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Assignment 5.2 – Value Stream Mapping

For illustration of value stream mapping in my daily life, I picked the process that I follow to plan and cook my meals for the whole week. Here’s a graphic that illustrates the process: A diagram of a meal plan

Description automatically generated

Lean metrics are flow time (time spent on each phase) and cycle time (a total amount of time spent for prepping meals for a week).

Estimated Average Flow Time:

**Steps:**

1. **Planning Phase: (2hr 40min)**
2. Deciding what meals to prep (1hr)
3. Deciding where to buy the food (40 min)
4. Deciding when to buy the food (30 min)
5. Deciding when to cook (30 min)
6. **Shopping Phase: (4hr 10 min)**
7. Shopping at Walmart ( 75 min)
8. Shopping at Aldi (30 min)
9. Shopping at Costco (120 min)
10. Driving home (25 min)
11. **Cooking Phase: (6hr 15min)**
12. Unloading groceries (15 min)
13. Cooking the meals (5hrs)
14. Cleaning up (1hr)
15. Packing the meals into the containers (30 min)
16. **Daily reheat: (30min \* 7 days = 3hrs 30 min)**
17. Reheating the food and cleaning up (30 min)

**Estimated Cycle Time = 16hrs 35 min.**

Process optimization

1. Eliminate Wasted Time during planning: set up a routine to always buy food at the same stores and the same time of the week, and always cook on Sunday. Saves 1hr 40 min.
2. Eliminate Wasted Time during shopping: Costo usually has everything that is also available at Walmart and Aldi. By shopping at Costco only I can save 1hr 45 min.
3. Cooking flow improvements: preparing ingredients for multiple meals at once streamlines the cooking process, which can save about 30 min.

**Revised Estimated Cycle Time: 12hr 40 min.**

By utilizing Value Stream Mapping, I was able to reduce the time spent on meal preparation by 3 hours and 55 minutes.

Reference list:

<https://www.connectall.com/3-easy-steps-for-using-vsm-in-everyday-life/> <https://lucid.co/blog/value-stream-management#:~:text=Value%20stream%20management%20is%20a,and%20optimizing%20for%20business%20outcomes>.