Food from Home for Patients & Residents

Information for staff

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In Alberta Health Services facilities, visitors are welcome to bring in food for their loved ones. Food from home can complement meals and snacks provided in hospital.

Food is more than nutrition. Food can represent a person's relationships, stories, teachings, values, connections to the land, traditions, history, skills, knowledge, language, culture, memories, and spirituality.

Food from home can help patients and residents find comfort, connection, and pleasure. It can help them eat more at meals & snacks. It helps with recovery and healing.

We can all help patients, residents, and their visitors feel supported. Check with your manager for unit or area specific considerations.

How you can help

- Let visitors know they can bring in food for their loved ones.
- Make them aware of any diet order, medication, and upcoming tests that may affect the foods and drink the patient can have.
- Let visitors know whether fridges and microwaves are available to help them plan what to bring and where it might be stored safely.
- Share a copy of the handout, "Bringing Food from Home," with patients, residents, and their families.
- Let visitors know if there are areas in the facility where they can eat together with the patient or resident.

Note: Due to food regulations, Nutrition & Food Services staff cannot handle (store, heat, serve) food brought in for patients.

Questions? Email nfsfeedback@ahs.ca

Developed by Nutrition & Food Services, Indigenous Wellness Core, and Safe Healthy Environments.