

## Tips to help children eat well in hospital

Children need to eat well to recover from illness, and to grow and develop. This tip sheet provides ideas for how to improve food intake in hospital.

### ✓ Provide foods with good nutrition

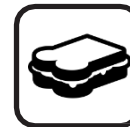
The hospital menu is designed to meet the nutritional needs of most children. Other foods are also available on the unit.



Encourage intake of foods high in calories and protein



Give only foods are allowed if your child is on a special diet



Offer food from the unit fridge if your child is hungry. Snacks can be ordered from Patient Food Services

### ✓ Offer foods your child likes

Children may prefer to eat foods they are familiar with. Offer these foods when they are hungry.



Keep in mind food likes and dislikes



Work with your child to fill out their menu daily if your child is on a diet that allows menu selections



Parents may want to bring in some of their child's favorite foods

### ✓ Keep it safe

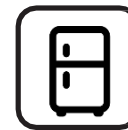
Foods brought to hospital should be safely prepared and stored, and given only to your child.



Keep cold food cold and hot foods hot. If foods cannot be kept hot, chill and reheat at the hospital



Ensure hot and cold foods are eaten within 2 hours of being at room temperature



Store food in a fridge. Label with your child's name and date

### ➤ Tips for adding calories and protein

Search for handout at [ahs.ca](https://ahs.ca): [Adding Calories and Protein to your Child's Diet](#)

### ➤ Tips for bringing food into hospital

Search for handout at [ahs.ca](https://ahs.ca): [Bringing Food to Family](#)

### ➤ Consult dietitian

If you have any questions about your child's diet, ask to talk to a dietitian.