

- ✓ Refrigerate or freeze leftover foods within 1 hour. Store in shallow covered containers.
- ✓ Keep food at the correct temperature: chilled food at 5°C or colder and hot food at 60°C or hotter.

Cooking

- ✓ Ensure all food is cooked and reheated thoroughly to steaming (75°C) or boiling. This is especially important for foods of animal origin, including eggs.
- ✓ Be sure to cook meat, poultry, eggs, and seafood thoroughly.

Interpreter services

If you have any English language difficulties, ask staff to book an interpreter for your appointments. You can also contact us directly from home, by using the Telephone Interpreter Service on 131450 – name the language you speak, provide the telephone number and the name of the person you want to speak to and wait on the phone to be connected. Interpreter services are provided free of charge to you. This information may be available in other languages. Ask staff to check availability in your preferred language.

For Further Information

Please direct all enquiries to nursing staff who will contact the Infection Control Departments at each Eastern Health site for more information

Protecting your privacy

Eastern Health is committed to protecting your privacy. We will keep your personal information secure and will disclose information about you only when required by law. We comply with relevant information and privacy legislation. If you would like more information, please ask a staff member or visit our Web site www.easternhealth.org.au

Eastern Health is accredited by the Australian Council on Healthcare Standards.



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FOOD SAFETY

GUIDELINES FOR BRINGING FOOD FOR PATIENT CONSUMPTION

Eastern Health does not accept responsibility for food that is prepared outside of Eastern Health facilities and provided for patients by relatives and visitors. This includes crockery and cutlery that accompanies food.

FOOD SAFETY – Guidelines for bringing food for patient consumption

Eastern Health adheres to strict food safety standards and menus are designed to offer patients a healthy range of hot and cold food and drinks. **Foods suitable for people from diverse cultural backgrounds and with special dietary needs are available.**

If you choose to bring in food, it is important to follow the food safety guidelines in this brochure. Additional precautions need to be taken by Oncology patients who have low neutrophil counts. This should be discussed with the Oncology dietitian.

Food Brought into Eastern Health

Nursing staff must be notified of any food brought in for patient consumption to ensure that it meets the patient's needs. Food that does not meet patient's needs will be discarded.

- All food must be transported safely and protected from contamination –chilled foods should be transported in an insulated container. Hot foods must be kept hot.
- Any food which is not going to be consumed immediately must be covered, labelled with patient name, date and time food was prepared, date and time food was brought into the hospital, and all perishable foods refrigerated immediately.
- All perishable food that is stored in the refrigerator and is not consumed within 24 hours of being brought into the Hospital will be discarded.
- Food is to be reheated in the microwave ovens provided until piping hot. Heating directions are available
- NEVER reheat food that has been reheated previously.
- **Please do not share food with other patients.**

Foods To Avoid

To reduce the risk of food-related infection, please do not bring in:

- ✗ Ready-to-eat seafood such as smoked fish, smoked mussels, oysters and raw seafood.
- ✗ Pre-prepared or stored salads and fruit salad.
- ✗ Pre-cooked cold meat products such as paté, deli meats and cooked diced chicken
- ✗ Soft cheeses such as brie, camembert, ricotta and fetta, (although these are safe if cooked and served hot).
- ✗ Unpasteurised milk or dairy products.
- ✗ Uncooked meat, poultry, seafood and anything with raw eggs
- ✗ Undercooked eggs. Eggs should be cooked until both white and yolk are firm
- ✗ Cold smoked or pickled fish
- ✗ Raw tofu or tempeh
- ✗ Unwashed vegetables and fruit, unpasteurised fruit and vegetable juices
- ✗ Raw, uncooked sprouts (alfalfa, mung bean, others) or raw grains
- ✗ Unroasted or uncooked, raw nuts and seeds
- ✗ Cream-filled pastries, cakes, and cream puffs
- ✗ Raw honey or honey comb
- ✗ Uncooked brewers yeast
- ✗ Sun dried tomato

General Food Safety

To minimize the risk of food-related infections, use the following guidelines:

Food Handling

- ✓ When you shop, keep raw meat, poultry, and seafood separate from all other foods.
- ✓ Store raw meat, poultry, and seafood at the bottom of the fridge to minimize the likelihood of drips onto other foods.
- ✓ Wash your hands carefully before and after handling any food. Be sure to wash especially, after handling raw meat, poultry, eggs, and seafood.
- ✓ When washing your hands, wash for a minimum of 20 seconds using plenty of soap and warm water. Rinse hands thoroughly, and dry with a clean, dry towel.
- ✓ Always use a clean cutting board. Wash cutting boards, dishes, and counter tops with hot, soapy water after preparing each food item and before you go on to the next item.
- ✓ If possible, use one cutting board for fruit, vegetables, or other ready-to-eat foods and a separate cutting board for meat, poultry, or seafood.
- ✓ Never place cooked food back on the same plate or cutting board that previously held raw food.
- ✓ Always marinate food in the refrigerator, not on the bench top. Sauce that is used to marinate raw meat, poultry, or seafood should not be used on cooked foods.