



## 6 Point Plan for transitioning away from boxed food.

**Print this out and put it on your refrigerator.  
Tick the boxes off as you do them.**

1. All pain under control
2. No medical cause for not swallowing orally (baseline swallow assessment)
3. Nutritional needs to be met (Dietitian advice)
4. Weekly meal plans devised ( 4 "S"s ) know what you are doing i.e. have a plan
5. Trismus stretching (daily)
6. Maximised mindset with exercise and meditation