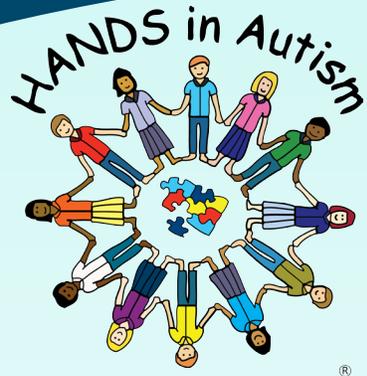


Life With ASD

What To Do For Lunch



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If you work during the day and your hours overlap lunch time (typically around 11:00am –1:00pm), you will most likely have a lunch break. Different work environments have different options for lunch, so it's important to figure out what will work best at your job. On your first day of work, the best option would be to pack and bring your lunch in a lunchbox. You can then see what your co-workers do for their lunch when you're there or you can just ask one of them. Here are some options for getting your lunch:

OPTIONS FOR GETTING LUNCH

- Pack a lunch in a lunchbox to take to work.
- If there is one available, buy lunch at the cafeteria.
- Walk to a nearby restaurant to buy lunch.
- Call and order food to be delivered, (e.g. pizza, Jimmy Johns, Chinese, etc.)

If you need help with script to order your lunch, see Life with ASD: Using a Phone Script

It's important to learn where to eat your lunch. Different work environments will do it differently. Below are some options for you to check into on your first day of work:

- At your work desk.
- In a break room
- In the cafeteria

Now that you know what to consider, put this sheet on your refrigerator. When you get home from your first day of work, determine what options are best for you. Check the box for what you will do for getting your lunch. Check the box for where you will eat your lunch. This will be your lunch plan for most of the time.

Something to Consider:

You may decide to do something different for lunch every now and then and that's ok! Maybe you want to take your lunch Monday-Thursday and then buy something at the cafeteria on Fridays or call and have food delivered. If this is something you choose to do, you will need to make sure you have money in your wallet or bank account.

Reminder: This is only one example.

This template may need to be individualized to fit your particular needs.