

A GUIDE TO EATING OUT WHEN YOU HAVE CANCER

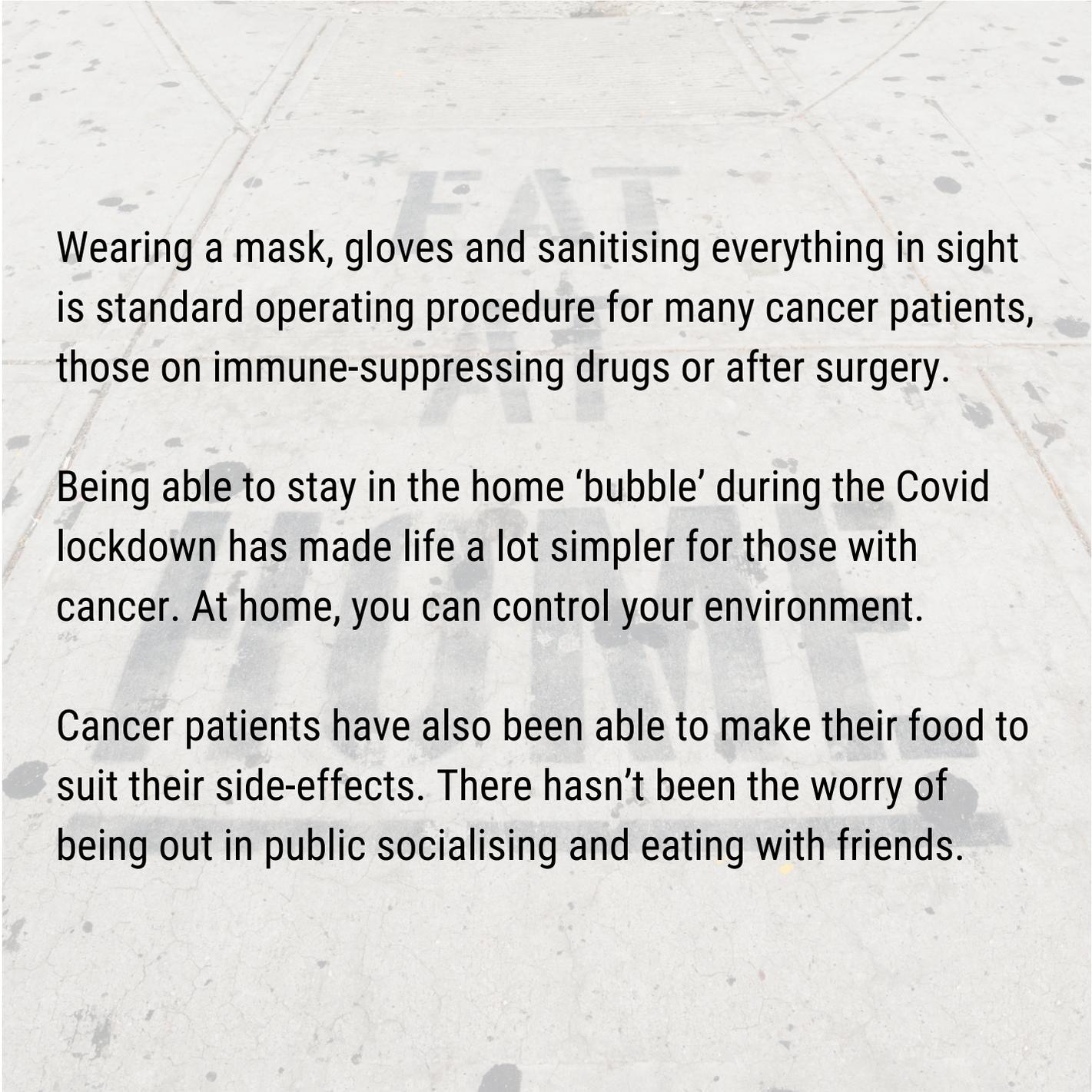
WHAT YOU NEED TO KNOW



ISQ

STANDARD OPERATING PROCEDURE





Wearing a mask, gloves and sanitising everything in sight is standard operating procedure for many cancer patients, those on immune-suppressing drugs or after surgery.

