

My Safe & Reliable Foods

Familiar foods can provide predictability and nourishment. This page is about recognising what already works for you.

Foods I can usually manage

Meals or snacks that feel predictable

Foods that are useful on difficult days

Foods I can prepare with very little energy

Foods that travel well or are easy to keep nearby

What makes these foods feel safe or manageable?

Is there anything I could add alongside them if I wanted to?

No pressure to replace a safe food.

My easiest nourishment option is...
