
ENJOYING EXTERNAL FOOD AT CABRINI

FOOD AT CABRINI

Cabrini works hard to develop an enjoyable menu which can accommodate all special dietary needs, including cultural and religious requirements (for example Kosher and Halal meals).

Cabrini has developed specific Food Safety Plans across all sites. These plans meet all government standards in respect to the handling, preparation and serving of food, and align with the Victorian Food Act and Food Premises Code.

If you have any concerns or special requests please speak with pre-admissions or the nurse caring for you.

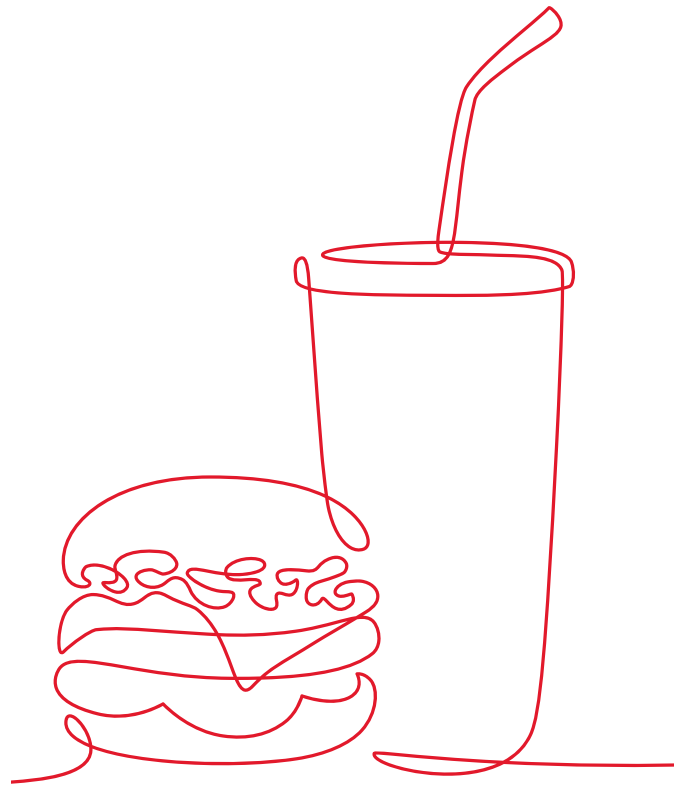
CAN MY VISITORS BRING IN FOOD FOR ME?

Yes, in addition to the food prepared by Cabrini we are happy for you to enjoy foods brought to you by your visitors.

To ensure your visitors bring in food that is safe and appropriate for your consumption please ensure that:

- You or your visitor notifies your nurse that food has been brought in for you
- The food meets your nutritional and clinical needs – check this with your nurse before consumption (your nurse may refuse certain foods for your safety)
- Food is prepared in a safe and hygienic manner – Cabrini will not accept any responsibility for illness caused by food not prepared at Cabrini (e.g. food poisoning)
- Food brought in for you should be in a clear, disposable container
- If food is intended to be reheated it must be in a microwave safe container as Cabrini will not be able to supply this

Note: Not all wards have food storage and reheating facilities - please check this is available prior to bringing in food.



IS THERE A LIMIT ON THE QUANTITY OF FOOD THAT CAN BE BROUGHT IN?

Yes, unfortunately we ask that you bring in/have brought in for you **no more than one day's supply**.

We do not have the capacity to store more than this quantity per patient.

CAN I ORDER FOOD THROUGH A FOOD DELIVERY SERVICE?

Yes, you may order food through a food delivery service such as Uber eats however there are a few things to consider:

- You cannot get food delivered directly to your room; you will need a visitor or family member to meet the delivery driver and bring the food to you
- Cabrini staff are not able to assist or facilitate with this service
- Food ordered through a delivery service is intended for immediate consumption and if not consumed, it will be discarded

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ARE THERE ANY FOODS THAT I SHOULD AVOID?

