Value Stream Mapping (VSM)

1. **Planning (60 mins)**

- Make a grocery list

- Plan meals for the week

2. **Shopping (90 mins)**

- Drive to the grocery store

- Shop for groceries

- Drive back home

3. **Meal Prep (240 mins)**

- Unpack groceries

- Prepare ingredients (washing, cutting, marinating)

- Cook meals

- Pack meals into containers

4. **Cleanup (30 mins)**

- Wash dishes and clean kitchen

**Estimated Average Flow Time**

|  |  |
| --- | --- |
| **Stage** | **Estimated Time** |
| Planning | 60 mins |
| Shopping | 90 mins |
| Meal Prep | 240 mins |
| Cleanup | 30 mins |
| **Total** | **420 mins** (7 hrs) |

**Current State Analysis:**

- **Value-Added Time**: The time spent on activities that directly contribute to meal preparation (meal prep and planning).

- **Non-Value-Added Time**: The time spent on activities that could potentially be reduced or optimized (shopping and cleanup).

**Estimated Value-Added Time:**

- Planning: 60 mins

- Meal Prep: 240 mins

- **Total Value-Added Time**: 300 mins (5 hrs )

**Estimated Non-Value-Added Time:**

- Shopping: 90 mins

- Cleanup: 30 mins

- **Total Non-Value-Added Time**: 120 mins (2 hrs)

**Suggestions for Optimization:**

- **Reduce Shopping Time**:

- Use online grocery shopping and delivery services.

- Shop during off-peak hours to reduce time spent in store.

- **Streamline Meal Prep**:

- Invest in kitchen gadgets that save time (e.g., food processors, instant pots).

- Batch prepare ingredients for multiple meals at once.

- **Efficient Cleanup**:

- Clean as you go while preparing meals.

- Use a dishwasher to save time on washing dishes.

**Optimized Estimated Cycle Time:**

- **Shopping**: 45 mins (using online delivery)

- **Meal Prep**: 180 mins (using efficient gadgets)

- **Cleanup**: 20 mins (clean as you go)

- **Total**: 305 mins (5.08 hrs)

**Updated Flow Time:**

|  |  |
| --- | --- |
| **Stage** | **Optimized Time** |
| Planning | 60 mins |
| Shopping | 45 mins |
| Meal Prep | 180 mins |
| Cleanup | 20 mins |
| **Total** | **305 mins** (5.08 hrs) |

Source: https://www.connectall.com/3-easy-steps-for-using-vsm-in-everyday-life/

Cleanup

Meal Prep

Planning

Shopping

Plan meals for the week

Shop for groceries

Prepare ingredients

Pack meals into containers

Drive back home

Cook Meals

Make a grocery list

Wash dishes and clean kitchen

Unpack groceries

Drive to the grocery store