



## Family Meal Project Planning Process

- 1. Identify Concerns:** I will pledge, plan, and prepare a home cooked meal to share with my family.
- 2. Set a Goal:** By \_\_\_\_\_ (due date or earlier) I will pledge, plan and prepare a home cooked meal by making the following recipes:
  - 1.
  - 2.
  - 3.
- 3. Form a Plan:**
  - ☛ Who will be joining me for my meal? (*How many people do I need to plan for?*)
  - ☛ What is my budget?
  - ☛ What ingredients and/or supplies will I need before I cook?
  - ☛ When do I plan to make this meal? \_\_\_\_\_
- 4. Act:** Here's what I accomplished: (*Above and beyond what is written on my individual evaluations. Ex: special occasion; special table decorations or dishes; etc.*)
- 5. Follow Up:** Here's what I learned:
  - ☛ What were the most successful parts of my project? What will I change for next time?
  - ☛ Did eating this meal with your family make a positive impact on your family?