Family mealtime planner

Start with the people and times you need to accommodate. Plan a few shared meals and easy fallbacks; every meal does not have to happen together.

Day	Who / when	Meal or easy fallback
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Two shared meals to protect

Meal one: _____

Meal two: _____

Shopping and preparation

Ingredients to use first: _____

Jobs to share: _____

Backup meal: _____

Check dietary needs and allergies with the people eating. Store, cool and reheat food according to appropriate food-safety guidance; this planner does not set storage times.