



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?
 - ☛ Post your meal photos on Instagram and tag @FCCLAatTheTable.