“Feel Better” Meals

Meal Pick Up During a Common Illness
This service is available for students with dining plans residing in on-campus residence halls. While students are unable to come to the dining center due to common illness (flu, strep, etc.), they may request to have meals picked up at the dining center by a roommate/friend/RA who will deliver them to their room.

Specific foods will be sent based on a pre-determined menu of clear liquids and/or foods best tolerated with flu-like/gastrointestinal symptoms. If students are unable to access the dining centers for another reason, i.e. severe injury affecting mobility, they can call the appropriate number and talk with the dining manager or supervisor.

The ill student needs to make the call to the appropriate dining center and provide: their name, KUID number, phone number, hall, room number, AND the name of the person who is picking up the food from the dining center. That person must bring the ill student’s KUID with them for verification. The card will be swiped for the meal.

The Student can call the appropriate number anytime between 6:00 a.m. to 5:00 p.m. Mon. – Fri., Sat. & Sun. from 9:00 a.m. – 5:00 p.m. The phone numbers given will have voicemail capabilities IF by chance a staff person does not pick-up right away. Please leave your information on the voice mail.

Students living on Daisy Hill (McCollum, Ellsworth, Hashinger, Lewis & Templin or in Jayhawker Towers) contact Mrs. E’s Dining Center at 785-864-2261.
Students living in Oliver Hall, please call Oliver Dining Center at 785-864-4087.
Students living in GSP or Corbin Halls, please call North College Café at 785-864-3120.

Option 1: Suggested for first 24-48 hours of flu-like symptoms:
- 2 – cans of clear soup or broth
- 3 – pkgs. saltine crackers
- 2 – hot tea bags
- 1 – can of Sprite
- 2 – apple juice
- 2 – 12 oz. bottled water
- 2 – gelatin cups
- 2 KFS sets/a few napkins/ 2 paper hot cups/ 8 oz. disp. bowl

Option 2: Suggested for after fever subsides-3rd-4th day:
- 2 – cans of soup
- 1 – pkg. oatmeal or Cream of Wheat
- 3 – pkgs. saltine crackers
- 1 – banana
- 1 – cup steamed rice
- 2 – slices bread
- 4 – pkgs. peanut butter
- 1 – turkey sandwich w/ cheese (1- mayo & 1- miracle whip)
- 2 – hot tea bags
- 2 – Packets of sugar
- 1 – pudding cup or gelatin cup
- 2 – fruit juices
- 2 – 12. oz. bottled water
- 2 – KFS set/napkins/ 2 paper hot cups/ 8 oz. disp. bowl

**Do you need medical help?**

If you suspect the flu and feel you need medical attention, please contact University Health Services. [http://www.studenthealth.ku.edu/](http://www.studenthealth.ku.edu/) or (785) 864-9500.