Cooking together helps make mealtime happen. When everyone shares the work, it is easy to do and food may even taste better. Everyone likes to try foods that they help make. It’s fun to share something you’ve made.

Cook it fast on busy nights. Try stir-fried meat and vegetables, quick soups or sandwiches. Find easy, quick and tasty recipes that don’t cost a lot to make at www.foodhero.org.

Use the food groups as your guide to cooking a healthy meal. Plan meals that include at least 3 food groups: dairy, grains, fruits, vegetables and protein.

Go to www.choosemyplate.gov for more info.

Older youth can help stir, spread, mash and measure.

Very young children can help with washing and tearing.

Work together to keep everyone safe and happy.

We learn by doing.

Think about:

Who will plan and shop? ____________________________

Who will help cook? ____________________________

Who will set the table? ____________________________

Who will help clean-up? ____________________________