

Helpful Information Sources

For more information on Safe Food Handling, visit:

- www.befoodsafe.ca
- www.Canada.ca: Food Safety for People with a Weakened Immune System
- www.dietitians.ca: Food Safety (Under “Nutrition A-Z”)

If you have questions about food safety you can also call Dial-a-Dietitian at 204-788-8248 in Winnipeg or 1-877-830-2892 (toll-free).

If you would like to know more about the Public Health Act, visit the Government of Manitoba website at www.gov.mb.ca.



Bringing in Food From Home

Important Information for Family and Friends

It is the priority of Winnipeg Regional Health Authority Nutrition and Food Services to deliver food that is safe and nutritious for all of our patients and residents. We provide a wide variety of options and respect each patient's nutritional care plan and preferences.

If you have questions, comments or concerns regarding Food Services, please contact the Nutrition and Food Services Department Director at (204) 336-4106



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg



Middlechurch Home of Winnipeg

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What do family and friends need to know?

The Winnipeg Regional Health Authority (WRHA) understands family and friends may wish to bring in foods for their loved ones. However, we want to make sure that foods are safe. Patients and residents may be at higher risk of becoming sick from food handling and storage due to age, illness or weakened immune systems, so safe food practices are important. Some patients and residents may also need special diets (i.e. food texture, allergies or therapeutic diets) for their health and safety.



WRHA Nutrition and Food Services follows the Public Health Standards and regulations set by the Government of Manitoba. The information in this brochure is meant to reduce the spread of harmful bacteria and illness.

Safe Food Handling Tips

- Do not prepare foods for a patient or resident if you are ill, since this could make them sick too.
- Always wash your hands with warm water and soap before and after preparing foods.
- Always keep raw foods separate from cooked and ready-to-eat foods.
- Wash countertops and equipment before preparing or packaging food.
- Cold foods must be kept below 4°C (40°F) during transport using a cooler with an ice pack.
- Hot foods must be kept above 60°C (140°F) during transport.
- Foods must be sealed in a container. Disposable is recommended.
- Place cold foods straight into the refrigerator and serve hot foods right away.
- Only bring in frozen foods if there is a freezer and the proper appliance to reheat it.
- Restaurant foods can only be brought in if the restaurant is licensed by Manitoba Health.

Guidelines for Bringing in Foods from Home

It is our priority to follow infection prevention and control practices to keep our patients and residents safe. Please note the following:

- Talk with the dietitian or facility staff to find out if certain foods are safe for you to bring in for your family member.
- Nursing staff must be told when family or friends bring in food. Only unit staff can access the refrigerator and freezer. MCH staff will not heat any foods from home.
- Please limit foods needing refrigeration to a single serving. Some units may have up to 37 patients with only one fridge.
- Non-perishable food items that can be kept in the resident's room are best.
- Food cannot be shared with other patients or residents.
- Label food with the date, patient/ resident's name and room number. Unlabeled food will be thrown out.
- Uneaten home-prepared food will be thrown out within 2 days including the container.
- Sealed commercial foods with clear expiry dates will be held until expiry.
- Leftover food must be thrown out when the patient or resident is finished eating.
- Once food enters a resident's room, it cannot be put back in a shared refrigerator.

High Risk Foods

We ask that you do **not** bring in high risk foods such as:

- Leftovers more than one day old
- Soft cheeses or foods containing cream
- Unpasteurized juices or unpasteurized dairy products
- Raw or undercooked foods (sprouts, eggs, meat, seafood, sushi etc.)
- Home-canned foods

