



Action Plan: Choose Kid-Friendly Jobs

A simple step to including your children in meal planning and prepping is to think about the jobs they can do. Look over the suggested list of suggested meal prep jobs below. As you look at the list, be sure to consider each child's personality, learning style, and typical level of patience. Do your best to choose the jobs that best suit each child. Write each of your children's names next to the jobs you think they are ready to learn and handle.

Meal Planning			
Preschoolers	Name of child:	Older kids	Name of child:
Gather the meal planning tools		Check off food items on the inventory	
Gather the cookbooks		Write down the plan	
Hang the plan in the kitchen		Navigate <i>Health eKitchen</i>	
Return the tools		Look through cookbooks	
Choose foods		Choose cook method	
		Organize coupons	
		Find sale items in-store flyer	
Meal Prep			
Preschoolers	Name of child:	Older kids	Name of child:
Grabbing ingredients from storage		Setting the table	
Counting ingredients		Plating	
Finding foods by color		Chopping	
Spreading		Peeling	
Opening doors, containers, packages		Storing	
Closing doors, containers, packages		Recycling	
Scooping		Composting	
Pouring		Washing dishes	
Stirring		Loading dishwasher	
Plating		Stirring	

Stirring		Loading dishwasher	
Plating		Stirring	
Tearing or breaking		Toasting	
Sprinkling		Pouring	
Washing fruits/vegetables		Mixing	
Tossing waste (into compost/trash)		Rinsing	
Timing		Gathering	
Taste testing		Packing	
		Sealing	
		Unpacking	

Now it is time to invite your children into the kitchen to help.

Teach your children well

- Ask your child to choose a job.
- When working with your child, be sure to both show and tell him how to do his job.
- Modeling is the most important way to teach.
- Allow a lot of time for practice!
- Also, choose to schedule each child's time in the kitchen for when you are most likely to have more patience. You will need a lot of patience as your children learn these great life skills.

Teach *each* child

If you have more than one child, only work with one at a time. Work with each child one-on-one until he fully understands and can successfully do his job. Once you feel confident in his skills, begin to teach the next child his job.



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