

MAHC created this brochure to:

- help prevent food poisoning
- help patients and visitors follow best practice food regulations

For more information about policies, food preparation, handling and transport, please speak to your nurse or Dietitian.

Food & Nutrition Services staff offer prepared meals for visitors at a cost of \$5 per meal. Festive meals are also available during specific holidays for \$10 per meal. Meals may be ordered with one hour's notice and paid for through the Dietary Aide or using the contact numbers below. Meals are delivered to the visitor(s) in the patient's room at standard patient meal service time: Breakfast at 8 a.m.; Lunch at 12 p.m.; Dinner at 5 p.m.

South Muskoka Memorial Hospital Site
75 Ann Street
Bracebridge, ON
P1L 2E4
(705) 645-4404 ext. 3141

Huntsville District Memorial Hospital Site
100 Frank Miller Drive
Huntsville, ON
P1H 1H7
(705) 789-2311 ext. 2211

www.mahc.ca

Your Guide to Bringing in Food and Beverages for Hospital Patients



Information for Patients and Visitors

Food and Nutrition Services staff carefully prepare patient meals daily. Sometimes families and friends also wish to bring in food for patients. We support this and want to ensure that all food served to patients is safe.

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

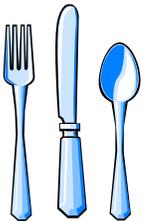
Guidelines:

Please let the nursing or dietary staff know about any food you bring. All food will be stored in the patient fridge with the following information:

- Patient's name
- Food item
- Date prepared

All food should be brought in as 'one serving size', microwavable and in disposable containers.

All food brought into the unit should go immediately into the patient fridge. (Exception applies to hot foods brought for immediate consumption). Once food has entered the patient's room, any leftovers must be thrown out.



Muskoka Algonquin Healthcare does not accept responsibility for any illness or injury caused by any food brought into the hospital by patients or visitors.

What is Food Poisoning?

Food poisoning is caused by eating foods that have dangerous levels of bacteria or toxins. This can occur if food is not handled safely during:

- Preparation
- Cooking
- Storage
- Transport
- Serving



Safe Food Handling Tips:

- Always wash hands for at least 15 seconds before and after handling food
- Make sure juice from raw meat doesn't touch other foods
- Hot food should be kept at 60° C (140° F) or warmer
- Transport hot foods in an insulated thermal container and keep closed until serving
- Cold food should be kept at 4° C (40° F) or colder
- Always use ice packs and a cooler when transporting cold foods
- Always refrigerate perishable food within 2 hours
- Discard any food left out at room temperature for more than 2 hours
- Reheat leftovers to 74°C (165° F)
- Use leftovers within 3 days

