



Eating on a budget at GOSH

This information sheet gives some helpful tips on how to eat on a budget while you are staying at Great Ormond Street Hospital (GOSH). If you have any questions about financial support, please contact the Family Support Workers in the Social Work department. Please note: GOSH also provide vouchers to all mothers breastfeeding babies aged six months or under, whether your baby is a patient or not. If you would like further details, please contact the Neonatal Nurse Advisor.

At Great Ormond Street Hospital (GOSH)

- **The Lagoon Restaurant** – level 2 (Ground Floor) Morgan Stanley Clinical Building (MSCB). Food is served Monday to Friday from 8am to 3pm and then from 4pm to 7.30pm, Saturday and Sunday from 11.30am to 7.30pm.
Also the Coffee Bar within the Lagoon Restaurant. Open Monday to Friday from 7.30am to 5.30pm and Saturday and Sunday from 8am to 12 midday. The shop is open Monday to Friday from 9.30am to 5.30pm.

Supermarkets in the local area

- **Tesco Express Russell Square**
Bernard Street
Open 24 hours a day, seven days a week
- **Sainsbury's**
Kingsway
Open Monday to Saturday from 7am to 11pm and Sunday from 12pm to 6pm.
- **Sainsbury's**
High Holborn
Open Monday to Saturday from 7am to 12 midnight and Sunday from 10am to 4pm.
- **Waitrose**
Brunswick Shopping Centre
Open Monday to Friday from 8am to 10pm, Saturday from 8am to 9pm and Sunday from 12pm to 6pm.
- **Little Waitrose**
High Holborn
Open Monday to Friday from 7am to 10pm, Saturday from 8am to 9pm and Sunday from 12pm to 6pm.



Other places in the local area

Families have recommended Sid's which serves café style food and Tuttis which serves deli-type food. Both are located on Lambs Conduit Street. There is also a branch of McDonalds on High Holborn and a Pizza Express and a Pizza Hut on Southampton Row.

We produce an information sheet called *Around GOSH* which gives details of lots of other shops, restaurants and cafes in the surrounding area. Ask for a copy at the Pals Office in main reception.

Making the most of your money

Even if you are on a limited budget, some simple tips you can stretch it a long way.

- Plan your menu for the week and buy accordingly
- Always take a shopping list so you are not tempted to buy other items
- Visit supermarkets towards the end of the day when fresh items are often marked down in price
- Look for 'own brand' items rather than branded goods as they are often cheaper
- When you get to the supermarket, check out the reduced price items first
- Buying fresh fruit and vegetables often works out cheaper than frozen or prepared items
- Try to buy seasonally as foods that have been grown in the UK can be cheaper than those shipped from abroad
- Remember that home cooked meals are cheaper than eating out
- Watch the 'sell by' and 'best before' dates on food
- Keep a running total as you shop and check against the till receipt as mistakes can happen

Cooking food on the ward

- Most wards have a kitchen where you can prepare and cook food for yourself but equipment is likely to be limited to a microwave, toaster and kettle.
- You can still prepare healthy, nutritious meals using this limited equipment.
- Remember to label any foods with your name and the date purchased before putting it in the ward fridge – any foods that are not labelled are discarded to reduce the risk of infection.
- Some foods are prohibited in ward fridges – check the list before you go shopping
- If you have any questions about cooking on the ward please speak to the ward housekeeper.

Compiled by the Family Support Workers in collaboration with the Child and Family Information Group Great Ormond Street Hospital for Children NHS Foundation Trust, Great Ormond Street, London WC1N 3JH www.gosh.nhs.uk