



Blenderized Tube Feedings During Your Child's Hospital Stay

Options and safety guidelines for blenderized tube feedings for your child in the hospital.

You may wish to give your child homemade blenderized tube feeding during their hospital stay. Your child's healthcare team will assess whether or not it would be safe to provide blenderized tube feeding while in the hospital.

Sometimes your child may need a special commercial formula to better support them during their illness. This could be due to an infection or a change in their medical status.

What options do I have for blenderized tube feedings for my child while they are in the hospital?

- We can make your child's blenderized tube feeding. You can choose from standardized recipes created by Seattle Children's Hospital dietitians.
- You can also provide your child's blenderized tube feeding recipes to the dietitian. Our Nutrition Department will prepare the tube feeding in our kitchen using the foods we have here.
- You can bring your child's blenderized tube feeding from home. Because this increases the risk for foodborne illness, you will need to follow the guidelines stated below when you make, transport and store the tube feeding.

How to safely make and store homemade blenderized tube feedings

Sanitation is very important when you make blenderized tube feedings for your child. The food and formula at Seattle Children's is prepared and stored in ways that meet state health regulations. If you choose to bring in blenderized tube feeding from home, following the guidelines below will help protect your child from foodborne illnesses.

Safe preparation at home

Start with a clean kitchen

Mix 1 tablespoon of bleach added to 1 gallon of hot water. Use a clean cloth to wipe kitchen countertops and cutting boards with this cleaning solution, before and after use.

Use clean equipment

You will need:

- A blender. Follow the manufacture's instructions for cleaning your blender. Regular home blenders may not thin feedings enough to prevent feeding tube clogs, especially when using an NG tube. A strainer may be needed. Two industrial-strength blenders that are known to blend to the right consistency are Vitamix and Blendtec.
- Measuring cups and spoons
- Containers to store tube feeding (use a non-porous plastic, such as Tupperware or Rubbermaid pitchers, or glass containers).
- Dish rack to air-dry utensils, blender, and container
- Meat and refrigerator thermometers

Wash hands often

- Wash your hands before starting any recipe, after touching raw food (like meat or eggs), and after touching your hair or face.
- Use soap and warm water. Make a lather and rub hands together, cleaning under fingernails too. Do this for at least 20 seconds and then rinse with warm water.
- Dry hands with a new clean paper towel each time.

Thaw foods properly

Thaw frozen foods overnight in the refrigerator. Never thaw frozen foods at room temperature because bacteria can grow quickly between 40° and 140° F.

Cook meats to the proper temperature

When cooking meat, check the temperature with a meat thermometer. To be safe, the internal temperature of the cooked meat needs to be:

- 180°F for chicken or turkey
- 170°F for pork
- 160°F for beef

Other food safety

- Use separate cutting boards for meat and vegetables. Clean cutting boards right away after cutting raw foods on them.
- Keep raw foods apart from cooked foods. Clean utensils that touch raw foods before using them on cooked foods.
- Wash the tops of canned foods with water and dry them with a clean paper towel before opening.
- Wash fruits and vegetables well in running water before peeling and slicing.
- Always cook eggs thoroughly, until both the yolk and white are well done. They should not be runny or wet.

To Learn More

- Nutrition
206-987-4758
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

How should I transport homemade tube feeding to the hospital and where will I store it?

- Bring homemade tube feeding to the hospital in a cooler with ice packs.
- Label each container of your child's tube feeding. Ask your nurse for patient identification stickers before putting the tube feeding in the refrigerator. The hospital will also give you stickers that state when your child's tube feeding was placed in the refrigerator and when it will expire.
- Put your child's tube feeding in the designated refrigerator as soon as you arrive at the hospital.
- All unused tube feeding will be thrown away after 24 hours.
- Take home empty tube feeding containers and clean them with hot soapy water before reusing them.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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