

# Meal Ordering Made Easy

Royal Columbian Hospital • Surrey Memorial Hospital • Abbotsford Regional Hospital

## Did you know some people can choose what they get on meal trays?

We want to give people in the hospital more choices for their meals.

We hope that giving people a choice on their meal will reduce the amount of food left on trays at the end of meals.

## Who can choose their meals?

It depends on your health, the type of diet you are on, and the nursing unit you are on.

While most diet types are included in the app, some are not. Most people will have the option to order their meals if they are on a nursing unit that uses this service.

We deliver standard meal trays to anyone not using this service. You can still tell us about your food preferences. Someone from your care team can send a message to Food Services for you.

## How can you choose your meal?

If you are someone who has the option to order meals, we have 2 ways to do this:

1. Through one of our Menu Assistants
2. By using the CBORD Patient app

Which option you use depends on the unit you are on. You could order all your meals using the app. Or, you could order some meals through the Menu Assistant, and some meals using the app.

### 1. Room Service Choice

A Menu Assistant comes to your bedside and explains the options for ordering meals.

Menu Assistants are only able to take your meal selections. If you have other requests for meals or snacks, please ask your nurse to contact Food Services.

### 2. CBORD Patient app

You choose all the following day's meals using the app.

See the handout "Using the CBORD Patient App" for how to create an account and how to use the app to order your meal.

