

Guidelines for Parents re blenderised foods (via gastrostomy) that are sent in to School

General Information about Storage of Blended Diet at Home

Blended food can be stored in appropriate food containers in the fridge for 24-48 hours or in the freezer for 1-3 months, depending on the type of food used. It is recommended that these are clearly labelled with the date the food was made and what the food is.

Blended diet should be kept at room temperature for a maximum of 2 hours. If you are going out, cool bags (with an ice pack) are ideal to store the containers of blended food to keep them at an appropriate temperature for short periods of time.

Preparation of Blenderised Food to be sent in to School:

- All blended feeds must be prepared by parents / carers at home, who are responsible for providing blenderised foods that are appropriate for administration via gastrostomy.
- Consistency of blended feeds: the food mixture must be totally smooth with no lumps or bits, similar to pouring cream consistency and no thicker than double cream. **If feed contains lumps or bits it will *not* be administered in school, as this presents risk of tube blockage.**
- If foods require cooking, they must be thoroughly cooked at home. **Food will *not* be cooked or reheated in school.**

Transporting:

- Container: food must be transported to school in a clean airtight container with a lid.
- Labelled: the container must be labelled with the name of the child and date of use (today's date) and what the food is ie. contents
- Food must be transported to school in a cool bag with a frozen ice pack.

Equipment:

The following needs to be sent in to school:

- 2 x 60ml syringes and an extension set in clean and labelled lidded box. These need to be sent in on a weekly basis.
- Back up milk should also be provided in case there are problems with the blended food.