

# ospital Kitchens

By

Rajamma. P. Devadas, B.SC. M.A. PH.D. (OHIO)

kitchen management, as in any other business, the principles of scientific management should be applied in carrying out the policies laid down by those in authority.

The efficiency of any food service unit is largely dependent upon the plant in which it is housed. Chiefly, it may be effected by :

**Location :** The commercial man wants it to be near the busiest corner of the busiest street. But in the hospital, a quiet atmosphere is needed. Kitchen and dining rooms should be adjoining each other.

**Floor plans :** Intelligent thought should be given to the considerations of space allowance, sanitation and functional requirements and the relation of work units to each other. Food units should be planned by the architect, the food director, the business manager or administrative officer and the engineer. The pooled knowledge and experience of these people help in securing maximum efficiency and satisfaction in working.

**Space allowance :** Ideally, in hospitals 12-15 sq. ft./seat should be allotted in dining rooms and 18-20 sq. ft./bed.

The allocation of the rooms should

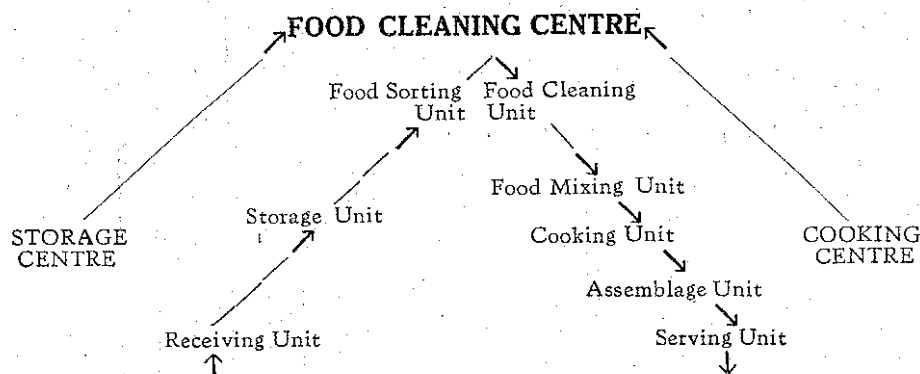
be planned as follows :

Kitchen — Pantry — Dining room — Dish washing place (This arrangement reduces noise from kitchen).

If the dining room is far away, then provision should be made for conveying the prepared food in the briefest time possible and for keeping the food at the proper temperature until served. It is difficult to maintain high standards of food production and sanitation in an inadequate space allowance.

Rectangular or square kitchens are most convenient. If rectangular, the length should not be more than twice the width. Steps will be saved if the entrance is from the larger side. Adequate storage space depending on the type of deliveries of supplies—daily or otherwise—should be provided. The store room should be well ventilated, cool and clean. Cold storage should be provided for wherever possible.

**Kitchen units :** Hospital kitchens should be so planned that the equipment may be grouped to form definite work areas or units. The following figure gives some suggestions for the same :



Food enters the kitchen, is stored, prepared, cooked served.

Thus, the major phases of work include :

- (1) Delivery of food and supplies.
- (2) Storage
- (3) Preliminary preparation
- (4) Cooking
- (5) Serving
- (6) Return of soiled dishes and dish washing.
- and (7) Garbage disposal.

Each of these units can be further subdivided according to convenience. For example, the cooking unit may be broken up into :

- The area for meats  
 „ vegetables  
 „ salads  
 „ baked food  
 „ desserts  
 and „ beverages.

**The floors :** must be constructed for

- durability
- utility
- appearance
- ease of cleaning
- quietness
- non-slipperiness
- low maintenance to cost
- resistance to strain
- resistance to moisture
- resilience (flexible, supple, pliant, elastic, not breaking)
- low cost of original materials

Various types of floors are possible, such as

- wood, concrete,
- tiles, linoleum

Hardwoods have good qualities for beauty, resilience, even wearing, sanitary qualities and finish. Concrete is most suitable for the climatic conditions in India.

**Walls :** should be sound-proofed and capable of easy cleaning and pro-

moting lighting.

### Selection of equipment :

The needs should be based on . . .

- the number of patients or persons to be served
- the type of services available
- the amount of labour on hand
- the clientele (customers)
- and the cost of care or upkeep of equipment.

The food service equipment can be of China, glass, porcelain, earthenware, enamel or metals like copper, brass, stainless steel and aluminium.

A basic list of articles needed for a hospital with 300 patients getting three meals a day, is given below:

|                                            |            |
|--------------------------------------------|------------|
| 5 gallon dekshis for boiling water         |            |
| for tea                                    | ... 4      |
| 5 gallon dekshis for boiling milk          | ... 2      |
| 3' diameter thawas—for chapatis            | ... 2      |
| 2½' diameter thalis—for chapatis           | ... 2      |
| Rolling boards and pins                    | ... 4      |
| 3 gallon dekshis for boiling rice          | ... 2      |
| Deep fat friers (Kadais)                   | ... 2      |
| Steamers                                   | ... 4      |
| Knives (kitchen)                           | ... 12     |
| Vegetable peelers                          | ... 12     |
| Spoons of various sizes                    | ... 12     |
| Ladles of various sizes                    | ... 24     |
| Balance and weights                        | ... 2 sets |
| Round bottomed bowls for mixing            |            |
| batter (large size)                        | ... 12     |
| „ „ (medium size)                          | ... 12     |
| Wooden planks for chopping                 | ... 12     |
| Wooden tables for working (large)          | ... 4      |
| Sinks with draining boards                 | ... 4      |
| Fireplaces (4 with 4 holes smokeless type) | ... 4      |
| Refrigerator                               | ... 1      |
| Alumin kettles for boiling water           |            |
| (large size)                               | ... 12     |
| (small size)                               | ... 12     |

An inventory of the utensils, equipment and furnishings must be carefully kept up-to-date.