

# Scrum-tious Help

## How to use the Week Plan

You can use the Week Plan feature of Scrum-tious to coordinate meals with your friends and family.

### To share the Week Plan:

1. From the main menu, select "Weekly Plan".
2. Select the date of the meal you want to share.
3. Select the meal you wish to share.
4. Select the "Share" button on the top right of the screen.
5. Enter the email addresses of the people you want to share this meal with, then press "Send". An email will be sent to the entered email addresses with an invitation to the shared meal.

## How to use the Shopping List

One of Scrum-tious's handy functions is that it creates a shopping list from the items that are required for the meals that you have chosen for the upcoming week.

### Once inside the Shopping List, you can:

- View which ingredients you need to buy for next week's meals
- Add other ingredients you need that are not required for a specific recipe
- Remove ingredients you already have in the house
- Cross off ingredients as you purchase them

### To view the ingredients you need to buy for next week's meals:

1. Navigate to the home page by opening the app or clicking on the cutting board icon from any page in the app.
2. Press the bottom button (it says "Shopping List").
3. Press on an ingredient type ("Spices", "Meats", etc.) to view the ingredients of that type.

### To add an ingredient that is not required for a recipe:

1. Press the green plus button in the upper right corner.
2. Enter the ingredient.
3. Press submit.

### To remove ingredients you already have in the house:

1. Press the red minus button to the left of the ingredient name.
2. Press "ok".

### To cross off ingredients as you purchase them:

1. Press anywhere on an ingredient other than the red minus button. The ingredient will become crossed out and faded.

**To revert an ingredient to its original unpurchased state:**

1. Press the ingredient again.

## **How to set meal preparation reminders**

1. On the home screen, click on "Weekly Menu."
2. Select the day on which you would like to make this particular meal.
3. Click on the meal.
4. Under this, select "Set Reminder."
5. Select the time at which you would like your alarm to ring and the name of the reminder.