



Our Dinner Plan



Our Dinner Plan is a tool for creating better dinners at home:

1. Gather your family to talk about setting goals to have better dinners at home.
2. Check the goals that you all agree to. Add other goals of your own. Write the names of any family members who are excused from a goal, such as a very young child.
3. Then, post **Our Dinner Plan** on the refrigerator, for everybody to see.

	Goals	Everybody Agrees	Anyone excused from this goal? Names below
1.	Help prepare the meal		
2.	Eat together		
3.	Not leave the table until permitted		
4.	Turn off TV, cell phones, games, anything with head phones		
5.	Share something about the day		
6.	Have something nice to say about the meal		
7.	Help set or clear the table, wash dishes, or clean up the kitchen		
8.	Another goal of our own:		
9.	Another goal of our own:		
10.	Another goal of our own:		

Look at Dinner Secrets on the VeggieBook App for more ideas about better dinners.