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University Health Board

Patient/Carer Information Leaflet for Preparation, Storage and Reheating of Blended Diet (in the home environment)

Disclaimer: The following information is based on anecdotal best practice and government advice (Food Standards Agency) for the preparation, storage, freezing and reheating of foods intended to be consumed orally. There is currently no government advice for puree food by gastrostomy tube.

Equipment

- A high powered blender is recommended (e.g. Vitamix, Blendtec, Optimum and Omni-blend) as they enable a greater variety of foods to be blended. This will minimise the risk of tube blockage and maximise nutritional content
- The liquidised food will also be required to be passed through a sieve with 1mm holes to help ensure the mixture is lump free
- Any equipment used for cooking and liquidising should be of a design which can be thoroughly cleaned.

Preparation

- Effective hand hygiene and washing techniques must be adopted, and effective hand washing must be carried out prior to handling food or equipment (please see information on six stages of Hand washing below).
- Cooking and liquidising equipment should be thoroughly cleaned prior to usage.
- Surfaces on which food is to be prepared must be clean.
- Food must be stored appropriately to avoid deterioration prior to cooking or use.
- Avoid undercooking food prior to liquidising.
- Blended food should be prepared as close as possible to the time of administration and wherever possible food should not be stored/transported, in order to prevent microbial contamination.
- Do not use any foods that have passed their 'use -by date'.
- Foods should be blended to a 'single cream' consistency. Additional stock, gravy, milk, water can be added to help achieve this consistency.

Storage

- Liquidised food should not remain at room temperature for longer than 90 minutes

- If it is necessary to store food in the fridge for later administration, the following guidelines should be adopted:
 - Store the food in a clean container with a lid and label the food (detailing the date and the contents of the container)
 - Liquidised food may be stored on the top shelf of the fridge (below 5°C) for up to 24 hours
 - Liquidised food may be frozen (below -18°C) for up to 1 month

Reheating

For liquidised meals containing meat or poultry:

- Remove the liquidised food from the fridge
- Transfer to a suitable container
- Microwave until 'steaming hot' throughout.
- Wherever possible use a thermometer and ensure the food is reheated to a minimum of 75°C.
- Allow to cool to body temperature (37°C) or below before administration

For liquidised meals that do not contain meat or poultry

- Option 1 – remove feed from fridge and stand on work surface for 30 minutes to allow this to come to room temperature
- Option 2 – remove feed from fridge and place the container in a jug of hot water for no more than 10 minutes. Shake or stir before feeding

Defrosting

- Frozen food should be:
 - Food needs to be labelled clearly with date of preparation, food description and date and time removed from the freezer
 - Thawed in the fridge below 5°C
 - Re-heated (in accordance with information above)
 - Used within 24 hours of removing from the freezer
- Do not refreeze any liquidised food previously defrosted.

Refer to - Food Standards Agency > Food Safety and Hygiene > At Home

Available from: <https://www.food.gov.uk/>

Six Stages Of Handwashing



Stage 1. Palm to palm



Stage 2. Backs of hands



Stage 3. Between the fingers



Stage 4. Fingertips



Stage 5. Thumbs and wrists



Stage 6. Nails in the palm of the hand

Step3/SIX stages