



Guidance for patients and visitors on bringing food into hospital

Good food and nutrition are important for patients. We appreciate that you may wish to have food brought in by a relative or friend. Some types of food however, are not suitable and their introduction into the hospital may do more harm than good.

Some patients are very susceptible to illness such as food poisoning and certain foods, if kept in the wrong conditions, could lead to them becoming ill.

We have developed this leaflet to help explain the reasons why we **do not allow** certain foods to be brought into hospital. These are known as **HIGH RISK FOODS** which can cause food poisoning if kept in the wrong conditions. Also we do not have the storage facilities to store food brought in for patients.

Foods that are permitted and not permitted to be brought into hospital:

Permitted Foods These can be bought in	Prohibited Foods These foods CAN NOT be brought in as they may support the growth of pathogenic bacteria
Wrapped fresh fruit and fruit products dried fruit tubs of pre-packed fruit	Raw meat or fish, cooked meat and poultry, fresh meat products e.g. gravy, soups and stock
Pre-packed muffins, tea cakes. Pancakes, scones or similar	Fresh or artificial cream products e.g. yoghurts, mousse, cakes and ice cream
Pre-wrapped nuts and seeds (provided the patient does not have any related allergies)	Pre-wrapped sandwiches (all fillings)
Pre-wrapped biscuits, crackers and cakes (not fresh or artificial cream)	Items with added alcohol e.g. chocolate liqueurs, stolen and similar festive foods
Pre-wrapped chocolate or sweets	Pick 'n' Mix
Packets of crisps (individual packets), popcorn, pretzels	Full boxes of crisps or multi-packs
Bottled drinks (plastic only) e.g. squash or carbonates. Small quantities of fruit juice or smoothies	Large cartons of fruit juice, grapefruit juice (which can interact with some prescribed medication), milkshakes
Preserves e.g. jam, marmalade, honey, marmite, Bovril (in small plastic jars)	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

Our aim is to protect you from the possibility of becoming ill due to food poisoning. Your assistance in this matter will be greatly appreciated.