Being able to stay in the home 'bubble' during the Covid lockdown has made life a lot simpler for those with cancer. At home, you can control your environment.

Cancer patients have also been able to make their food to suit their side-effects. There hasn't been the worry of being out in public socialising and eating with friends.

With restrictions lifting and restaurants re-opening around the world after Covid-19 lockdowns, how do you navigate those social situations where food is bringing people together?

The stress of being out of your home and a controlled environment can be overwhelming for and lead to more social isolation.

In many instances, cancer treatment side-effects also make it difficult to enjoy food. So food is actually the last thing you want.

We've got your back!

We have tips to get you through the haze, out of the house and enjoying the company of your friends and the food on your plate.





When planning a meal out at a restaurant with friends, consider the following tips for a stress free catch-up.



01.

**CHECK THE
RESTAURANT'S
HYGIENE &
CLEANING
POLICIES BEFORE
BOOKING**



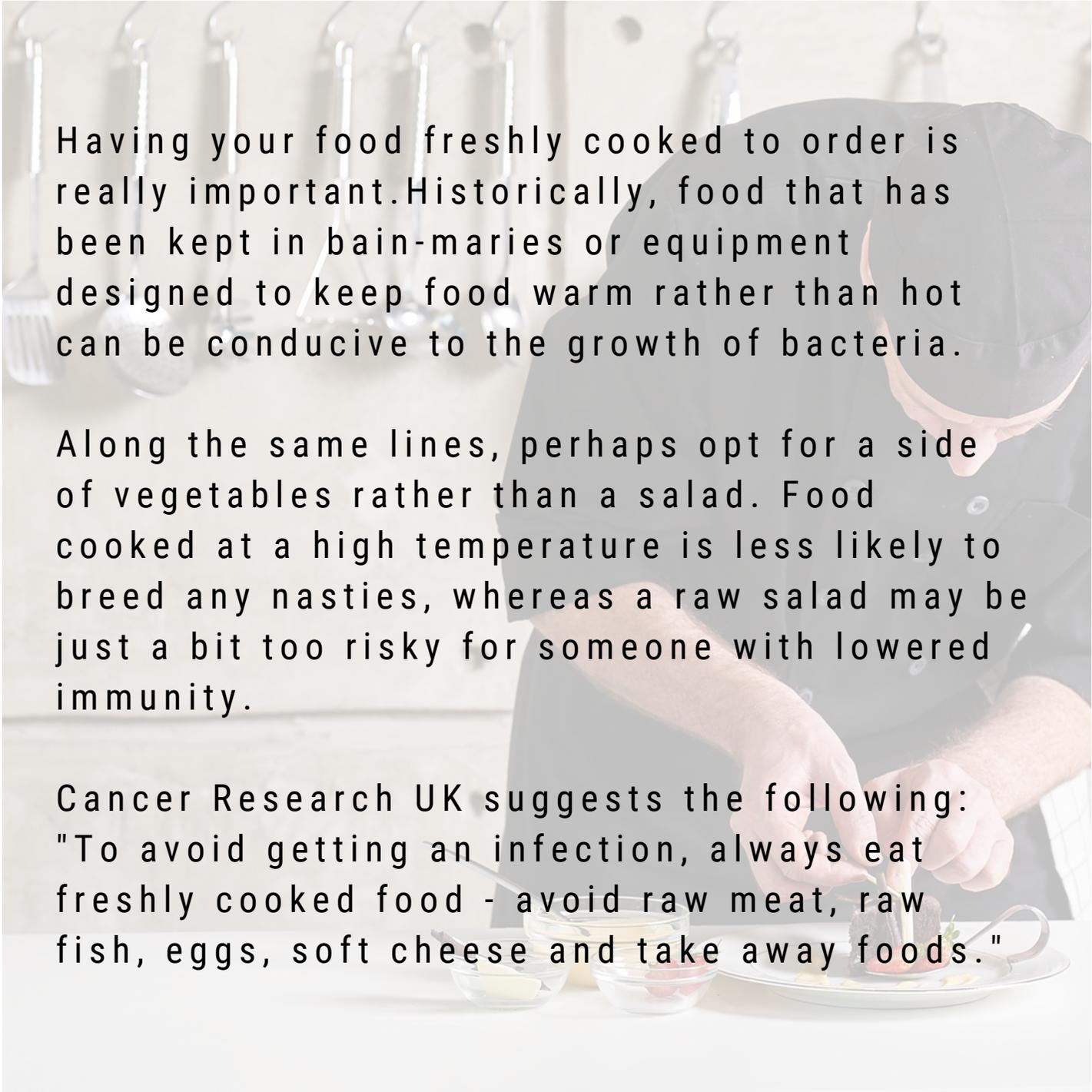
Many restaurants and cafes are listing their policies and procedures online. If they are not, just call and enquire. Ask if they are sanitising tables and chairs between bookings, check on seating and queueing arrangements. Is there sufficient room to stand in the foyer to maintain social distancing requirements when waiting for your table etc? Ask how often they sanitise their bathrooms too.



