Understanding My Nourishment Needs

Notice what makes eating easier or harder in everyday life.

What can make nourishment difficult for me?

- [ ] Low energy or fatigue
- [ ] Remembering to eat or drink
- [ ] Planning meals or choosing food
- [ ] Shopping or accessing ingredients
- [ ] Preparing food or cleaning up
- [ ] Sensory discomfort with foods
- [ ] Changes to routine or appetite
- [ ] Cost, time or available support

What already helps?

Foods, routines or environments that feel manageable:

What tends to make eating more difficult?

A gentle reminder

Your needs may change from day to day. There is no single right way to eat.

My Easier Eating Menu

Build a flexible collection of options for different kinds of days.

Food options that feel manageable for me

Very little energy

Ready-to-eat, familiar or minimal-preparation options

Some energy

Simple foods I can put together quickly

More energy

Foods or meals I may enjoy preparing

Small things that could make these options easier

Items to keep available, shortcuts or helpful reminders:

Permission to keep it simple

Convenience, familiar foods and flexibility can all be forms of support.

The Effort Map

Identify which food-related tasks use your energy and where support could help.

How much effort do these tasks take?

Tick the column that feels most accurate for you right now.

Task	Low	Medium	High
Deciding what to eat	☐	☐	☐
Shopping for food	☐	☐	☐
Preparing ingredients	☐	☐	☐
Cooking or heating food	☐	☐	☐
Eating in my environment	☐	☐	☐
Washing up or tidying	☐	☐	☐

Where could I reduce the effort?

One task I could simplify, share or approach differently:

A useful question

What would make this task easier, rather than what should I be able to do?

My Nourishment Support Kit

Collect practical tools and adjustments that work for you.

Support ideas I might want to try

- [ ] **Preparation**

  Pre-cut ingredients, easy-open packaging, batch portions

- [ ] **Reminders**

  Phone prompts, visual cues, linking food to routines

- [ ] **Environment**

  Comfortable seating, quieter spaces, preferred utensils

- [ ] **Access**

  Delivery, shopping lists, affordable familiar staples

- [ ] **People**

  Help with shopping, preparation or shared meals

My own ideas

Tools, people or adjustments that could support me:

Choose what fits

You can use, adapt or ignore any suggestion based on your needs.

My Personal Nourishment Plan

Bring together a few flexible ideas to make eating more manageable.

Foods I can usually manage

Familiar, accessible or comforting options

My main barriers

Things that often get in the way

Supportive shortcuts

Ways to save energy or reduce decisions

People or tools that can help

Practical support I could use

One gentle next step

A small change I would like to try

My plan can change

It is here to support you, not to become another rule to follow.