

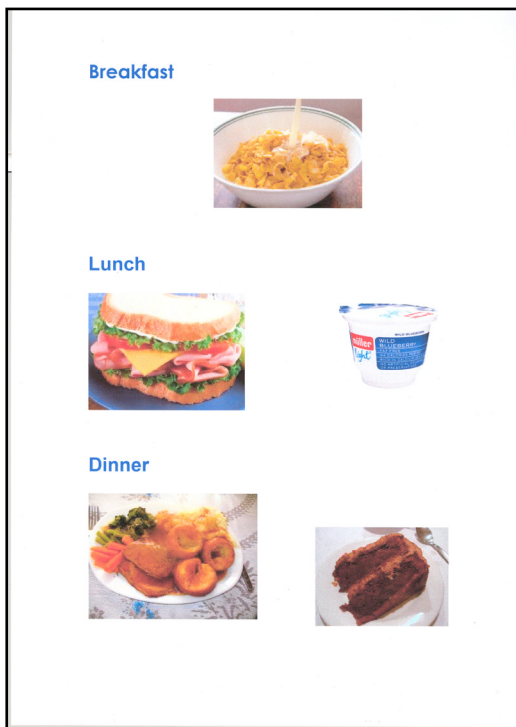
How to Create a Menu board

What is it?

A Menu Board can be used in two ways; to either convey to a person what they will be having each meal, or can be used to help make choices between meal options.

Examples:

Menu Board



Choice Menu Board



How to Create:

For both types of Board there needs to be a large variety of pictures that are prepared and kept safe somewhere. The pictures can be cut out from magazines, taken from Google or other internet images, cut out from cookery books etc. It is ideal if they are laminated or backed to keep them in good condition, and stuck on with Velcro.

There should be a Board kept in one place in the kitchen – this can be as simple as a piece of laminated A4 card with 3 Velcro strips, or can be a piece of wood on the wall. The menu board should be set up each morning, before breakfast, and as each meal is finished the picture should be taken down.

If using a choice board, the person's choice picture should stay up and the other put away so they can see what they have chosen, and what to expect.