

Safe Food Handling

Safe food handling is vital when preparing foods to reduce the risk of food related illness.

Food handling safety tips:

- Foods requiring refrigeration must be stored below 5°C.
- Never reheat food that has already been reheated.
- When reheating, ensure that food is heated to above 75°C (steaming).
- Keep raw meats, poultry and seafood separate from other foods in the fridge and store on lower shelves to reduce the risk of contaminating other foods.
- Always wash hands in soap and water carefully before and after handling food.
- Always use clean equipment when preparing foods.
- Never place cooked foods onto a surface that has previously been used for raw foods. Always clean benches and boards between use.

For more information on safe food handling please visit the Safety Information Council website (www.foodsafety.asn.au/) or the Better Health Channel .

FOR MORE INFORMATION CONTACT:

Dietetics Department

Swan Hill District Health

Address: 125 Campbell Street

Phone: (03) 5033 9337

Email: dietitians@shdh.org.au

Web: www.shdh.org.au



Bringing food into the aged care facility

Information for carers and visitors

Food from home

Swan Hill District Health has a menu that aims to provide a varied diet to meet the nutritional requirements and preferences of each individual living at Logan Lodge and Jacaranda Lodge.

Swan Hill District Health has strict food safety and menu standards, which align with Australian Aged Care Standards.

Please speak with staff if you have concerns about your family member's diet.

Family or friends bringing food into a Swan Hill District Health facility do so at their own risk. Swan Hill District Health does not accept responsibility for any adverse consequences as a result of food brought in from outside of the facility.

Food poisoning may occur when food is not properly prepared, transported or stored. If family and friends bring food into the hospital or residential care facility there are some guidelines that must be followed.

Guidelines for family/friends

- **Food is not to be shared with other individuals in aged care under any circumstance.**
- Notify nursing staff if you have brought in food so they can ensure it meets your family member's medical and care needs. Foods and fluids that do not meet these needs will be disposed of.
- Food stored in aged care fridges will be logged into a Food Record sheet by receiving nursing staff.
- Food stored in aged care fridges must be sealed and labelled with the individual's name, date and time the food was prepared/purchased.
- Open, perishable food will be disposed of after 24hrs or beyond the best before or use by date.
- Food brought in by visitors will not be cooked or reheated by staff. Visitors and the individuals living in care are responsible for the reheating of the food in the microwave.



Personal fridges:

Small fridges for individual's rooms are allowed if approved by the nurse in charge. Cleaning and maintenance of fridges is the responsibility of the fridge owner and/or their families.



High risk foods:

These foods have an increased risk of food-related infection and must be stored and prepared carefully:

- Ready to eat seafood
- Pre-prepared or stored salads
- Pre-cooked cold meat products e.g. deli meats or cooked chicken
- Soft cheeses e.g. brie, camembert, ricotta and fetta
- Unpasteurised milk or dairy products
- Uncooked meat, poultry or seafood
- Raw or undercooked eggs
- Pre-cooked rice