

# When You Need Something To Eat



## Family Issues

4480 Oak Street, Vancouver, BC V6H 3V4  
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www.bcchildrens.ca

Here are some choices for eating within the hospital site, some ideas on how to “Eat In” on the unit, and where to you can get something to eat near by the hospital.

## Within the hospital site:

### Shaughnessy Café also called the Cafeteria

This cafeteria is on the first floor of the Shaughnessy Building.

#### Open:

Monday to Friday	7:00am to 7:00pm
Saturday and Sunday	8:00am to 6:30pm
Statutory holidays	8:00am to 5:30pm

Specific opening times for hot meals and freshly made sandwiches are listed on the wall in the Café. If you want a full service evening meal, be sure to get to the Café at least 15 minutes before closing time.

There are also microwaves and vending machines in this area.

### Second Cup

This coffee bar is in the lobby of the main Children’s Hospital building.

**Open:** Daily 6:30am to 10:00pm

### On the Go Bistro - Tim Hortons

This is in the BC Women’s Hospital lobby.

**Open:** Monday to Friday 6:30am to 5:00pm

(“On the Go Bistro” in BC Women’s lobby will be changing in late February 2011. It will be replaced by Seattle’s Best Coffee.)

### Starbucks

Starbucks is in the Ambulatory Care Building lobby. Look for Entrance 44.

#### Open:

Monday to Friday	6:00am to 8:00pm
Saturday and Sunday	8:00am to 6:00pm
Statutory holidays	7:00am to 7:00pm

## Eating Out: Family Style

### *Nearest the hospital. Walking distance:*

#### *King Edward Mall at Oak and King Edward:*

Has Japanese, Vietnamese food as well as a few other choices.

#### *Neighbours Restaurant and Pizza House:*

3838 Oak Street @24th

604-732-3777

### *Ten minute drive from the hospital:*

*MacDonalds:* 2095 W. 41st at

E. Boulevard - 604-261-0551

*White Spot:* Oakridge Centre,

604-261-2820

*De Dutch Pannekoek House:* 3192 Oak Street  
- 604-732-1915

*Max’s Deli:* Oak & 16th Avenue

*continued...*

Buying meals can get expensive if you are here for a long time. Here are some other choices:

## Eat “In”:

- 1. Buy groceries**, frozen meals and fresh take-out. Use the kitchen nook called a “nourishment station.” on the unit to prepare and store your food. There is a fridge, microwave, kettle and toaster you can use.
  - Label the food you bring in with your name and the date. Make the label large!
  - Bring your own mug and plate if possible. Please clean up after yourself. You will also find this area is usually stocked with drinks and snacks for the patients only. Please do not offer these snacks to anyone who is not a patient.

**Places to buy Groceries, frozen meals or fresh take-out:**

***Nearest the hospital. Walking distance:***

- *Safeway* at West 25th Avenue and Oak Street (a 10 minute walk)
- *Kaplan’s Deli* at West 41st Avenue and Oak Street (15 minute walk)

***Ten minute drive from the hospital:***

- *Max’s Deli* at West 16th Avenue and Oak Street (also is a restaurant,)
- *Choices* at West 19th Avenue and Cambie Street.
- *Capers* at West 16th Avenue and Cambie Street
- *Oakridge Food Court* – Oakridge Mall at West 41st Avenue and Cambie Street.

**2. Order in food from restaurants.**

**3. Ask family and friends to bring something in for you to eat.**

**Need help or more information?**

Your nurse or staff in the Family Support and Resource Centre will help you.

**It’s Good to Ask!**