02.

**ENSURE THE
RESTAURANT
CAN COOK
YOUR MEAL
TO ORDER**





Having your food freshly cooked to order is really important. Historically, food that has been kept in bain-maries or equipment designed to keep food warm rather than hot can be conducive to the growth of bacteria.

Along the same lines, perhaps opt for a side of vegetables rather than a salad. Food cooked at a high temperature is less likely to breed any nasties, whereas a raw salad may be just a bit too risky for someone with lowered immunity.

Cancer Research UK suggests the following:
"To avoid getting an infection, always eat freshly cooked food - avoid raw meat, raw fish, eggs, soft cheese and take away foods."

03.

**ASK FOR
SINGLE USE
CONDIMENTS**





This is a great way of limiting your exposure to items that have been handled by many different people.

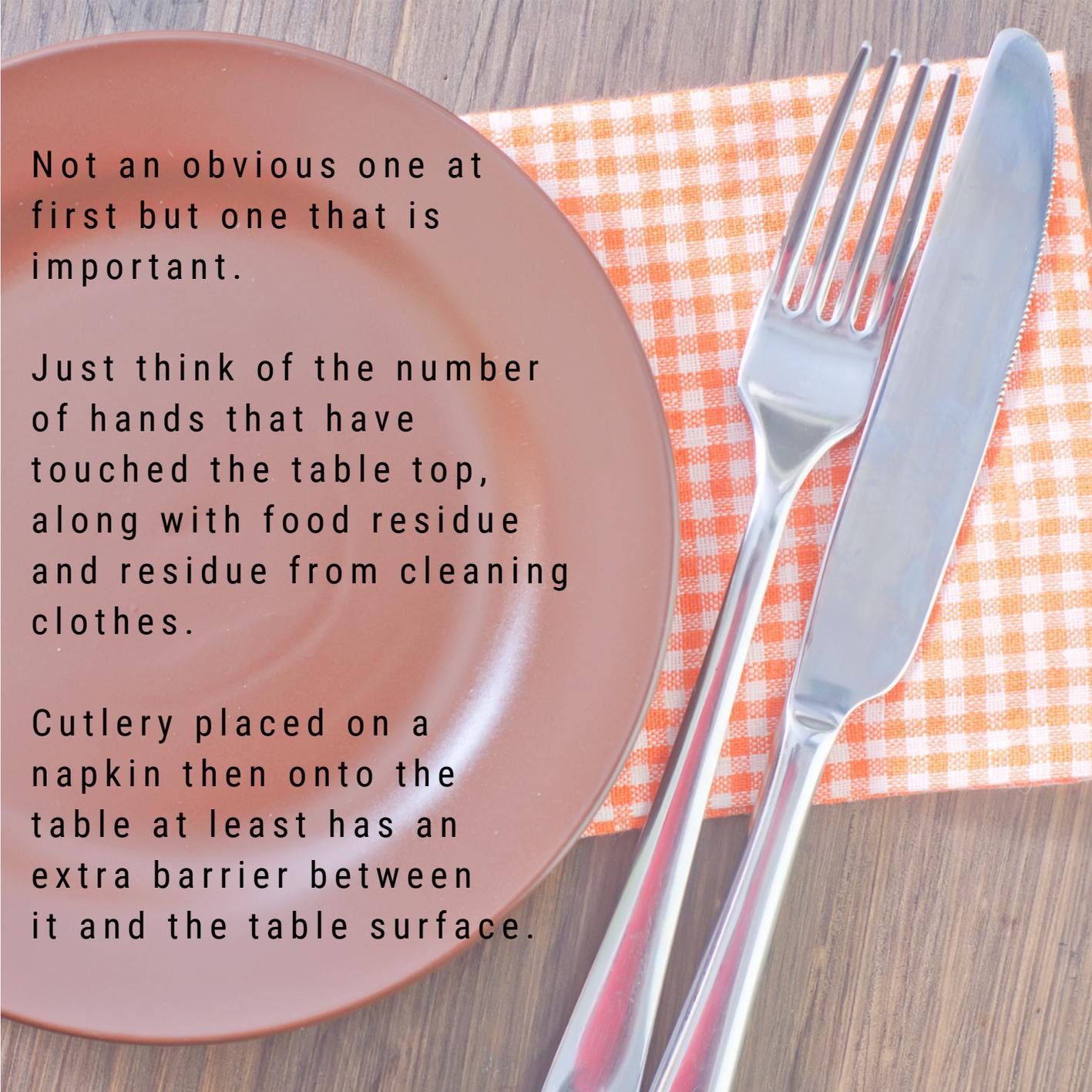
Salt, pepper, sauces and dressings are available in single serve sachets, so ask if they are available.

