict?

BDH is committed to providing a safe environment for patients, visitors and staff.

BDH must comply with Australian Food Safety Standards and the Victorian Food Act 1984.

All BDH facilities are regularly reviewed to make certain the organisation complies with these laws, regulations and standards.

What food is safe to bring in for patients and residents?

- Dry biscuits e.g. Salada, Savoury, rice crackers, water crackers.
- Sweet biscuits e.g. Scotch Finger, Butternut Snaps, Granita, fruit biscuits
- Fresh or dried fruit

- Bread, bread sticks, bagels
- Muffins, cakes, scones, pikelets (no cream)
- Chocolates, boiled lollies, liquorice, mints
- Muesli bars
- Pretzels, potato chips

What food is potentially unsafe to bring in for patients and residents?

- Any food that can spoil if not refrigerated
- Raw meat
- Cooked Meat
- Poultry
- Fish, shell fish, oysters
- Rice and pasta dishes
- Soft Cheeses, deli meats, pates
- Salads and other items containing dairy products or creamy dressings e.g. coleslaw, potato salad
- Sweet dishes containing custard or cream
- Casseroles, soups and sauces
- Sandwiches with potentially hazardous food fillings (meat, fish, poultry, cheese)

If you are unsure about what food is safe or, wish to bring in any of the items above, please talk to a member of the health care team in the unit or contact the Food Services Department.

What is Food Poisoning?

Food poisoning is a condition that can have serious and unpleasant effects. It is caused by eating food that contains harmful levels of disease-causing bacteria or toxins

Food can become dangerous if it is not handled safely during:

- Preparation
- Cooking
- Storage
- Transport and /or serving

The symptoms of food poisoning vary, but usually include one or more of the following:

- Nausea
- Stomach cramps
- Diarrhoea
- Fever and headaches

Food poisoning can be very serious for patients recovering from illness or an operation as BDH has strict guidelines about what food can and cannot be brought into our facilities.

The lists of "Safe and Unsafe" foods are about preventing food poisoning only. The lists do not reflect that many people must follow a specific diet because of their medical condition. Please talk to the unit dietician for further information.

Other Guidelines:

BDH cannot accept responsibility for food prepared externally that is given to patients and residents by relatives and visitors. However, storage and reheating facilities are available and patients and visitors are welcomed to use these for safe food.

Please let the staff know about any food you bring. The staff will ensure that all food is labelled with the following information:

- Patients name and room number
- Date the food was prepared
- Date the food was brought into BDH

Any potentially dangerous food that has been refrigerated for more than 24 hours will be discarded each morning around 9am. This will minimise the risk of food poisoning.