
This brochure explains what food can and cannot be brought into Neerim District Health Service—Tarago Views and Hospital.

It has been written to help prevent food poisoning and for patients and residents to comply with food safety regulations.

For further information about food preparation, handling and transport, please speak to your nurse, who will refer your request onto the Food Safety supervisor.

MORE INFORMATION

Food Safety Supervisor
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Victorian Department of Human Services.
Website: www.betterhealth.vic.gov.au

Food Safety Victoria
Website: www.foodsafety.voc.gov.au



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Can I Bring Food For Patients & Residents?



INFORMATION FOR CARERS & VISITORS

Yes, you can bring food for residents and patients, as long as the food is safe.

Families and friends sometimes bring in food as a treat for patients or to supplement the existing menu. Please speak to the nurse if you have any concerns about the patient or residents's diet, cultural or religious requirements or nutritional needs.

There can be a risk of food poisoning when food is not properly prepared, transported or stored. This can have serious consequence for the patient.

Why does Neerim District Health Service have to be so strict?

NDHS is committed to providing a safe environment for patients, visitors and staff.

NDHS must comply with Australian Food Safety Standards and the Victorian Food Act 1984.

All NDHS facilities are regularly reviewed to make certain the organisation complies with these laws, regulations and standards.

What food is safe to bring in for patients and residents?

- Dry biscuits eg. Salada, Savoy, rice crackers, water crackers.
- Sweet biscuits eg. Scotch Finger, Butternut Snaps, Granita, fruit biscuits.
- Pretzels, potato chips.
- Muesli bars
- Fresh or dried fruit
- Bread, bread sticks, bagels
- Muffins, cakes, scones, picklets (no cream)
- Chocolates, boiled lollies, liquorice, mints

What food is potentially unsafe to bring in for patients and residents?

- Any food that can spoil if not refrigerated.
- Raw meat
- Cooked meat
- Poultry
- Fish, shellfish, oysters
- Rice and pasta dishes
- Soft Cheeses, deli meats, pâtés
- Salads and other items containing dairy products or creamy dressings eg. coleslaw, potato salad.
- Sweet dishes containing custard or cream.
- Casseroles, soups and sauces.
- Sandwiches with potentially hazardous food fillings (meat, fish, poultry, cheese)

If you are unsure about what food is safe or, wish to bring in any of the above, please talk to a member of the health care team in the unit or contact the Hotel Services Dept.

What is Food Poisoning?

Food Poisoning is a condition that can have serious and unpleasant effect. It is caused by eating food that contains harmful levels of disease—causing bacteria or toxins.

- * Food can become dangerous if it is not
- * Handled safely during:
- * Preparation
- * Cooking
- * Storage
- * Transport and/or Serving

The symptoms of food poisoning vary, but usually include one or more of the following:-

- * Nausea
- * Stomach Cramps
- * Diarrhoea
- * Fever and headaches

Food Poisoning can be very serious for patients recovering from illness or an operation so NDHS has strict guidelines about what food can and cannot be brought into our facilities.

The lists of "Safe and Unsafe" foods are about preventing food poisoning only. The lists do not reflect that many people must follow a specific diet because of their medical condition. Please talk to the unit dietician for further information.

Other Guidelines:

NDHS cannot accept responsibility for food prepared externally that is given to patients and residents by relatives and visitors. However, storage and reheating facilities are available and patients and visitors are welcome to use these for safe food.

Please let the staff know about any food you bring. The staff will ensure that all food is labelled with the following information:-

- Patient's name and room number
- Date the food was prepared
- Date the food was brought into NDHS.

Any potentially dangerous food that has been refrigerated for more than 24 hours will be discarded each morning around 9 am. This will minimise the risk of food poisoning.

