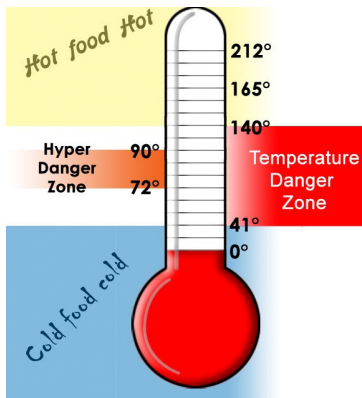


# Foods From Home

## Tips for Family Members

### Preparing Food at Home

- Clean counter and prep area with soapy water, rinse, and let air-dry
- For added safety, sanitize surfaces with an anti-bacterial solution and let air-dry
- Wash hands for at least 20 seconds
- Repeat above processes after handling raw meat
- Thaw raw meats under refrigeration or under cold running water
- Wash hands when leaving and returning to prep areas to prevent cross-contamination
- Divide food into single-serve containers to be discarded after serving to patient



### Traveling

- Keep hot foods hot and cold foods cold when transporting food
- For cold foods, use a cooler. For hot foods, use an insulated container or thermos
- Never store food in the car. If temperature cannot be maintained, travel directly to your destination
- Inform nursing staff about food upon your arrival



### Storing

- If food is not consumed within 1 hour of arrival, speak with nursing and store immediately
- Foods should be stored in single-serve containers
- Label containers with patient name, date, and item name
- Refrigerate within an hour of arrival
- All food items not consumed within 72 hours must be thrown out



### Serving

- When ready to serve, inform nursing and wait for instruction
- Pull out one serving at a time
- If food needs to be heated, heat to palatable temperature and serve immediately
- Throw out any servings that haven't been consumed within 2 hours of serving
- When patient is finished, discard any remaining food



### Reheating

- Place single serving of the item in microwave, making sure it is covered
- Heat for at least 30-45 seconds (to a palatable temperature)
- Let food sit for at least 1 minute before serving to patient
- Monitor patient to ensure food is palatable and not too hot or cold