



مدينة الملك فهد الطبية
King Fahad Medical City



Food Safety Guidelines for Bringing Food to Inpatients

It is essential to implement safe cooking steps when you prepare food for patients in order to reduce the risk of food poisoning.



Preparing & Cooking

✓ Handwashing must be done before and after food handling as below steps:

1. Wet your hands.
2. Apply soap on hands.
3. Scrub hands for at least 40 seconds.
4. Rinse hands well.
5. Dry hands by clean towel.



- ✔ Wash Vegetables and fruits by rinsing it under running tap water and use a clean brush to scrub it.



- ✔ Always remember to clean canned foods lids before opening.

- ✔ Separated the raw meat from the cooked and ready to eat food to avoid cross contamination.



- ✘ Do not prepare food too far in advance (keeping food no more than 2 hours in room temperature 18°C).

- ✘ Avoid preparing food when you are sick.

- ✔ Ensure to cook food to reach safe internal temperature at 74°C or more.



Transporting food

Bacteria can grow in a dangerous zone which is between 5°C and 60°C . so, make sure the food is safe during transporting to the patient in the hospital by keeping it in proper temperature as following:

- **Cold** food has to be kept at 5°C or less (Refrigerator Temperature) by using ice pack.



- **Hot** food as to be kept at 60°C or more by using thermos or insulated container.





Storing food & formula



It is recommended for the patient to eat the food immediately when served.

If patient cannot eat their food for any reason and storing is needed for short time (no more than 24 hours) please inform your nurse to store it by following procedure of storing.

- It is important to check the label on the formula for storing instructions.
- If you do not start using ready to feed formula within 1 hours, immediately store the bottle in the fridge and it has to be consumed within 24 hours.
- When powdered formula is opened, store it in cool, dry place with the lid tightly closed. Do not store it in refrigerator.



Reheating Food

Reheat refrigerated cooked food at 74°C or more for the internal temperature to reduce the risk of food poisoning.

لأن الوعي وقاية ..

إدارة التثقيف الصحي

Food and Nutrition Services Department



HEM1.20.0001085

