



Foods from Outside the Hospital

The nursing staff or dietitian need to approve any food brought from home. **No homemade food, restaurant food, takeout food, or fruit baskets are allowed.**

Below are food items that family and friend may bring you.

Food category	Food items that family and friends may bring you
Beverages	Canned sodas, juices, flavored drinks, and nutritional supplements
Canned Items	Canned fruits (except grapefruit, which is NOT permitted) Canned vegetables Canned soups and stews <i>Note:</i> All items must be in individual portion-sized, unopened cans.
Cookies, Crackers, and Snacks	All individually packaged cookies, crackers, and chips Individually packaged pies and cakes that are commercial, shelf-stable products (such as Hostess, etc.) Cold cereals that do NOT contain raw nuts <i>Note:</i> Snacks or desserts containing nuts are allowed if the snack/dessert is cooked. Uncooked snacks or desserts containing raw nuts are NOT allowed. <i>Note:</i> All items must be in sealed (unopened) packaging.
Candy	Individually wrapped hard candy and candy bars
Frozen Entrees	Only frozen entrees that are individual portion-sized; remain frozen during transport to you; and have been cooked at BWH, either by room service or in the floor microwave