

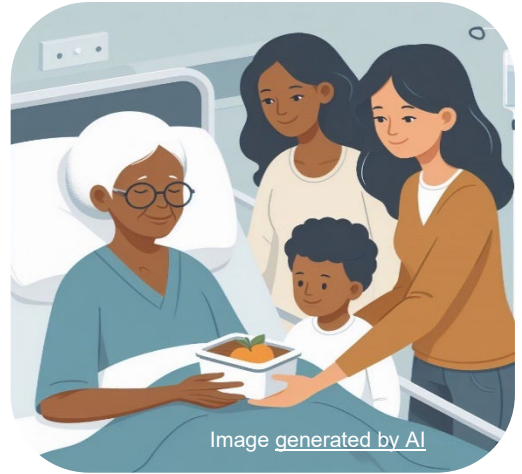
# Bringing Food from Home

## 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 those around you.



### Follow these tips



#### Speak with your healthcare providers

- Some food and drinks 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.
- Check if patient fridges and microwaves are available to plan what to bring.



#### Handle with care

- Prepare food at home when you are feeling well. Wash your hands thoroughly.
- Storage space is limited. Bring in small amounts if possible.
- Put foods in clean, single-serving containers. Label with the patient's first and last name and the preparation date.
- Some foods are higher risk for food-borne illness. Do not bring raw meats or fish, deli meats, or unpasteurized honey/dairy products.



#### Keep it at a safe temperature

- Transport cold foods with ice packs.
- If storing in fridge, remove food before expiry and when patient is discharged.
- Reheat foods in the microwave until they are hot. Use a cover or lid.
- Discard perishable foods like entrees and salads left at room temperature after 2 hours.
- Discard leftover perishable food. Do not put food from patient rooms back in shared fridges.

**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](mailto:nfsfeedback@ahs.ca) or ask your healthcare provider.

