

UPDATE ON KOSHER FOOD IN THE HOSPITAL

Calgary is fortunate that our hospitals have made a kosher diet available for Jewish hospital patients for a number of years. If you or a loved one wants to have a kosher diet in the hospital, please follow these procedures:

- Ask your nurse to request a kosher diet
- Request a meeting with Food Services to determine if there are any restrictions that may affect the ordering of a kosher diet
- If there are no restrictions, then Food Services will order a kosher menu.

Unfortunately, the kosher food offered in the hospitals is standard and cannot accommodate special requirements. If the patient's condition requires dietary restrictions, such as a salt-free, gluten-free, diabetic diet or if the patient has allergies, the process becomes a little more complicated. Your doctor may need to over-ride your special diet. After you have met with Food Services, ask to see the doctor to discuss whether it is possible or advisable to have the kosher menu.

If you receive a kosher menu, you will receive cold kosher pantry items for breakfast, including yogurt, boxed cereal, banana, boiled egg, and Boost or Ensure, if needed.

Lunch and dinner include a packaged soup and meal from Omnitsky's, a kosher facility in Vancouver. Meals can include chicken, turkey, meatballs, cabbage rolls, salmon, etc. There is no way to order a specific meal. These meals may be supplemented by the hospital with packaged applesauce, fruit in syrup, pudding or other kosher items. All utensils and dishes are disposable, with the exception of mugs for coffee / tea. If you would prefer a styrofoam cup, they are available on the unit.

If the kosher menu does not comply with your medical dietary needs, a vegetarian non-kosher menu is available. Please be aware that hospitals may not be able to provide kosher or vegetarian meals that comply with other dietary restrictions such as a post-surgery or low-sodium, pureed or liquid diet, and these may be needed to promote recovery and good health.

Please feel free to call Jewish Community Chaplain, Sari Shernofsky at 403-251-6507 for further information or if you need help in the hospital.

