

Eating on Busy, Low-Budget and Unpredictable Days

Flexible meal kits and back-up options for real-life days - without demanding perfection.

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GOOD ENOUGH CAN BE A USEFUL STRATEGY

The aim is food that is available, safe and doable - not an ideal day.

FOUR QUESTIONS FOR A REAL-LIFE DAY

1

What is available?

2

What is the foundation?

3

What is easy to add?

4

What is enough for today?

COMBINATIONS THAT ADAPT

COLD ASSEMBLY

Bread/tortilla + yoghurt, hummus, egg or canned food + fruit/vegetable + drink.



QUICK SHOP OPTION

Ready-to-eat rice + beans, tofu or chicken + frozen/ready vegetables; or yoghurt + oats + fruit.



CUPBOARD BACK-UP

Canned beans/fish + crackers or bread + nuts/seeds or fruit. The back-up option is not failure.



HOME BASE

Eggs + bread + tomato; lentils + ready-to-eat rice + frozen vegetables; sandwich + fruit.



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CHOOSE BY FUNCTION, NOT A PERFECT LIST

Energy foundation + protein source + fruit/vegetable when available + flavour/fat + fluid. Not every meal has to contain everything.

Three Versions of a Doable Meal

More time, quick components or no cooking - each level can work.



MAKE THREE VERSIONS OF ONE SOLUTION

Plan A - more time • Plan B - quick components • Plan C - no cooking. All three can be reasonable.

YOUR SMALL SYSTEM

A • MORE TIME

- one repeatable home base
- cook two functions, not a whole catalogue
- some foods can be frozen

B • QUICK

- ready-to-eat grains/potatoes/bread
- canned food, eggs, tofu or a dairy option
- ready/frozen vegetables

C • NO COOKING

- sandwich, yoghurt or a plant-based alternative
- hummus/canned food + bread
- fruit and a drink according to access

SWAP BY FUNCTION

WHAT CAN BE SWAPPED?

- rice ↔ potatoes ↔ bread ↔ pasta
- pulses ↔ eggs ↔ tofu ↔ fish/meat
- fresh ↔ frozen ↔ canned

BUDGET AND REAL COST

- cost per portion eaten
- waste, time and energy
- convenience can protect resources



SAFE STORAGE AND CONTEXT

Follow applicable guidance for chilling, reheating and use-by dates. For allergy, pregnancy or a medical restriction, follow a qualified plan.



WHEN ACCESS IS THE PROBLEM

Food insecurity is not solved by more discipline. Refer to appropriate social or local support when needed.