



Nutrition and Food Safety

Bringing food into hospital

Guidance for patients, their families and carers

The Trust has a legal obligation to comply with the requirements of the Food Safety Act 1990 and associated legislation relating to the composition, labelling, safety, handling, control and hygiene of food.

The patients' meals we serve every day are carefully prepared and designed to offer patients a healthy balanced diet of set selected menus with a range of hot and cold food and drinks. Patients are encouraged to select a healthy and safe food choice with appropriate advice given where required by dieticians.

We therefore have an obligation to ensure that any foods brought into the hospitals are suitable and do not include any illicit or unauthorised items. This helps us to prevent or reduce the risk of infection, food poisoning and food borne illnesses and unwanted interaction with prescribed medication.

Any food brought in should be suitable for the dietary needs of the patient. Please help us to help patients by only bringing in food that contributes to a healthy balanced diet. Any advice regarding the suitability of foods can be obtained from the Nurse in charge or dietician.

- On arrival at the ward all food gifts should be declared. An appropriately trained nurse will check to see if the food is suitable for the patient and check containers and labelling.
- All packaging must be intact with the use by or best before date not exceeded. Only food that has been sealed by the manufacturer using heat seals, tamperproof lids and bottle tops will be allowed. Home produced

items and goods sealed only with a sticker will not be allowed.

Guidelines to reduce the risk associated with food brought into the hospitals are identified below:

<p>Permitted foods These foods CAN be brought in</p>	<p>Prohibited foods These foods CANNOT be brought in as they may support the growth of pathogenic bacteria</p>
<p>Wrapped fresh fruit and fruit products Dried fruit tubs of pre-packed fruit</p>	<p>Raw meat or fish, cooked meat and poultry, fresh meat products e.g. gravy, soups and stock</p>
<p>Pre-packed muffins, tea cakes, pancakes, scones or similar</p>	<p>Fresh or artificial cream products e.g. custards, yoghurts, mousse, cakes and ice cream</p>
<p>Pre-wrapped nuts and seeds (provided the patient does not have any related allergies)</p>	<p>Pre-wrapped sandwiches (all fillings)</p>

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<p>Pre-wrapped biscuits, crackers and cakes (not fresh or artificial cream)</p>	<p>Items with added alcohol e.g. chocolate liqueurs, stollen and similar festive foods</p>
<p>Pre-wrapped chocolate or sweets</p>	<p>Pick 'n' mix</p>
<p>Packets of crisps (individual packets), popcorn, pretzels</p>	<p>Full boxes of crisps or multi-packs</p>
<p>Bottled drinks (plastic only) e.g. squashes or carbonates Small quantities of fruit juice or smoothies</p>	<p>Large cartons of fruit juice, grapefruit juice (which can interact with some prescribed medication), milkshakes</p>
<p>Preserves e.g. jam, marmalade, honey, marmite, bovril (in small plastic jars)</p>	<p>Any other food item which requires refrigeration or heating e.g. pies, pasties, sausage rolls, cheese, eggs, scotch eggs Take-away meals including pizzas, beef burgers and kebabs</p>

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে

পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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