



Local Food Options for Parents and Caregivers

When a child is admitted to the hospital, it is helpful for adults staying with the child to create a longer-term plan for food and meals. A child's admission can be a stressful time; it is important you take care of yourself as well.

Here are some ideas:

- Reach out to local family, friends, and/or community supports that can bring food/meals into the hospital for you.
 - **The Lotsa Helping Hands** care calendar can help organize this type of support: lotsahelpinghands.com/
- Use refrigerators, microwaves, toasters, and complimentary Keurig coffee makers in the parent lounges located on Ellison 17 and 18 and in the PICU (Gray/Bigelow 6).

Here are some places to buy food.

At Massachusetts General Hospital (Accept cash, credit/debit)

Food Trays available for purchase

Parents/guardians may order a food tray from the MGH cafeteria which averages \$6 - 8 (depending on the meal) and is added to your child's medical bill

Eat Street Café- Ellison Building, lower level

Open Monday – Friday, 6:30am - 8:00pm and Saturday, Sunday and Holidays, 7:00am - 7:00pm.
To hear a recording of the daily menu, call 617-724-MENU.

Coffee Central- Gray Building, main lobby

Open 24 hours a day, seven days a week. Coffee, tea and fruit smoothies are available to go, as well as bagels, toast, prepared salads and sandwiches, pastries and fruit. Overnight specials (served from 8:00pm – 4:00am) include a variety of sandwiches, salads, and soups.

Tea Leaves and Coffee Beans- Wang Ambulatory Care Center, main lobby

Open Monday - Friday, 7:00am - 2:00pm, Breakfast items include made-to-order hot breakfast sandwiches as well as freshly baked muffins and pastries. Lunch selections include hot panini sandwiches, soups, a daily hot entrée and “Grab & Go” sandwiches and salads. Coffee, a tea bar and a variety of pastries, desserts and frozen soft-serve ice cream also are available. A ramp is located on the left side of the cafeteria.

Riverside Café- Yawkey Center for Outpatient Care, main lobby

Open Monday - Friday, 8:00am - 4:30pm. The café offers breakfast, a variety of sandwiches, soups, salads, plus desserts and hot and cold beverages.

Coffee South- Yawkey Center for Outpatient Care, main lobby

Open Monday- Friday, 6:30am - 5:00 pm. Coffee South offers coffee, tea, freshly baked pastries, bagels and a variety of cold beverages and smoothies.

Walking Distance from MGH

Markets/Variety Stores (Accept cash, credit/debit, SNAP/EBT benefits)

- **Whole Foods Market-** Charles River Plaza, 181 Cambridge Street, Boston, MA 02114
Open 7:00am – 9:00pm, 7 days a week, 617-723-0004, 6 min walk / 0.3 miles
- **CVS Pharmacy-** Charles River Plaza, 191 Cambridge Street, Boston, MA 02114
Open 7:00am – 10:00pm, 7 days a week, 617-367-0441, 6 min walk / 0.3 miles
- **7-Eleven-** 122-128 Cambridge Street, Boston, MA 02114
Open 6:30am – 11:00pm, 7 days a week, 617-570-9127, 8 min walk / 0.4 miles
- **Star Market-** in the Hub on Causeway- 90 Causeway St. Boston, MA 02114
Open 6:00am – 11:00pm , 7 days a week, 857-409-3403, 15 minute walk/0.7 miles
*You may take **the MGH shuttle. Please see below.**

Quick Bites (Accept cash, credit/debit)

- **Anna's Taqueria-** 242 Cambridge Street, Boston, MA 02114
Open 10:00am – 11:00pm, 7 days a week, 617-227-8822, 4 min walk / 0.2 miles
- **Dunkin Donuts-** 296 Cambridge Street, Boston, MA 02114
Open 6:00am – 8:00pm, 7 days a week,, 617-464-4001, 3 min walk / 0.1 miles
- **Starbucks-** 222 Cambridge Street, Boston, MA 02114
Open 5:00am – 7:30pm, 7 days a week, 617-227-2959, 4 min walk / 0.2 miles
- **Flour-** 209 Cambridge Street, Boston, MA 02114
Open Monday- Friday6:30AM-7:00PM, Saturday-Sunday 8:00AM-6:00PM, 857-449-7452, 4 min walk/0.2 miles
- **Sweetgreen-** 300 Cambridge St, Boston, MA 02114
Open 9:30AM-10:00PM, 7 days a week, 781-661-6200, 3 min walk/ 0.1 miles
- **Tatte-** 70 Charles Street, Boston, MA 02114
Open Monday- Saturday 7 AM-8PM, Sunday 8AM- 7PM, 617-723-5555, 10 min walk/
0.4 miles

Full-Service Supermarkets via Free Mass General Shuttle

Mass General (MGH) shuttle services are free. The MGH main campus shuttle stop is at the Gray Building doors. Visit the information desk in the main lobby at 55 Fruit Street or at the Yawkey Center for a printed shuttle schedule that includes information about shuttle stops. **Operates Monday – Friday, except holidays.** (Markets accept cash, credit/debit, SNAP/EBT benefits)

- ***Star Market-** in the Hub on Causeway- 90 Causeway St. Boston, MA 02114
Open 6:00am – 11:00pm, 7 days a week, 857-409-3403, 15-minute walk/0.7 miles
 - You may take **the MGH- Charlestown Navy Yard shuttle** or the **North Station- Charlestown Navy Yard shuttle** to North Station (Weekdays Only)
- **Star Market-** at the Prudential Center, 53 Huntington Ave. Boston, MA 02199
Open 6:00am – 11:00pm, 7 days a week, 617-262-4688, 10-minute ride on MGH Shuttle
 - **Take the MGH/Prudential Center/Brigham and Women's Hospital Shuttle**
- **Market Basket-** 170 Everett Ave. Chelsea, MA 02150
Open Monday – Saturday, 7:00am – 9:00pm and Sunday, 7:00am – 8:00pm, 617-884-0646,
1 minute walk from Chelsea Health Center
 - **You may take the Chelsea, Everett, or Revere Shuttle** (all stop at MGH and Chelsea Health Center)