

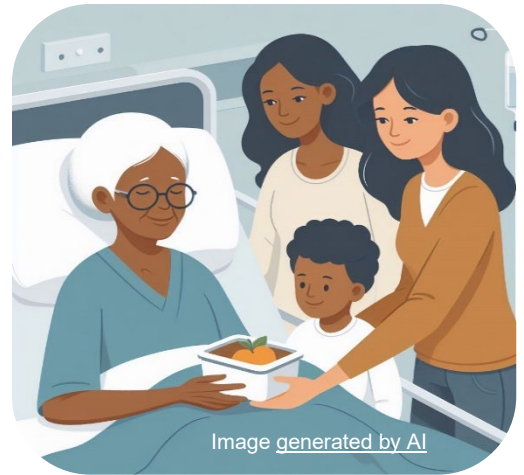
Bringing Food from Home

Information for patients, residents, and family

Familiar foods from home or the community can help patients or residents find comfort, connection, and pleasure while they are away from home.

You and your loved ones are welcome to bring in food from home to support healing and recovery. Food from home can complement meals and snacks provided in hospital.

We all share space within Alberta Health Services. It is important to be respectful of the needs of those around you.



Follow these tips



Speak with your healthcare providers

Some food and drinks that may affect the patient's medical care.

- Surgeries or tests where the patient can't eat or drink.
- Medications that certain food or drinks may interfere with.



Handle with care

- Prepare food when you are feeling well. Wash your hands thoroughly.
- Put foods in clean containers.
- Put the patient's first and last name and the date in which the food is prepared on the container.
- Some foods are higher risk for food-borne illness. Do not bring raw meats or fish, deli meats, unpasteurized honey, or dairy products.



Keep it at a safe temperature

- Transport cold or chilled foods with ice packs.
- Check with your care team to see if patient fridges and microwaves are available to keep foods safe.
- Reheat foods in the microwave until they are hot. Use a cover or lid.
- Remove leftover food before expiry and when patient is discharged.
- Discard perishable foods like casseroles and salads left at room temperature after 2 hours.

Note: Due to food regulations, Nutrition & Food Services staff are unable to help with handling (storing, heating, serving) food brought in for patients.

Questions? Email nfsfeedback@ahs.ca or ask your healthcare provider.



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