

NHS Forth Valley

Bringing Food into Hospital

**Information Leaflet for Relatives
and Friends of Patients**

A large, decorative graphic at the bottom of the page consisting of two overlapping, wavy blue shapes that resemble stylized waves or a ribbon. The top wave is a lighter shade of blue, and the bottom wave is a slightly darker shade. They meet in the center, creating a V-shape that points downwards.

NHS Forth Valley takes great care to prepare nutritious and well balanced meals for patients and residents. If you wish to bring a gift of food to the person you are visiting in hospital, then there are some guidelines you should follow:

1. Always speak to the ward staff and find out if the patient is on a special diet as this will limit what you can bring.
2. It is advisable not to bring foods that are classed as high risk foods e.g. cream filled cakes, trifles, mousses or sandwiches or meat products e.g. sausage rolls, home cooked foods or home baking. Wards have limited refrigerator storage and can only store food for up to 24 hours.
3. NHS Forth Valley cannot accept responsibility for food prepared at home. Any home produced food cannot be accepted for general distribution to other patients and residents. Wards do not have the facilities to prepare or reheat food for patients.
4. Outbreaks of gastro-intestinal illness have been linked to home made foods particularly those containing cream.
5. Do not bring any partially consumed food products.

6. Items that are acceptable to bring in are shop bought products that have either a 'best before' or 'use by' date that has not been exceeded and includes:
 - Biscuits, wrapped sweets, chocolate, crisps, dried fruit/nuts which should be kept in an airtight container to keep them fresh and avoid attracting pests;
 - Fruit juice which will need to be refrigerated;
 - Fruit squash;
 - Fresh fruit e.g. apples and grapes, should be washed prior to bringing into hospital.
7. Always ensure that packages and external wrappers are not damaged and that they are sealed and unopened when brought to the ward.
8. Only bring small quantities of food.

If you require further information, please contact
the Infection Control Service at:
Forth Valley Royal Hospital 01324 567490

If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

We are happy to consider requests for this publication in other languages or formats such as large print.

For other languages contact 01786 434784.

For other formats contact 01324 590886, text 07990 690605, fax 01324 590867 or email nhsfv-alternativeformats@nhs.net

SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES

This includes corridors, doorways, car parks and any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



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