

Chill it down!

- Never cool cooked food at room temperature. Cover and cool it in the fridge.
- Travel with cold food in an insulated lunch box. Add a frozen gel pack or frozen juice box to keep it properly chilled.

Keep it hot!

- If you're traveling with hot food, use insulated containers.
- Fill the insulated container with boiling water and let it stand for a couple of minutes to heat the container up before filling it with your hot food.



Source for Safe Food Handling information:
Canada Food Inspection Agency
<http://www.inspection.gc.ca>

For more information:

Manager, Nutrition Services
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Nutrition Services

Patient & Visitor Information Guide



Food service during your inpatient stay

Nutrition Services provides balanced meals to our inpatients to meet their medical and food allergy needs.

Our patient menu accommodates a wide variety of diets, to provide adequate therapeutic nutrition. If you are on a special diet, have food allergies or intolerances, inform your nurse as soon as you arrive at the hospital.

Inpatients' dietary needs can be assessed by a Dietitian throughout the day to determine individual requirements.

An approved substitution will be supplied for inpatients to accommodate intolerances, allergies or patient tastes. Multiple meal substitution options are not available.

Outpatient stay

Nutrition Services does not provide meal service for outpatients at PRHC.

We understand that familiar foods can give you comfort during your hospital outpatient stay and encourage you to bring juice, ginger ale and/or a snack (i.e. a digestive cookie) with you.

Should you feel you require a snack, the hospital cafeteria provides full food service during regular mealtimes, and vending machines are available after-hours.

If you choose to bring food from home:

1. Talk with your nurse or dietitian about foods you are allowed to have while in hospital.
2. Cold food or drink should be brought in an insulated cooling container. Hospital outpatient units are unable to provide refrigerator space for patients.

PRHC is not responsible for any food containers or for the safe handling of your food.

Bringing food from home Safe food-handling tips:

Safe food handling is important to keep you from getting sick.

Three things you should know when preparing food at home:

1. Always wash your hands for at least 20 seconds before handling food.
2. Clean, then sanitize counter tops, cutting boards, knives, forks and spoons before and after food preparation.
3. Your snacks should be shelf stable – and don't forget to store your food in a thermal lunch container.

