

# Introduction

Sustenance Tracker is an extension for the Fantasy grounds VTT.

This extension is available on the Fantasy Grounds Forge at <https://forge.fantasygrounds.com/shop/items/428/view>

This extension adds a section to the character sheet actions tab which allows tracking consumption of food/drink. Sustenance Tracker is designed and only works with the D&D 5E ruleset.

D&D 5E SRD rules for Food and Water: [https://www.dandwiki.com/wiki/5e\\_SRD:Food\\_and\\_Water](https://www.dandwiki.com/wiki/5e_SRD:Food_and_Water)



## Support

For support with this or any other of mattekures extensions, you can reach me on the rob2e discord. Join me in the **#mattekure-stuff** channel.

<https://discord.gg/rob2e>

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