

# Food from Home for Patients & Residents

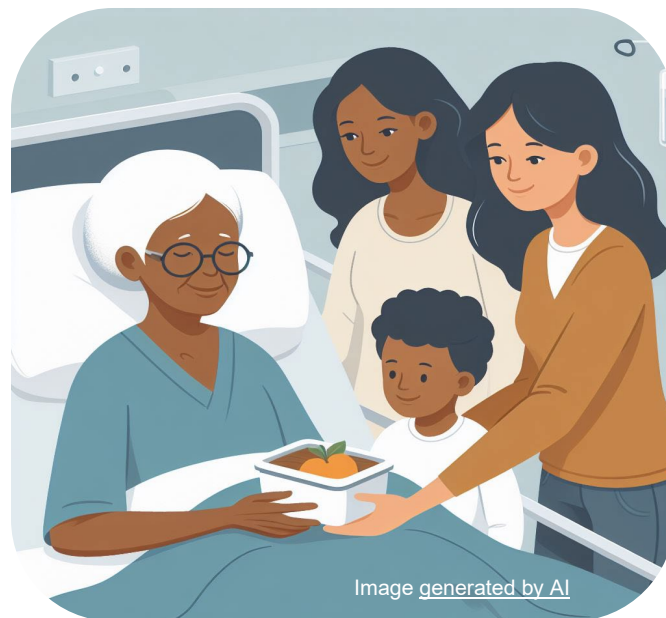
## Information for staff

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

- Share a copy of the handout, "[Bringing Food from Home](#)," with patients and their visitors.
- 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. Medication fridges cannot be used to store food.
- Remind patients and visitors not to return leftover food from patient rooms to shared fridges.
- 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](mailto:nfsfeedback@ahs.ca)

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