## Family Meal Project

### Project Ideas:
- Breakfast for dinner
- International night
- Comfort foods
- Taco Tuesday
- Grandma’s favorite recipes
- Winter picnic
- Soup & sandwiches

### Identify Concern:
Family meals provide nutritious food and bonding for parents & children. Why my family needs this:

### Set a Goal:
By this date I will pledge, plan and prepare a home cooked meal by making the following recipes:
1.
2.
3.

### Form a Plan:
Who will be joining me for my meal?
What is my budget?
What ingredients or supplies do I need?
When do I plan to make this meal?

### Act: Here’s what I accomplished...
How did the meal turn out? Did your family enjoy it? Table decorations, dishes used, recipe success, conversations at dinner, etc.

### Follow-Up:
What was successful?
Changes I’ll make for next time?
Our next family meal will be on?

### Instagram: post a picture of your family meal and tag @NationalFCCLA

### Adviser Goal Approval:

### Family Member Verification:

### Signature & Date: