

Meals and groceries

Choose simple meals your parent likes. Follow any food or drink rules from the doctor or nurse. Plan only the days that need help.

Parent’s name

Week of

Food allergies / food or drink rules from the doctor or nurse

Day / meal	Food planned	Who will help / when

Groceries or supplies to get

Who will shop / when

Who will put food away

Ask the doctor or nurse about trouble chewing or swallowing. Do not set food or drink limits here.