



# Family Meal Project

Name: \_\_\_\_\_ Period \_\_\_\_\_

### 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:

Signature & Date:

Family Member Verification:

Signature & Date: