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?