



Getting Started Plan

Choose a goal:

- ☐ I would like to get started by having one meal together a week
- ☐ I would like to get started by having 2-3 meals together a week
- ☐ I would like to get started by having 4 or more meals together a week

Your goal does not have to be about dinner. You can plan to have breakfast, lunch or a snack together instead.

Action steps (choose one or more steps):

- ☐ Plan meals together

Using the Meal Planner:

- ☐ Identify the day(s) you will eat together
- ☐ Together, choose the recipe(s) you will prepare
- ☐ Figure out a task each family member can do to prepare the recipe(s).

- ☐ Shop together

- ☐ Use the grocery list to write all items you need to buy for your recipes
- ☐ Set a day for grocery shopping. Choose a day when kids can accompany you.

- ☐ Cook together

- ☐ Assemble ingredients and equipment
- ☐ Review recipe
- ☐ Perform assigned tasks

- ☐ Eat together

- ☐ Choose a topic to discuss
- ☐ Serve food family-style so each person can help themselves
- ☐ Have fun

- ☐ Clean together

When you are getting started, don't try to go through all these steps all the time.

Keep it simple and have fun!