



If you are breastfeeding, you need extra calories and protein to help your body make milk. When your baby is in the hospital, your milk supply may slow down because of stress, being tired and skipping meals.

Boston Children's Hospital encourages you to stay with your baby to breastfeed or pump your milk for feedings. We try to make this easier by giving you meals or cafeteria vouchers.

Who can get breastfeeding meals or cafeteria vouchers?

If your child is staying at Boston Children's and is getting your breastmilk, you can get meals or cafeteria vouchers. This also applies if your child is in the Emergency Department.

- You do not need to give us any financial information or talk to a social worker.
- You can have these meals the whole time your child is in the hospital, whether it is a short or long stay.
- You can have these meals no matter what age your breastfeeding child is.

You cannot have breastfeeding meals or vouchers if your child is getting a meal tray.

How do I order my first room service meal or cafeteria voucher?

To order your first room service meal or cafeteria voucher, ask your nurse or lactation consultant to contact the Call Center to set you up for meals. Tell them if you have any food allergies.

Your meal order may take time.
Please be patient.

How do I order room service meals?

Call 617-355-FOOD (5-3663 internally). Room Service is open from 6:30 a.m.–7 p.m.

Please note:

- Hot meals are only available until 6:30 p.m.
- Sandwiches are available after 6:30 p.m.
- Meal trays are delivered to your child's room within 45 minutes.

How do I get cafeteria vouchers?

Call 617-355-FOOD (5-3663 internally).

Please note:

- Vouchers are available in the cafeteria immediately after ordering.
- Vouchers print at cash register #1.
- Picking up your voucher before getting your food can speed up check out.
- Each voucher is worth \$7.50 for use only in the hospital cafeteria. Starbucks and Au Bon Pain do not accept vouchers.
- You must pay amounts over \$7.50 to the cashier when you check out.

Contact us

Please call Lactation Support at 617-355-0005 or the Hale Family Center for Families at 617-355-6279 with any questions.