Family Mealtime

Here are some ways to get your whole family involved with family mealtime. Remember to always pick age-appropriate jobs, keeping safety in mind.



	Cooking	Grocery Shopping	Meal Planning
Age 2-5	 Pour premeasured items into bowl to mix. Tear up lettuce or other greens for a salad. 	 Point out fruits and vegetables that are read off the list when you pass by them in the store. Choose a new fruit or vegetable to try. 	 Color coordinate fruits and vegetables. Circle foods they would like in the store advertisements. Help clip coupons.
Age 6- 10	 Measure ingredients for a recipe. Toss a salad. Knead dough. Put together sandwiches. 	 Read the shopping list to parent and cross items off as they are put in the cart. Help find items from the shopping list. Choose a new fruit or vegetable to try. 	 Help make list of meals they like. Use the My Plate diagram to come up with one meal that follows the diagram. Suggest fruit and vegetables to add to each meal.
Age 11- 18	 Run the show as head chef! Plan and prepare a full meal, or a portion of a meal. 	 Take a portion of the list and retrieve those items. If old enough to drive, do a small grocery trip on their own. Keep track of the money saved each week. 	 Find three new recipes on social media. Create a 3-day menu that follows the My Plate recommendations.

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