



Food Storage



If you struggle to remember what you have, or food spoils before you use it:

Keep food visible!



Arrange the fridge so you can see perishable or important things right away



For pantry items, try open shelves or wire baskets



Keep things organized in predictable places so they are easier to find

Keep a list of current items on the fridge door

Recipes & Cooking



Keep a **list of familiar recipes** that you like to eat in a visible spot to make decision-making easier

Find simple recipes! There are even cookbooks written with autistic people in mind.



It's okay to **make changes to recipes** you find!

- It's okay to **replace or exclude ingredients** you don't like
- You can play with **changing textures**, like blending lumpy foods



Try some **kitchen tools** that make things quicker and easier

- An air fryer or toaster oven can be less intimidating than the oven
- Easy cooking items like boiled egg makers or rice cookers



Prepared food items can make things simpler, like pre-shredded cheese



Keep your favorite go-to non-perishable foods stocked, and pack one with you in your bag as a just-in-case item