

FOOD SAFETY ADVICE NOTE

Introduction

High standards of food hygiene are vital whenever food is handled in order to ensure food is safe and wholesome to eat. All food provided during your stay in hospital has been bought, stored, prepared and served by staff with specific food safety training. Food is checked at all stages of production to ensure it is safe and wholesome to eat.

Food Safety and You

Should you wish to eat other foods in addition to those provided by the Patient Catering the following guidance has been produced for your information:

- Please be aware that high-risk temperature sensitive foods (including meat, poultry, fish, rice and dairy based food items) are commonly associated with food borne illness unless preparation, storage and temperature control is well managed. It is therefore encouraged that such foods are not brought into the Hospital, other than if supplied by Patient Catering. If, however, such foods are brought-in, in the interest of keeping the food safe, it is advised that:
 - Cold foods are to be transported in a thermal container to keep them cold. Please eat immediately or if not to be eaten immediately ask a member of staff to label (with your name, time and date put into fridge) and place the food in the ward fridge/freezer.
 - Hot foods are to be transported in a thermal container and eaten immediately. **Hot foods cannot be kept until later for either eating cold or reheating.**
- *Please be aware that pre-packed sandwiches/salads and other ready-to-eat chilled foods have been associated with a particular food borne illness known as Listeriosis. This is of particular concern to any patient who is immunocompromised (due to illness/disease and/or medication/treatment), persons over 60 years and pregnant ladies. It is therefore recommended that such foods be avoided or otherwise eaten immediately upon purchase.*
- Low-risk non temperature sensitive foods are unlikely to be associated with food borne illness and are therefore considered to be of minimal risk if brought in to the Hospital. It is advised that foods brought in from outside are restricted to such items which include pre-wrapped biscuits, whole fresh washed fruit, confectionary and snack items such as chocolate and crisps.

Please check the Hygiene Rating of the premises where you buy any food. Premises with a Hygiene Rating of 5 are recommended as a minimum. See www.food.gov.uk/ratings.

Many thanks for your co-operation in this matter as we are keen to ensure your continued health and welfare. Should you have any further queries in relation to this then a member of staff would be only too pleased to help.

Food Allergies

Should you suffer from a food allergy and require information with regard to the specific ingredients of a dish then please discuss with a member of staff. Allergen information is available for all food provided by the hospital to enable you make an informed choice.