If the food is not prepared by Cabrini we cannot ensure its safety. Foods that carry a higher risk of growing dangerous bacteria include:

- Meat, poultry, seafood
- Dairy products and eggs
- Smallgoods e.g. ham and salami
- Cooked rice and pasta
- Prepared salads and cakes

CAN MY FOOD BE RE-HEATED?

- Food that is intended for immediate consumption e.g. food from a delivery service, will be discarded rather than stored if not finished
- Food that has been re-heated once and not consumed will not be stored or re-heated again
- Staff will do their best to accommodate storing and re-heating your food, however they must prioritise caring for patients

Please understand these measures are for your safety. We also ask that you be understanding if your nurse cannot assist you with storing or re-heating your food.

WHAT IF THERE ARE VISITOR RESTRICTIONS DUE TO INFECTIOUS DISEASES?

Unfortunately, during times when there are increased case numbers of infectious diseases in the community such as COVID-19, Cabrini may choose to refuse foods brought by visitors or food delivery services to enter the hospital.

This decision will be in place to protect our patients.

BEFORE EATING PLEASE REMEMBER:

- To check with your nurse if the external food is safe for you to eat (type of food, texture etc)
- Wash your hands with soap and water for 20 seconds
- Some foods may be very hot – please ensure steaming hot foods are allowed to cool slightly before consuming

FURTHER QUESTIONS

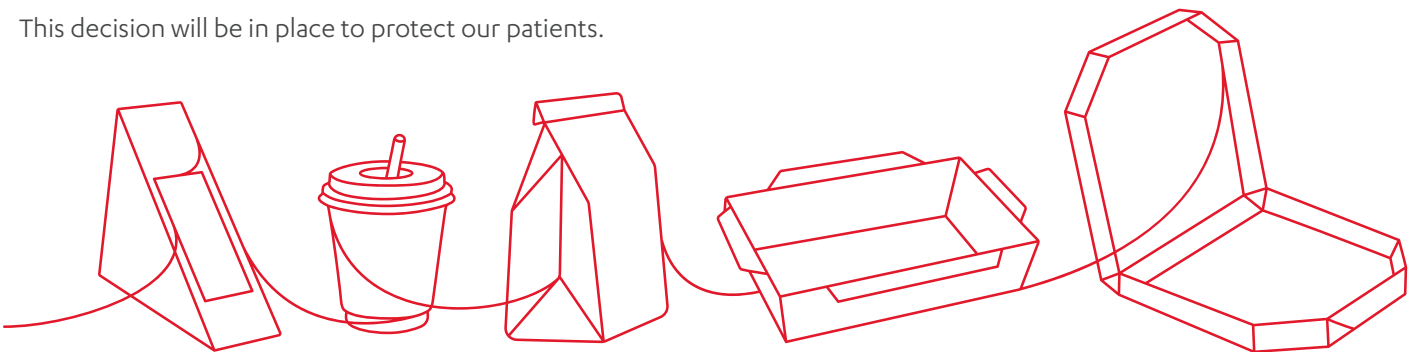
If you have any other questions, please do not hesitate to talk to the nursing staff who will contact the Food Services Department if required.

FURTHER INFORMATION AND RESOURCES ON FOOD SAFETY

If you know someone is bringing in food for you, please encourage them to read the Victorian Department of Health's publication 'Your Guide to Food Safety', which can be accessed at www.health.vic.gov.au/publications/your-guide-to-food-safety

Alternatively:

- Call the Food Safety Hotline on 1300 364 352
- Visit: www.betterhealth.vic.gov.au/healthyliving/healthy-eating
- Visit: www.foodstandards.gov.au/publications/pages/safefoodaustralia3rd16.aspx



Disclaimer: This sheet is provided for general information purposes only. This sheet does not provide you with specific personal, professional or medical advice. It is not intended to be a substitute for professional or medical advice and should not be relied upon as such. You should obtain advice from your treating doctor or healthcare professional about your individual circumstances.

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