

Food and Nutrition in NSW Hospitals



for between meals. For main meals, you will be offered a range of foods, which may include soups, hot meals, salads or sandwiches as well as hot and/or cold drinks depending on your diet. For between meals, you will be offered a range of hot and/or cold drinks and a snack.

Special diets

During your stay you may be placed on a special diet as part of your medical condition, or for procedures that your doctor may have ordered.

Please let your **Nurse or Midwife** know if you:

- Have any special dietary requirements, for example, if you have diabetes or a food allergy, or need a gluten free diet
- Would like cut up or softer foods.
- Have any questions about your meals in hospital.

Your diet order may be changed if there is a change in your condition or you are being fasted for a test or surgery. This may mean the meal you ordered is no longer suitable for you. You will be provided with a meal that meets your new requirements.

Our menu

Illness and injury place extra demands on the body. If you eat well in hospital you are more likely to recover quickly and go home sooner.

The menu has been planned to provide you with a range of foods that will satisfy your appetite and meet your nutritional requirements while you are in hospital.

Our meal service

In most hospitals, a menu will be provided to you as a patient for each day of your stay (depending on your diet). Your family or carer may make choices on your behalf. If you are unable to, suitable choices will be made for you.

Please let your **Nurse or Midwife** know if you have any cultural or religious food requirements.

Each day you will be provided with three main meals (breakfast, lunch and dinner) and snacks



Do you need assistance?

Please ask your **Nurse or Midwife** if you need assistance to:

- eat or drink;
- get ready for your meal;
- get out of bed or sit in a chair;
- wash your hands or
- open food packages or cut up your food.

If your appetite is poor or if you are not eating well, please let your **Nurse or Midwife** know.

Food brought from home and from outside shops

All the food and drinks given to you in hospital are made for your dietary needs and meet food safety standards.

Although food brought from home is not encouraged, sometimes friends or family bring food or drinks in for patients. It is important that you:

- Check with your **Dietitian** before you eat or drink them to make sure that they do not affect any medicines or the special diet you may be on.
- Do not eat food from home if you are not allowed to eat or drink ("nil by mouth" or NBM) for a test or surgery. If you are not sure, check with your **Nurse or Midwife**.
- Check with your **Speech Pathologist** if you have swallowing problems to make sure the food or drinks are safe for you to swallow.



Please ask for our *Guidelines for Bringing Occasional Food to Patients* brochure to ensure foods brought from home are safe for you to eat.

Feedback

If you have had a positive experience and found something particularly helpful, the staff would be pleased to hear.

If you or your family notice any problems with your meal or the meal service during your stay, please speak with your **Nurse or Midwife** immediately.

You may be asked to complete a survey about the hospital meal service during your stay. It will be a confidential survey and will not affect your hospital care. The information you provide will help us to improve the hospital food and nutrition service.

If you would like to provide written comments separately, please send them to the **Food Services Department** of your hospital.

We hope you enjoy your meal service and wish you the very best during your stay.

Health Care Telephone Interpreter service: Phone 131 450

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