My Safe Foods Inventory

Recognise foods that feel familiar, comfortable and reliable.

What makes a food feel safe or reliable for me?

- [ ] Familiar taste
- [ ] Predictable texture
- [ ] Preferred brand
- [ ] Consistent preparation
- [ ] Easy to access
- [ ] Comforting or familiar

Foods I can usually manage, even on difficult days:

Brands, textures or ways of preparing food that matter to me:

Foods I find easier when my energy is low:

A gentle reminder

Reliable foods are a valid source of comfort and nourishment.

My Sensory Comfort Map

Notice the sensory details that help food feel manageable.

Sensory qualities that influence my food choices

- [ ] Smooth or soft textures
- [ ] Crunchy or firm textures
- [ ] Foods kept separate
- [ ] Consistent temperature
- [ ] Mild flavours
- [ ] Familiar smells
- [ ] Predictable appearance
- [ ] Specific utensils or dishes

Textures and temperatures I prefer

What tends to feel comfortable?

Flavours, smells and appearance

What helps food feel predictable?

What changes to my eating environment might help?

Sensory needs are individual

Preferences can change, and you do not need to justify them.

When My Safe Foods Change

Plan gently for unexpected differences in familiar foods.

Changes that might affect my comfort

- [ ] Recipe or ingredients
- [ ] Packaging or branding
- [ ] Texture or temperature
- [ ] Availability
- [ ] Different preparation
- [ ] Smell or appearance

A change I have noticed, or one that concerns me:

How might I recognise that a food no longer feels manageable?

What could help me respond without pressure?

It is okay to pause

You can choose familiar alternatives or seek support when things change.

My Reliable Food Backup Plan

Identify practical options for times when preferred foods are unavailable.

Support ideas I might want to use

- [ ] Keep a small backup supply

  If practical, store a few familiar shelf-stable options.

- [ ] Identify acceptable alternatives

  List brands, textures or preparations that might also work.

- [ ] Make access easier

  Consider delivery, shopping support or convenient formats.

- [ ] Ask someone to help

  Share preferences with a trusted person if useful.

My most reliable alternatives or backup foods:

Choose what fits

A backup plan can be simple, flexible and changed at any time.

My Personal Food Support Plan

Bring together what helps you feel comfortable and supported.

Foods I can usually rely on

Familiar foods, brands or preparations

My important sensory preferences

Textures, temperatures, smells or presentation

When something changes

What I notice and what may help

My backup options and support

Alternatives, adjustments or people who can help

My needs can change

I can update this plan whenever my preferences or circumstances change.