

Christmas Event Planning

Breakfast

e.g. 1.5 cups cereal with milk and fruit OR ham cheese croissant OR 3 large pancakes with yoghurt and fruit compote

My planned breakfast option and portions include: _____

Morning Tea (choose x _____ from below)

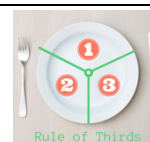
- Slice of fruit cake/Christmas pudding/pavlova/tart
- Fruit mince pie (tennis ball size)
- 50g rocky road (size of a deck of cards)
- 1 large shortbread/gingerbread cookie
- 3 lindt or ferrero chocolate balls
- Other: _____

Lunch

Follow the person in-front at a buffet or get support person to plate your meal for you.

Plate should include the following:

- Carbohydrates e.g. bread roll, potato bake, rice salad
- Protein e.g. ham, chicken, turkey, nut loaf
- Veg e.g. salads, cooked veggies
- Sauce e.g. gravy, apple sauce, cranberry sauce



Afternoon Tea (choose x _____ from below)

- Hot savory food e.g. savory pastry
- ½ cup custard/yoghurt with fruit serve
- 8 crackers with topping (dip/cheese/salami)
- Leftover cold meat on 1 slice buttered bread
- 1 handful of choc coated peanuts/sultanas/almonds
- 2 lindt or ferrero chocolate balls
- Other: _____

Dinner

Follow the person in-front at a buffet or get support person to plate your meal for you



Dessert (choose x _____ from below)

- Slice of fruit cake/Christmas pudding/pavlova/tart
- 2 scoops ice-cream
- Fruit mince pie, tennis ball size
- 50g rocky road (size of a playing card)
- 1 large shortbread/gingerbread cookie
- 3 lindt or ferrero chocolate balls
- Other: _____

Supper (choose x _____ from below)

- 2 small sweets (e.g. rum balls, coconut ice)
- 1 cup fruit salad/cherries/grapes or 1 piece fruit
- 4 crackers with cheese/dip
- Handful pretzels or crisps
- 1 hot chocolate or egg nog

Other: _____

Late supper (choose x _____ from list above)

Why is important to eat before an event?

How to manage/survive commentary/unhelpful comments from others:

Support persons for this period:

Coping tools/distractions I have planned for this period:

Notes: