



Preparation, Blenderizing and Storing a Homemade Blenderized Tube Feed

Reminder to families: The preparation, storage and administration of homemade blended tube feeds requires safe food handling practices. Food borne illness can occur when harmful bacteria or viruses are spread from food to people. Extra precautions should be taken for people at higher risk of food borne illness.

Follow the steps below to prepare and store a homemade formula:

1. Wash and dry your hands before preparing and administering all formula.
 - ✓ Scrub all parts of hands with soap for at least 20 seconds.
 - ✓ Rinse with warm water and dry with a clean cloth or paper towel.
2. Wash and sanitize cooking surfaces and equipment prior to use.
 - ✓ To avoid cross contamination use separate cutting boards and utensils for raw foods and ready-to-eat foods.
 - ✓ Wash cutting boards and utensils with hot soapy water and sanitize before reusing them.
 - ✓ To prepare a sanitizing solution at home, combine 5 ml of household bleach into 1 liter (4 cups) of water. Allow the sanitizer to sit on the surface of cooking utensils for at least 1 minute before wiping off.
3. Wash all fresh fruits and vegetables. People with weakened immune system should use cooked fruits and vegetables.
4. All meat, fish, poultry and eggs should be cooked to the appropriate temperature (see Table below) before used in enteral formula.
5. Cool all heated food within 2 hours of cooking. Do not leave food to cool at room temperature for more than 2 hours.
6. Following the recipe guidelines the HBTF formula should be blended to a liquid consistency using a commercial grade blender or a standard household blender and then a sieve to strain lumps and seeds.
7. Store all formula in a refrigerator (4°C, 40°F) or freezer (-18°C, 0°F).
 - a. Time for storage in refrigerator – 48 hours.
 - b. Time for storage in freezer – 1 month.

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8. Thaw foods in the refrigerator or under cold running water. Bacteria left in foods after cooking can grow rapidly when food is cooled. HBTF should be reheated to at least 74°C can kill harmful bacteria.
9. Avoid having homemade formula at room temperature for > 2 hours. Discard any formula that has been left out for > 2 hours.

Safe internal Cooking Temperatures

Meat, poultry, eggs and fish	Temperature
Beef, veal and lamb	77°C (170°F)
Pork	71°C (160 °F)
Poultry & game birds – pieces	74°C (165°F)
Poultry & game birds – whole	82°C (180°F)
Egg/Egg dishes	74°C (165°F)
Fish	70°C (158°F)
Shell fish	74°C (165°F)
Other (hot dogs, stuffing, leftovers)	74°C (165°F)

For more information on safe food handling practices refer to the links below

Healthlink BC. [Foods to Avoid for People at Higher Risk of Food-borne Illness](#). Health file # 76. 2014.

HealthLink BC. [Food Safety: Easy Steps to Make Food Safe](#). Health file #59a. 2016.

HealthLink BC. [Food Safety for Fresh Fruits and Vegetables](#). Health file # 59b. 2014.

HealthLink BC. [Hand Washing for Parents and Children](#). Health file # 85. 2015.

Government of Canada. [Safe Internal Cooking Temperatures Chart](#).