



Health and  
Wellness

Santé et  
Mieux-être



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## GUIDELINES FOR DONATED FOODS IN CARE FACILITIES

### A Notice to Residents' Families & Friends

The following guidelines are intended for care home and nursing home type facilities and refer to foods donated or brought in to the care facility by family and friends of residents.

#### Perishable foods donated can be accepted as follows:

- Jams, jellies or pickles should be labeled with the resident's name, dated and must be refrigerated.
- Home baked goods that do not have to be refrigerated can remain with the resident (cream or meringue based foods are higher risk and must be refrigerated). Items that look unsavory or are questionable should be discarded.
- Wild game and other foods from unapproved, uninspected sources (i.e. trout, duck or geese) **should not be accepted.**
- Perishable food items such as meat, soft cheeses or stew left over or not consumed by the resident during a visit should be discarded. Some exceptions could be made. Foods that can be held at **appropriate safe temperatures and remain in the unit or pantry kitchen and DO NOT enter the main kitchen** could be given to a resident if staff are willing to serve it. This would also apply to foods purchased from other licensed food establishments, which are inspected by this office.
- Foods such as home made egg nog or any home bottled / canned items that are not pickled or sweetened are **extremely high risk** foods. Home canned shellfish, beans, vegetables or meat can contain *Botulism*. Food not consumed during a visit should be discarded. These items should not be shared with other residents.

(See over for more detail on foods prepared within the facility, or purchased by the facility)

## **GUIDELINES FOR DONATED FOODS IN CARE FACILITIES CONTINUED**

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### **NOTE:**

These guidelines are available for residential care type facilities regarding the issue of donated foods, canned foods and purchasing reduced to clear items. These guidelines should be considered the standard to follow but facilities may wish to create their own guidelines to surpass and enhance these.

### **CANNING / BOTTLING IN THE FACILITY:**

Only permitted for items with high sugar or acid (vinegar) content (i.e. jams, jellies, pickles). These items should be prepared in the facility according to accepted safe methods. Employees should not prepare items at home and bring them to the facility for residents to consume. Recipes should not be altered, especially in sugar, salt or vinegar content. If there are questions about recipes, they should be tested by laboratory professionals to determine their suitability.

### **DONATIONS:**

**Donations of foods to the facility, such as lobster or eggs (only graded with no cracks) will only be accepted if they come from an approved source, under proper conditions and should be treated as a regular delivery into the facility's main kitchen.**

### **REDUCED TO CLEAR:**

Meats and ready to eat foods purchased on their expiration day should be used on that day or else be discarded. These foods should not be frozen to be used at a later date.

### **PERISHABLE FOOD IS DEFINED AS:**

Any food with neutral pH (not acidic / not alkaline), high moisture content and / or high protein & nutrient content.

Hazardous food groups include: Meat & poultry, dairy, eggs, fish & shellfish, cooked vegetables, cereals & pastas.

Does not include raw fresh vegetables, dry goods (breads, crackers, dry uncooked rice, uncooked pastas and dry cereals).

Donations from facilities inspected by either federal or provincial authorities responsible for food safety are permitted.

For further questions or concerns contact:

Environmental Health (902) 368 - 4970

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