

Patients, relatives or carers must not use the BHT kitchen facilities—they are only to use the patient designated kitchen.

## Refrigerator Rules

- Temperatures
  - ◇ keep your fridge below **5°C**
  - ◇ your freezer below **-18°C**
- Never put **hot** food in the refrigerator
- Keep food in a sealed container. (Don't forget to date and label these)
- Do not leave the refrigerator door open
- Keep raw and ready-to-eat food separate
- Do not store items in plastic carrier bags
- Ready-to-eat foods **MUST** be stored above raw foods or if patients using individual shelves then all foods to be stored in sealed containers—ensuring raw and cooked foods kept separate
- Refrigerators will be checked daily, and out of date and/or unlabelled food will be disposed of.
- Report high temperatures and damaged door seals to the Ward housekeeper.
- Avoid handling ready-to-eat food unnecessarily.

**Carelessness may be the cause of an outbreak of food poisoning!**

## How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the main entrance of the hospital and at the entrance to every clinical area before coming in to and after leaving the clinical area or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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If you require a translation of this leaflet please call 01494 425456.

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## Food Handling and Use of Kitchen In NSIC

By Patients, Relatives,  
Visitors & Carers

## Food Safety Guideline

Buckinghamshire Healthcare NHS Trust (BHT) is committed to high standards of food hygiene to ensure the safety of their patients. In order to achieve this everyone needs to:

- Ensure food is of a good quality
- Keep the food in good quality and ensure it is safe to eat through safe storage and correct preparation / cooking
- Keep the equipment/kitchen clean/work surfaces
- Avoid any problems with pests
- Prevent food contamination
- Ensure a high standard of personal hygiene at all times
- Ensure ALL foods / drinks are dated and labelled correctly

Good food hygiene is everybody's responsibility, your safety or your relatives and the safety of other patients within BHT is our priority. The use of the kitchen facilities will be restricted to those who comply with this Guideline.

## Food Hygiene Information

Most **food poisoning** is caused by germs (bacteria). These germs (bacteria) are found everywhere but especially on and in:

- Raw food
- Waste food
- Refuse
- Dust & soil
- People
- Pets
- Insects
- Rodents

In order for germs (bacteria) to grow they need moisture, warmth, food and time.

**Germs (bacteria)** are too small to see, but if they multiply to large numbers they are likely to make the people who eat the food ill or very ill.

**Personal hygiene**—food handlers are an important source of food poisoning germs (bacteria). Germs (bacteria) can be found in or on:

- Hands
- Hair & beards
- Ears nose & mouth
- intestine
- Cuts, boils, sores & spots
- Clothing

If you are **handling food** then you must ensure that germs (bacteria) do not get into ready-to eat food such as cooked meat/poultry sauces, rice and dairy products.

By keeping food refrigerated or **HOT** you are reducing the likelihood of food poisoning.

Dry food must be stored in a cool dry place.

## Food Safety

When **preparing food**

- Wash your hands thoroughly
- Keep your hair tied back
- Cover cuts with waterproof dressings (blue if available)
- Don't cough, sneeze, touch your head, mouth or nose whilst working with food

**Food preparation**

- Always cook raw and ready-to-eat food until it is piping hot right through to the centre
- Food should be cooked to 75°C
- You should not prepare food if you are unwell with diarrhoea and or vomiting

**Clean as you go**

- It is essential to remove waste food, grease and dirt which would encourage germs (bacteria) to grow and attract pests such as rats and cockroaches
- Clean work surfaces before preparing food. Continue to clean as you go
- Beware when handling raw food and ready to eat food as you can spread germs from the raw to the ready to eat food
- To reduce the risk of contamination you should keep work areas clean and tidy. Don't let waste food and dirty equipment build up. Remove spillages and waste packaging immediately.

**Food Safety**

- Don't use out of date food or food which is showing signs of spoilage.
- Food that is contaminated may look unchanged or may not have a bad smell.
- Keep food covered when stored in the refrigerator and whenever possible when handling food.

If you see something wrong please report it to the Ward Housekeeper or Nurse in charge.

**Take Aways** may be eaten in the NSIC but the following guidance must be complied with.

Take Away food must be eaten straight away and any left over's thrown away when finished. You must not order food that is not going to be eaten immediately, i.e. ordering an excessive amount with the intention to store the food and reheat at a later date or time. This also applies to meals brought in by relatives, carers etc. No reheating.