

Bringing Foods into Maroba

We understand that you may wish to bring food into the home for your relatives or friends to celebrate occasions or to provide a treat that they love. We want to provide some important guidelines to make sure the food you supply is suitable and safe.

Please understand that Maroba cannot accept responsibility for delivery, storing, heating or serving any food prepared outside of our home, as it may not meet the required food standards code and regulations.

If you choose to bring food in for your relative or friend it is important to consider how you keep food safe and ensure you check with the staff on dietary requirements.

Preparing Food

- Always wash your hands before preparing food
- Keep raw foods such as raw meat and fish away from cooked food.
- Cook food thoroughly. Ensure meat and poultry is cooked until the juices run clear and there is no pink in the centre.
- Keep kitchen utensils clean.
- Do not prepare food too far in advance.
- Do not prepare food if you are unwell.

Keeping food cold

- As harmful bacteria can develop when food goes above 5 degrees. It is important that when cold food is brought in for your relative or friend that it should not have been out of the fridge for more than 2 hours otherwise it needs to be thrown away. The cold food should be transported in an esky or insulated bag with an ice brick to ensure it stays cold on the way.

Serving hot food

- Hot food should always be served over 60 degrees and reheated to at least 75 degrees for 2 minutes to kill any harmful bacteria. Maroba have microwaves available for use by resident's families if you wish to reheat food. Food should only ever be reheated once. When reheating you should ensure that the food is steaming hot. If you need to know where to find a microwave please ask the staff.

Storing food

It is best if food brought in is stored straight away. Pre-packaged foods such as biscuits, cakes and crackers should be stored in an air-tight container with the use by date clearly marked. .

Safe Foods	Unsafe Foods
Chips and pretzel	Cooked cold rice including sushi
Biscuits, crackers and fresh bread	Raw Mushrooms and sprouts
Chocolate and lollies	Raw meats, seafood and eggs
Dried or whole washed fresh fruits	Homemade mayonnaise
Bottled and canned drinks, tea and coffee.	Deli meats
Canned or packaged foods and spreads such as vegemite, jam or honey	Soft serve ice cream and soft service frozen yoghurts
Plain cakes or muffins (no cream or custard filling or cream cheese icing	Soft cheeses such as brie, camembert, feta and blue-vein
	Meals, salads, sandwiches and fruit salad purchased from a shop
	Unpasteurised dairy products such as raw milk or yoghurt.