



**Meal Hints and Ideas  
for Parents and Escorts  
of Seizure Monitoring Patients  
on the Swedish Pediatric Unit**

This handout is provided to assist you in planning ahead so that you can reduce your expenses while your child is hospitalized for seizure monitoring. The meals for your child hospitalized on the Swedish Pediatric Unit are free. You will be provided with a menu and you can call and order meals and snacks for your child which will be delivered to the room.

The meals for parents or other people with the patient are **not** free. We hope that this handout is helpful in explaining the resources available to you and offering ideas that will support you in planning your own healthful and affordable meals.

► **You can bring food from home.**

You can bring dry and canned goods. Items that need refrigeration can be brought from home in an ice chest or you can buy items at a grocery store the morning of admission.

The closest grocery store is:

QFC

1401 Broadway Seattle, WA 98122

This store is open 24 hours a day and has an underground garage.

► A dorm sized refrigerator can be requested for your room. Most likely this can be provided and if not a staff member can put your items in a refrigerator accessible to staff. The outside dimensions of the dorm sized fridge are approximately 18” wide by 22” high by 22” deep. On the inside there are two small shelves, a tiny freezer and the door holds items as tall as a quart of milk or a half-liter pop bottle. If you want a refrigerator, alert the Epilepsy Center (206-215-1440) when you schedule your admission date. They cannot guarantee a refrigerator but will be able to request this on your behalf.

► Staff can store a few frozen meals for you in the staff break room refrigerator. Staff will be able to microwave these and deliver them to your room four times per day when they round to patient rooms.

► Ice, cold water, instant hot water and coffee are available 24 hours per day.

► **You can purchase your meals by going to the hospital cafes**

Swedish has two cafes on the Swedish First Hill Campus. You can pay for your food at the cafes with cash, credit or debit card. The Market Café is the main cafeteria with the most menu options.

The Market Café is open 6:30am-7:30pm seven days/week.

The Lobby Café is open 6:30am-2:00 Monday-Friday except holidays.

The Market Café has a toaster and microwave that you can use. You can eat there or take a tray and return to your hospital room.

If you are the only person with your child, coordinate your absence from the room with the hospital staff.

► **You can purchase food to be delivered to your room**

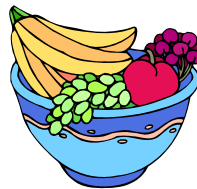
You can order food to be delivered to your room through a service called A la Carte Dining. Payment is by cash only. A visitor's menu with prices is enclosed.

Here are some ideas of how you can lower the expense of your meals while you are staying with your child. Pack these items in a wheeled suitcase making them easy to bring with you to the hospital.



Beverages

- Coffee is available on the pediatric unit.
- Instant hot water for tea (from hospital supply) and cocoa mixes (provided by you)
- Ice and cold water for instant drink mixes
- Pop – Bring a 12-pack of cans of pop. This will cost less than purchasing pop from the café or vending machines.
- Fruit juices and milk can be kept in the fridge in quart or half liter sizes.



Fresh Fruits and Vegetables

- Apples, oranges, grapes and bananas can be kept on a shelf or cupboard in the room without refrigeration.
- Small bags of baby carrots and other cut vegetables can be kept in the room fridge.



### Easy Fix or Instant Meals

- Dried soups, chili, or macaroni and cheese in single serve containers.
- Boxes of cereal
- Loaf of bread for sandwiches
- Peanut butter and jelly
- Sliced meats and cheese can be kept in the fridge
- Ramen noodles or other Asian dried meals
- Tuna, herring or sardines in small cans
- Canned soups, chili, spaghetti



### Snacks

- Crackers and cheese, pretzels, chips
- Popcorn (can be heated in the unit's microwave)
- Beef or turkey jerky
- Cookies



### Condiments, Plates & Bowls, Etc

- Catsup, mustard, mayonnaise, salt and pepper, salad dressing, etc
- Plastic plate and bowl from home
- Metal spoon, fork, knife so you do not have to use flimsy plastic utensils
- Can opener if you are bringing canned items from home