



UMC Utrecht



Advice on bringing food and drinks



# Advice on bringing food and drinks

We attach great value to safe and healthy food, and hence pay a lot of attention to it. In this brochure you will find the most important rules for brought food and drinks.

In the nursing ward, we serve meals and drinks to patients. Food for visitors or patients can be stored in the appropriate refrigerators in the nursing ward, which is subject to strict legal directives that we are required to comply with. It is not only the law that obliges us to adopt a critical and alert attitude. Safe food contributes to your safety.

## **Tips for bringing food**

- We do not recommend bringing hot meals, because the risk of spoilage is high and the risk of a food infection is higher in people with reduced immunity.
- Please do not bring high-risk food, such as meat, cold cuts, fish, raw vegetables, soups, raw products and dairy products.

Fruit, biscuits and certain types of cake are less likely to spoil and therefore involve less risk.

**If, however, you do wish to bring high-risk food, the following rules apply.**

- Make sure that the best-before or use-by date has not expired at the time of your visit.
- Keep the product in your home refrigerator until you leave for the hospital.
- Put the purchase date or homemade date on fresh products (without a date). We recommend that you do not keep these products for more than two days.
- Products must be properly packaged.

## **During the visit**

- Make sure that the food you bring is immediately placed in the patients' refrigerator in the ward, unless the products are consumed immediately.
- If you place the product in the refrigerator in the ward, it must be provided with an adhesive label stating the patient's name, the best-before date and the name of the product. Adhesive labels can be found by the refrigerator in the ward.
- When the product is opened, the date of opening should be stated.
- Products without a name and date are discarded when checked by the food assistant.

- Products with an expired best-before date are discarded when checked by the food assistant.

**Your product will only stay in the fridge if it has been dated and named!**

- Unopened cartons/bottles can be kept until the factory date (best-before date).
- Opened packs and bottles can be kept for 3 days (72 hours), if kept refrigerated and properly closed.

### **Hot meals**

- If you do wish to bring or have someone else bring a "hot" meal from home, this meal must be transported cold, for example, packed in a refrigerated bag (preferably under 7°C).
- Upon arrival at the ward, you must immediately place the meal in the patients' refrigerator, with the container stating the patient's name, the date of preparation and the name of the product.
- If the patient is going to eat the meal, it should be properly heated in the microwave.

### **Tip**

- It is safer to bring a ready-made meal (packaged) from the supermarket, provided it has been outside the refrigerator as briefly as possible and the best-before date has not expired. You can heat this meal in the microwave in the ward.

### **In conclusion**

The UMC Utrecht is not liable for any food brought by visitors. Thank you for your cooperation.

### **Questions**

If you have any questions, please contact the food assistant of your ward.

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