



## Meal Hints and Ideas for Patients and their Escorts while admitted for Video EEG Monitoring at Swedish Medical Center Cherry Hill

This handout is provided to assist you in planning ahead so that your escort can reduce their expenses when they stay with you during seizure monitoring. The meals for the hospitalized patient at Swedish Medical Center are free. The patient will be provided with a menu and the patient can call and order meals which will be delivered to the room.

The meals for family members, friends and other escorts are **not** free. We hope that this handout is helpful in explaining the resources available to your escort and offering ideas that will support them in planning their own healthful and affordable meals.

► **Escorts can bring food from home.**

Escorts 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.

► Staff can store a few frozen meals for your escorts in the staff break room refrigerator. Staff will be able to microwave these and deliver them to your room, please coordinate this with the staff.

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

► **Family/Friends can purchase your meals by going to the hospital cafes**

From espresso, delicious soups and sandwiches to grill specials, hot entrees and salads, you'll find excellent choices in The Dining Room located on the first floor. The Dining Room is open daily Monday - Friday from 6:30 a.m. to 7:00 p.m. and Saturday and Sunday from 6:30 a.m. to 1:00 p.m.

Starbucks is located between the main lobby and James Tower.

Please coordinate the absence of your escorts from the room with the hospital staff.

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

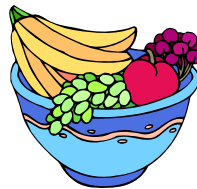
Escorts can order food to be delivered to your room through a service called A la Carte Dining. Payment is by cash only. A visitor's menu with prices is enclosed.

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 adult unit.
- Hot water for tea (from hospital supply) and cocoa mixes (provided by escorts)
- 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 may 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 escorts are bringing canned items from home