

# **Mountain Vista Health Park Foods Brought by Family/Visitors**

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## **Policy Statement**

Food brought to the facility by visitors and family is permitted. Facility staff will strive to balance resident choice and a homelike environment with the nutritional and safety needs of residents.

## **Policy Interpretation and Implementation**

1. Family members and visitors are requested to inform nursing staff of their desire to bring foods into the facility.
2. Nursing staff will provide family/visitors who wish to bring foods to the facility with a copy of this policy. Residents will also be provided a copy in a language and format he or she can understand.
3. Foods brought by family/visitors for individual residents may not be shared with or distributed to other residents without permission from nursing staff.
4. Family/visitors are asked to prepare and transport food using safe food handling practices, including:
  - a. safe cooling and reheating processes;
  - b. holding temperatures;
  - c. preventing cross-contamination with raw or undercooked foods; and
  - d. hand hygiene.
5. All personnel involved in preparing, handling, serving or assisting the resident with meals or snacks will be trained in safe food handling practices.
6. Safe food handling practices will be explained to family/visitors in a language and format they understand.
7. Food brought by family/visitors that is left with the resident to consume later will be labeled and stored in a manner that it is clearly distinguishable from facility-prepared food.
  - a. Non-perishable foods will be stored in re-sealable containers with tight-fitting lids. Intact fresh fruit may be stored without a lid.
  - b. Perishable foods must be stored in re-sealable containers with tightly fitting lids in a refrigerator. Containers will be labeled with the resident's name, the item and the "use by" date.
8. The nursing staff will discard perishable foods on or before the "use by" date.
9. The nursing and/or food service staff will discard any foods prepared for the resident that show obvious signs of potential foodborne danger (for example, mold growth, foul odor, past due package expiration dates).
10. Potentially hazardous foods that are left out for the resident without a source of heat or refrigeration longer than 2 hours will be discarded.
11. Foods that present a potential choking hazard for residents with impaired cognitive function or swallowing difficulty will be taken from the resident and returned to the family/visitor.
12. Facility staff will assist the resident with accessing his or her food if unable to do so independently.

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13. When meals or snacks are provided by family/visitors, the nurse will inform the dietitian or dietary manager of these substitutions.
14. When meals or snacks are provided by family/visitors frequently (more than 3 times a week), the dietitian or nurse may request a meeting with the resident or representative to discuss the nutrition goals and wishes of the resident.

| <b>References</b>                        |                                      |
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| <b>OBRA Regulatory Reference Numbers</b> | §483.60(i) Food safety requirements. |
| <b>Survey Tag Numbers</b>                | F812; F813                           |
| <b>Other References</b>                  |                                      |
| <b>Related Documents</b>                 | Safe Food Handling Resources         |
| <b>Version</b>                           | 2.0 (H5MAPL0337)                     |