It might be a good idea to buy some and take them with you.

04.

**IS THE
CUTLERY ON A
NAPKIN OR
PLACED
DIRECTLY ON
THE TABLE?**





Not an obvious one at first but one that is important.

Just think of the number of hands that have touched the table top, along with food residue and residue from cleaning clothes.

Cutlery placed on a napkin then onto the table at least has an extra barrier between it and the table surface.

05.

**USE SINGLE
SERVE CUTLERY
OR CUTLERY
WIPES**

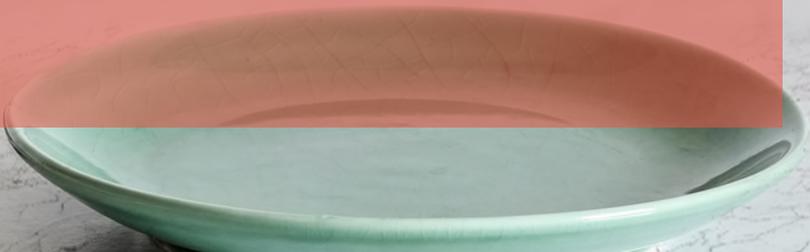


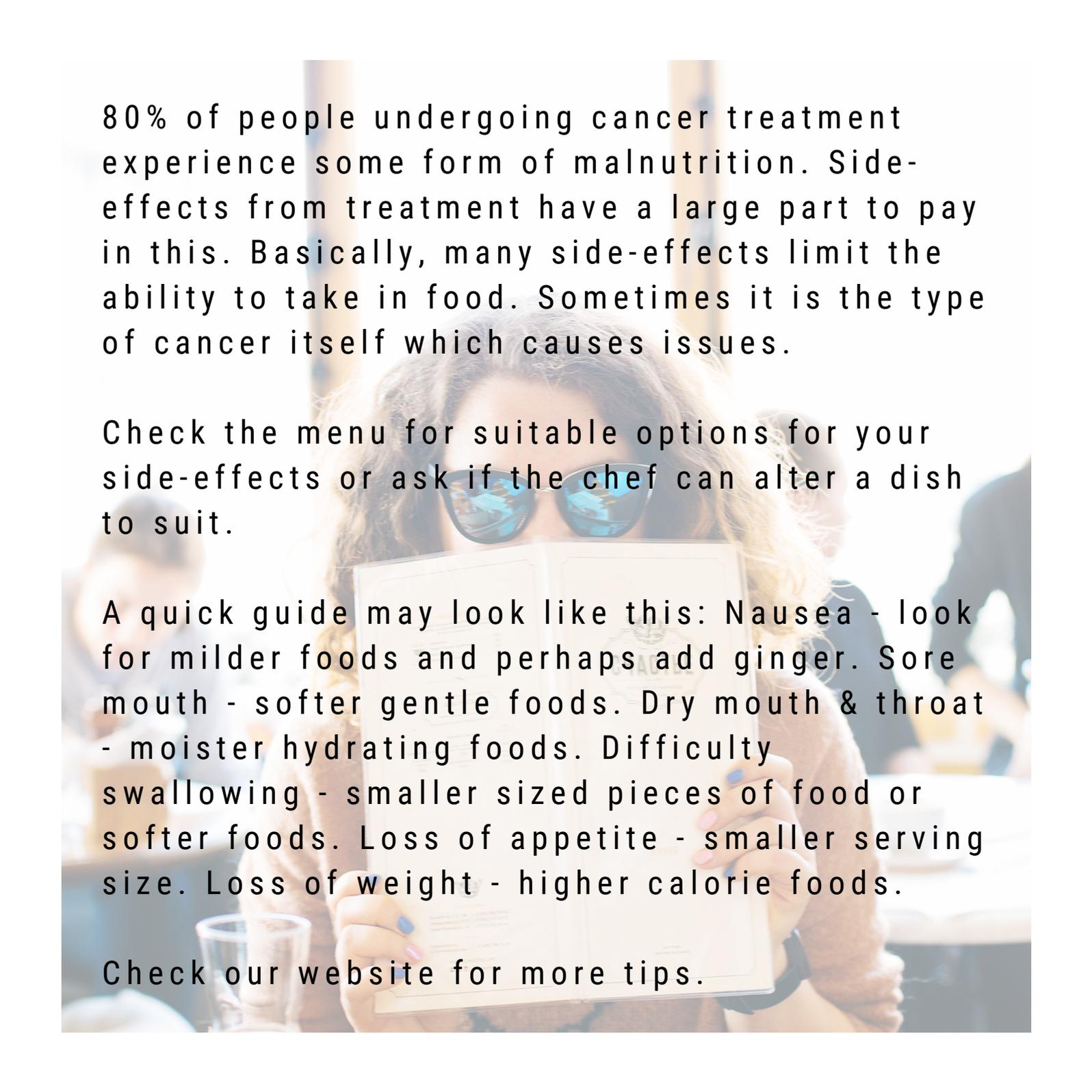
This follows on from the last point. If the restaurant doesn't have single serve cutlery, perhaps take some with you. The other option is to invest in some bamboo cutlery which looks a lot nicer than plastic and is re-usable.



06.

**ENSURE THERE
ARE ITEMS ON
THE MENU YOU
CAN EAT**



A woman with long blonde hair and sunglasses is reading a menu in a restaurant. The background is slightly blurred, showing other people and tables. The text is overlaid on the image.

80% of people undergoing cancer treatment experience some form of malnutrition. Side-effects from treatment have a large part to play in this. Basically, many side-effects limit the ability to take in food. Sometimes it is the type of cancer itself which causes issues.

Check the menu for suitable options for your side-effects or ask if the chef can alter a dish to suit.

A quick guide may look like this: Nausea - look for milder foods and perhaps add ginger. Sore mouth - softer gentle foods. Dry mouth & throat - moister hydrating foods. Difficulty swallowing - smaller sized pieces of food or softer foods. Loss of appetite - smaller serving size. Loss of weight - higher calorie foods.

Check our website for more tips.



Above all, enjoy yourself in the company of those who love you the most - your friends & family.

FOOD

IS SYMBOLIC OF

LOVE

WHEN WORDS ARE
INADEQUATE.

ALAN D WOLFELT



WWW.KEE-MOHSNACKS.COM.AU