Food Access Planning

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person has limited time and shopping access.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Map realistic food options, access barriers, and practical supports without diet rules.

3. What would make regular nourishment easier?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.