

OUR EATING HABITS

Take a few minutes to think through your family's eating habits.



- Keep a record of what you eat for a several weeks. Just write down what you have for dinner and whether or not everyone liked it. Make whatever notes you'll need to remember if that meal was a hit or not.
- Ask yourself, “What are our goals? What’s most important in how we eat?” It might be that you want to stay under budget, keep to certain culinary standards, eat healthfully and unprocessed, or a combination of them all. Determine for yourself what’s most important. Since writing goals down on paper increases your chances of meeting them, write down your goals here:
 - 1.
 - 2.
 - 3.
- Analyze your habits. Consider the following questions so that you can look at your family's habits more objectively.

What do you like to eat?

What goes to waste and why?

What prevents you from meeting your food goals? Is it poor planning, crazy schedules, or something else?