What Already Works for Me

Notice the foods, routines and support that already feel manageable.

Things that help me

- [ ] Familiar foods
- [ ] Convenient options
- [ ] Flexible mealtimes
- [ ] Foods I enjoy
- [ ] Preferred textures
- [ ] Predictable routines
- [ ] Comfortable surroundings
- [ ] Help with preparation

What foods or routines do I already feel comfortable with?

What makes these options work well for me?

Keep what works

Familiar, convenient and comforting foods can all have value.

My Nourishment Building Blocks

Consider small additions without replacing what already works.

Foods I already enjoy

Familiar choices I want to keep.

Things I could add

Optional foods, drinks or extras that might suit me.

Ways to make eating easier

Shortcuts, accessible options or practical help.

What feels realistic

Ideas that fit my energy, preferences and circumstances.

My Gentle Addition Ideas

Choose possibilities that feel comfortable, not compulsory.

Adding variety

Something alongside a familiar food, if I want to.

Adding convenience

Ways to make choosing or preparing food simpler.

Adding comfort

Textures, temperatures or surroundings that suit me.

Adding support

Reminders, easier access or help from another person.

Barriers & Support Strategies

Recognise challenges and consider adjustments that may help.

What can make additions difficult?

- [ ] Sensory preferences
- [ ] Low energy or fatigue
- [ ] Planning and preparation
- [ ] Financial pressures
- [ ] Changes in routine
- [ ] Access to preferred foods

What might help reduce these barriers?

Which support or adjustment feels most realistic right now?

Adapt the approach

You can change the idea to fit your needs, or leave it for another time.

My Personal Addition Plan

Bring together the choices and adjustments that feel right for you.

Use this page as a flexible reference. You can type into the spaces or print it.

What already works for me
Foods and routines that already help

Foods and routines I want to keep
Familiar choices I value

Small additions I might enjoy
Optional ideas that feel comfortable

Ways to make preparation easier
Convenient options or shortcuts

Support or adjustments that could help
People, reminders or practical changes

My next gentle step
One manageable thing I might try

A gentle reminder

Additions are optional. Your familiar foods and personal needs still matter.