PREPPEDKIDS / ONE SKILL THIS WEEKEND

Plan one family meal.

Practice planning, money decisions, and shared responsibility.

An adult sets the spending limit and supervises shopping, cooking, and tools.
Adapt the task to your child's age, abilities, and dietary needs.

1. CHOOSE

Agree on a meal and how many people it should serve.

2. CHECK

List what you already have and set a realistic spending limit.

3. ESTIMATE

List what you need to buy. Compare prices before an adult approves spending.

4. DIVIDE

Agree on who does each task, what help is needed, and when to try it.

5. REFLECT

What changed between your plan and what actually happened?

Our meal / number of people:

Our spending limit / what we already have:

What we need / estimated total:

Who does what / when / adult support needed:

What changed / what we will try differently:

Find your next practice skill: preppedkids.com/resources/ready-by-18-scorecard.html
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