

**Instructions for Meal Service During Isolation for
Students Living on Campus with a Meal Plan
University of Rochester**

While you are isolated in your room or apartment, you have several options for receiving meals:

- You may give your ID card to a friend and ask him/her to get a “sick meal.” Your friend should present his/her own ID and your ID to obtain food/liquids from the River Campus and Eastman dining centers.
 - At Danforth and Eastman Dining Center, your friend should simply present the IDs to the cashier as he/she enters and asks for a sick meal. Your friend will be given a take-out container and a cup that can be filled with food and beverage.
 - At Hillside, Wilson, Douglass and the Orchestra Pit, the friend simply chooses the foods and beverages for you and presents your ID to the cashier and tells the cashier that this is for a sick meal.
- You may give your ID card to a friend and ask him/her to pick up a “Flu-food” box. The cost of each box is two (2) clubs or \$15 declining.
There are two boxes to choose from:

Box #1	Box #2
2 cans of soup	2 cans of soup
2 packages of saltine crackers	1 package of oatmeal
2 tea bags	2 packages of saltine crackers
3 packets of sugar	1 banana
1 apple sauce	2 slices of Texas toast
1 can of ginger ale	4 peanut butter (pcs)
2 apple juice	1 small turkey sandwich w/cheese
2 bottled water	2 tea bags
2 Jell-O cups	3 packets of sugar
2 knife/fork/spoon sets	1 Jell-O cup
2 paper hot cups	2 juices
2 disposable bowls	2 bottled waters
several napkins	2 knife/fork/spoon sets
	2 paper hot cups
	2 disposable bowls
	1 mayonnaise packet
	several napkins

Boxes are available at Danforth (7:30am – 8pm); Hillside (8pm – 1am); Eastman Dining Center (11:30am – 7:30pm); Orchestra Pit (7:30am – 11:30am; 8pm – midnight)

- You may order a box to be delivered by sending an e-mail to flufood@ur.rochester.edu. The e-mail should include the student’s full name, Student ID number, residence hall, room number, method of payment (clubs or declining) and choice of box (1 or 2).
 - Dining Services will conduct two deliveries each day. The first delivery will be between 7 am and 8 am. The second delivery will be between 4 pm and 5 pm. All orders placed after 6 pm and 3 pm the following day will be delivered between 4 pm and 5 pm. All orders placed between 3pm and 6pm will be delivered the following morning.

Whether you are having a friend pick up a meal or are ordering a meal directly from Dining Services, please make sure that you let people know about any food allergies. Thank you for your understanding and cooperation with these procedures that are intended to best meet the needs of our students. Get Well Soon!