

sustenance (*sus-te-nance*)

Definition

n. something that provides nourishment; food needed to live

Example Sentence

Roots and berries provided **sustenance** for the shipwrecked sailors.

Synonyms

maintenance; nourishment; nurture

Antonyms

extras

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

[vocabloco.com](https://www.vocabloco.com)