

How to prepare and bring in meals for a patient in hospital

Meals can only be brought into the hospital for patients in a few circumstances. The nurse unit manager of the ward provides this permission.

- Meals need to be taken directly to the ward by the family or carer ✓
- Ward staff will help to wipe down the container when you arrive on the ward with disinfectant wipes before you give the food to the patient
- Meals **CANNOT** be dropped off at security or given to nurses ✗

How should you prepare meals?

- Meals should be freshly prepared
- Meals should be carried in a clean, sealed container
- The meal should **NOT** be transported COLD unless it can be eaten cold



- Meals should come to the ward HOT and be eaten straight away by the patient



- Meals cannot be reheated or placed in a fridge on the ward

- Thermos flask can be used to transport HOT meals



- Avoid travelling greater than 30 minutes with meals

- Visitors or patients are **NOT** to use any kitchens located on wards, unless it is for therapy ✗

Western Health takes no responsibility for prepared food brought into the hospital.

The Australian Charter of Healthcare Rights describes the rights of all people who use the Australian healthcare system. Copies of the charter in community languages are available near the main entrance of all Western Health hospitals, or ask a staff member or volunteer.

For more information, visit www.safetyandquality.gov.au/australian-charter-healthcare-rights